

April 14, 2020

# HCS Social Emotional Newsletter- Growth Mindset

## STAYING STRONG WHEN FACED WITH A CHALLENGE

Hi Highland Students & Families,

This week's newsletter theme is "Growth Mindset." We have now been out of school for about a month and we are all beginning to feel a little more restless, overwhelmed, and maybe a little frustrated. As we begin to put more formal learning in place and continue to learn from home, we may have to try some new challenging things like video chatting or talking on the phone with a teacher, doing lessons online, and learning how to communicate with our friends and family electronically. At first you may feel uncomfortable or scared about trying these new things, which is ok! This week's newsletter is full of ideas to help you face those challenges and build a growth mindset.

Hope you enjoy!  
Ms. Alexis, School Social Worker



Are you having difficulty meeting basic needs at this time?  
Please reach out to me directly at [akramschuster@hcsmke.org](mailto:akramschuster@hcsmke.org) or at 414-376-0655 for local resources and assistance.

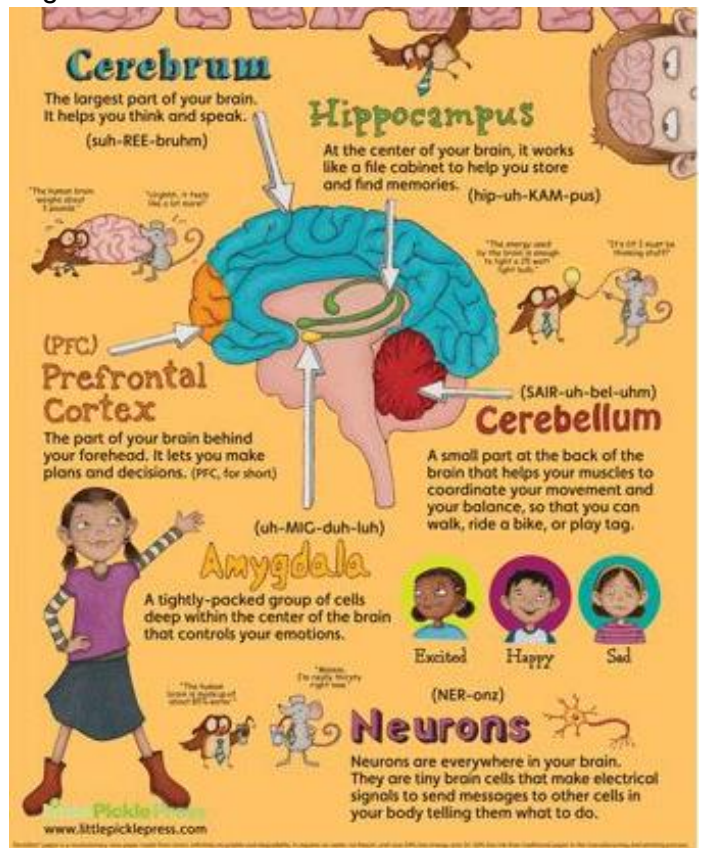


## WHAT IS A GROWTH MINDSET?

Our "mindset is the way we see and think about ourselves. If we have a "growth mindset" we believe that the abilities, intelligence, skills and talents we were born with do not determine how successful we will be in life. We understand that we can grow and get better at those abilities and skills with time, practice and determination!

We understand that making mistakes and trying new things is how we learn and grow. We believe in the power of YET: we know it can be frustrating when we are faced with a challenge or feel like we can't do something right. But the truth is, we just can't do it.....YET!

Here are the parts of our brain that help us develop a growth mindset!



## Movies & Videos about Growth Mindset

One of the benefits of being at home is that we can curl up on the couch to watch a movie. Here are some movie and YouTube video suggestions, each with topics that relate to believing in yourself, facing challenges, and building a growth mindset:

### Movies

**Zootopia** - Teaches you to “try everything”

**Sing** - Teaches that nothing can hold you back!

**Trolls** - Teaches you about believing in yourself

**Hidden Figures** - Story of the African American women working for NASA

**Wonder** - Empathy & perseverance

**Greatest Showman** - Teaches you to chase your dreams, no matter how impossible they may seem

### Videos

[The Power of Yet \(Sesame Street\)](#) (Younger Kids)

[Growth Mindset \(Story of Two Seeds\)](#) (Younger Kids)

[How Many Times Should You Try?](#) (Older Kids)

[How to Grow Your Brain \(Khan Academy\)](#) (Older Kids)

## Book Recommendations: Growth Mindset

During this time, we are all facing new challenges—working on schoolwork at home, spending more time with our siblings, worrying about friends and family, being frustrated that we can't leave the house and go places. Here are some books to help you think through facing problems or challenges:

[What Do You Do with a Problem?](#) By Kobi Yamada

-Why was the problem getting bigger when the boy ignored it? Why did he worry?

- What did he learn about his problem?

-Have you ever had a problem? How do you deal with it?

[The Thing Lou Couldn't Do](#) by Ashley Spires

-What challenge or problem did Lou face?

-What do you do when something is challenging?

## What is the Difference Between a Fixed Mindset and a Growth Mindset?

Fixed Mindset thinks....	Growth Mindset thinks....
I'm not good at this. I made a mistake.	Mistakes help me learn better.
This is too hard!	This is going to take some time and effort.
I can't make this better.	I can always improve.
This is impossible! I give up.	I accept this challenge. I'll try some new strategies I've learned.
My friend can do it.	They've inspired me. I can learn from them.
It's good enough.	Is this my best work?
I got some questions wrong	I'm on the right track!
I don't really understand.	I need more practice!
I can't do this.	I can train my brain!

## Featured Family Activity: Create a Model of a Brain

To make model brain, you will need:

- Clay or playdough
- Picture or diagram of brain for reference
- Paper Plate or other surface to write on
- Pen or marker



Made a model of your brain by using different colors of clay/playdough to indicate the different areas of the brain. Don't worry about making the shape exact! Talk about the areas of the brain and what they do!