

Growth Mindset Classroom Activities

Did you know you can **grow your maths brain**?



(image sourced from <http://www.habitsofmind.org/>)

That feeling of something being hard...is your brain growing! (J. Boaler)

Hi Teachers- if your students understand and believe that *intelligence is not fixed*, but rather *can be grown*, they will be more likely to engage in the effort and practices to help them achieve results and growth in maths!

It is well worth-while investing some time in these types of *Growth Mindset activities*, to help motivate your students towards putting in the effort of learning their 121 multiplication facts.

IDEAS and RESOURCES:

Easy to use!

Try them as part of tools/warm up sessions?!

Show this video to learn how the brain is like a muscle which can get stronger the more you use it.

[Growth Mindset Video](#)

Here's a short video clip, summary of growth vs fixed mindsets to show senior students.

[Growth vs Fixed Mindset](#)

A good one here for year 3 or 4s:

[Growth Mindset- Tortoise and the Hare](#)

Get students to reflect on how they have 'grown their maths brain', using this sheet.

[Growing Your Maths Brain, reflection sheet](#)

Jo Boaler, is an expert on mindset and Maths. A fabulous wealth of practical information, which is research backed!

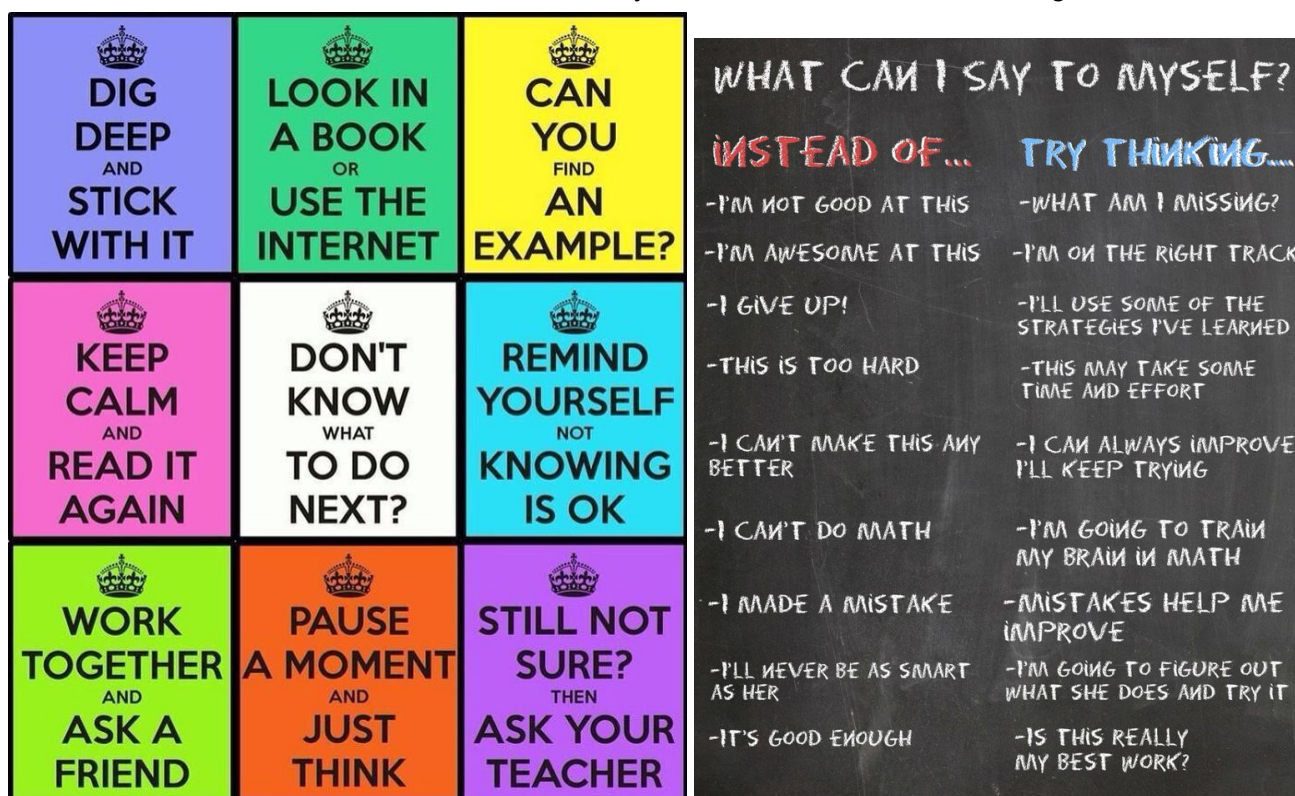
Here are some of her practical ideas you can use in your classroom, based around the ideas that 'everyone can be a maths person'.

<http://www.youcubed.org/wp-content/uploads/Positive-Classroom-Norms2.pdf>

Jo Boaler's Positive Classroom Norms for Maths- easy to use poster for your class:

<https://www.youcubed.org/positive-classroom-norms-poster/>

Lots and lots of ideas on the internet to use with your class... Here are a few images.



(images sourced from <https://au.pinterest.com/mrreidw/growth-mindset/>)

We particularly like these examples. In Maths, there is a **level of anxiety** in students (not seen in any other subject) around 'getting it right' and fast! Changing mindsets, using ideas such as '**dig deep and stick with it**' and '**remind yourself not knowing is ok**' are terrific. One of the **Jo Boaler Positive Classroom Norms** is '**depth is more important than speed**' (see resource link above).

PROFESSIONAL LEARNING

Students do better when you believe in them-

<https://www.youcubed.org/think-it-up/when-you-believe-in-your-students-they-do-better/>

Mistakes grow your brain

<https://www.youcubed.org/think-it-up/mistakes-grow-brain/>

Article: Even Geniuses Work Hard. Carol Dweck

<http://www.epiconline.org/even-geniuses-work-hard/>