

moonshot
conversations



ASSESS YOUR MINDSET

GROWING A GROWTH MINDSET

Are You Ready for a Positive Change?

Our mindset decides if our character, intelligence and creative abilities are either fixed or can be changed.

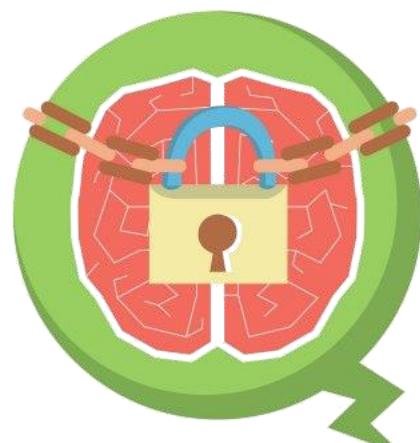
OK

<https://rb.gy/o7vpvx>



1. I like to learn new things

- Strongly agree
- Agree
- Disagree



Failure is the limit of my abilities



Failure is an opportunity to grow

GROWING A GROWTH MINDSET

A “fixed mindset” assumes that our character, intelligence, and creative abilities are fixed, and we can’t change them.

REFLECT...

What are some of the thoughts, beliefs or behaviours that may have hindered your growth?

What are some of the ways you have spoken to your children that may have encouraged a fixed mindset?

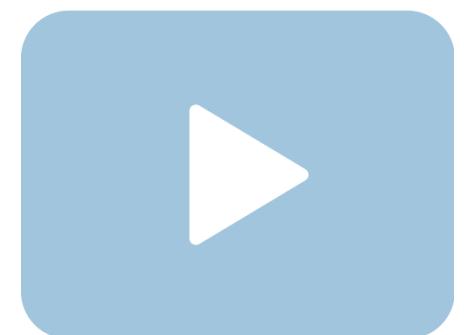
What will you do going forward, to change some of your thoughts, beliefs, internal and external language in order for you and your family develop a growth mindset?



“

*“Change can be
tough, but I've never
heard anybody say it
wasn't worth it.”*

*- Carol Dweck,
Mindset*



<https://rb.gy/aj7wk0>

WORDS MATTER

Language plays a central role in defining and constructing our world view and has the potential to create and transform our lives.

It makes sense to pay attention to what words use as internal and external language.

**WHAT ARE SOME POSITIVE ENERGY WORDS THAT
YOU HAVE USED / INTEND TO USE THIS WEEK?**

GROWING AND THRIVING

List 5 ways we can encourage a growth mindset, in our children and ourselves, on our journey to flourishing.

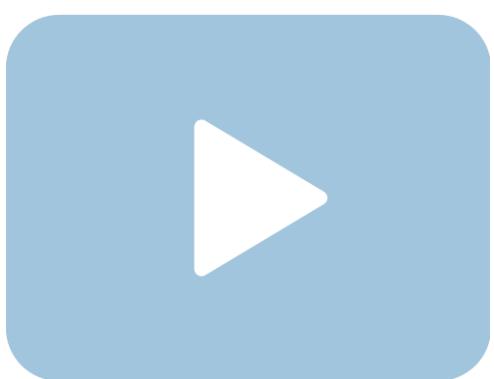


TRAIN YOUR BRAIN

Our thoughts constantly change the structure and function of our brains.

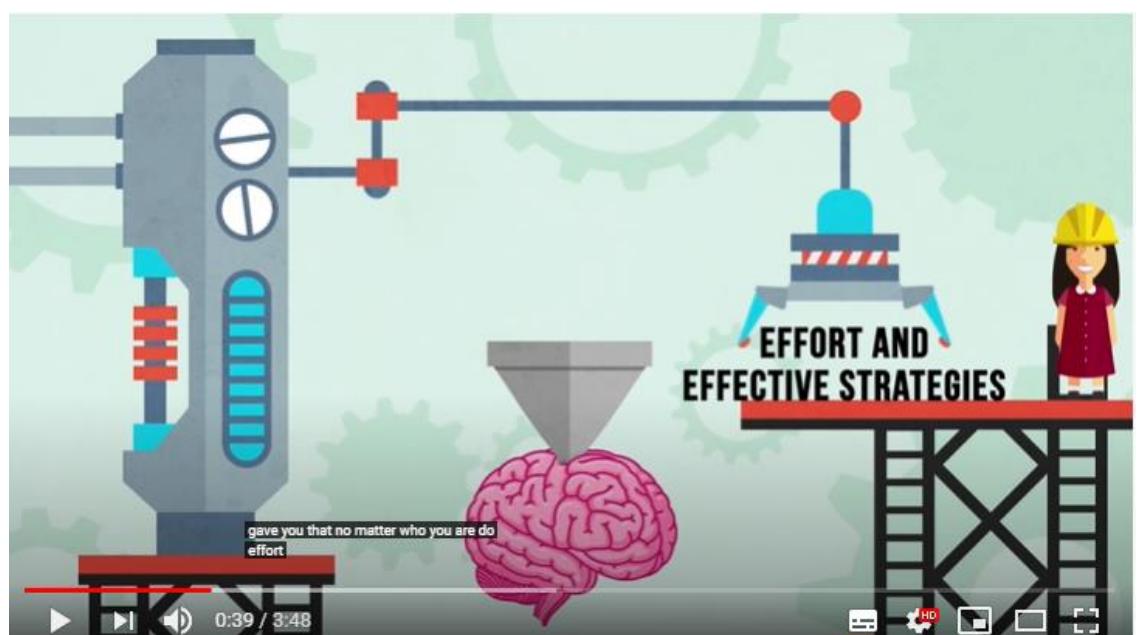
Research on neuroplasticity tells us that we can continue to acquire new skills, learn new things and embed new habits.

Teach children that talent and capabilities aren't fixed; they evolve through experiences.



<https://rb.gy/kgisyt>

Video on Growth Mindset



USE PRAISE EFFECTIVELY

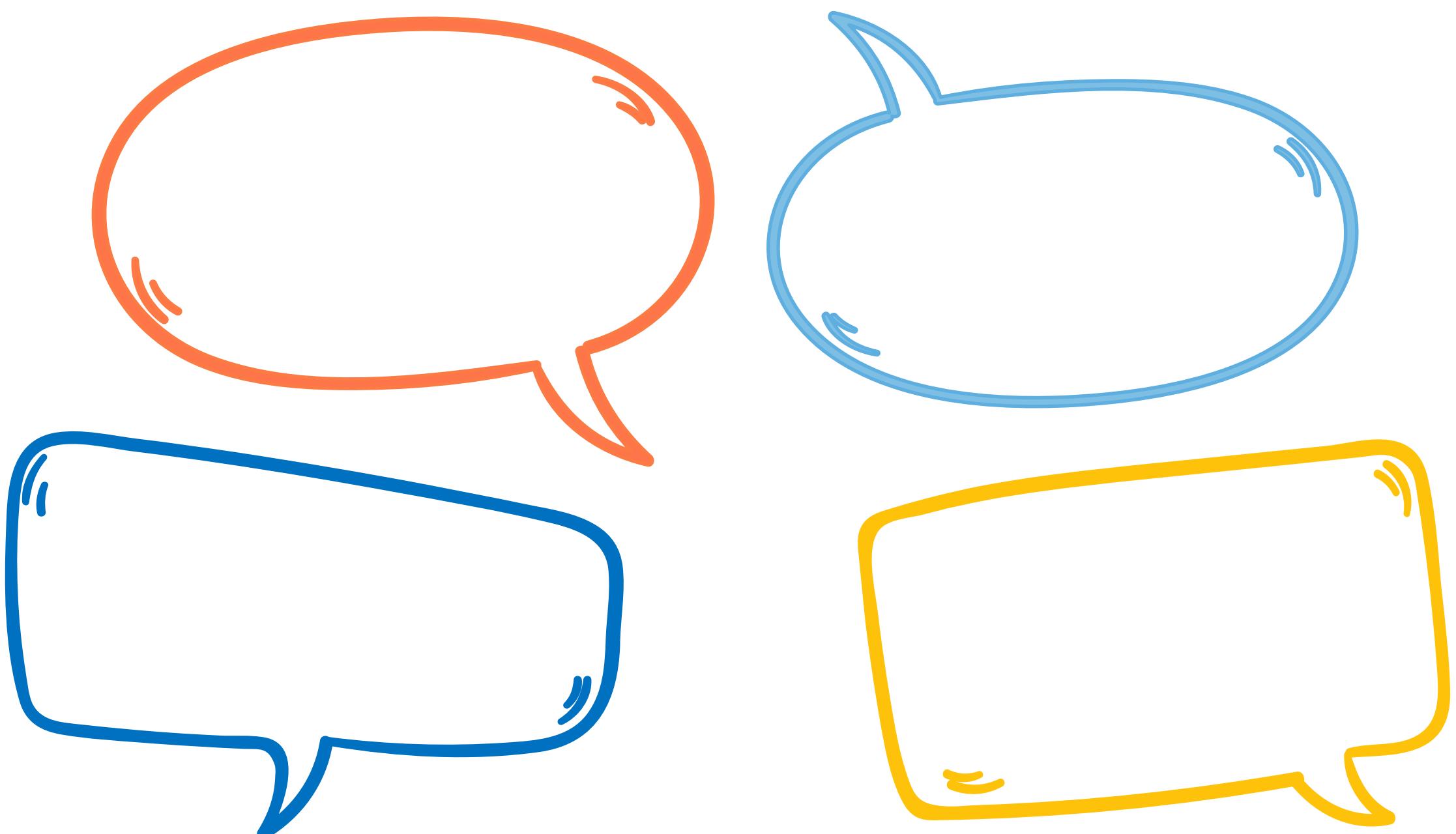
Praising a child's effort in the process to overcome challenges helps promote a growth mindset. **Praise effort, strategy, action, progress not just outcomes.**



FEELING POWERFUL

The assumptions and beliefs in our mind drive our emotions, decisions, and actions that make us feel powerful or powerless.

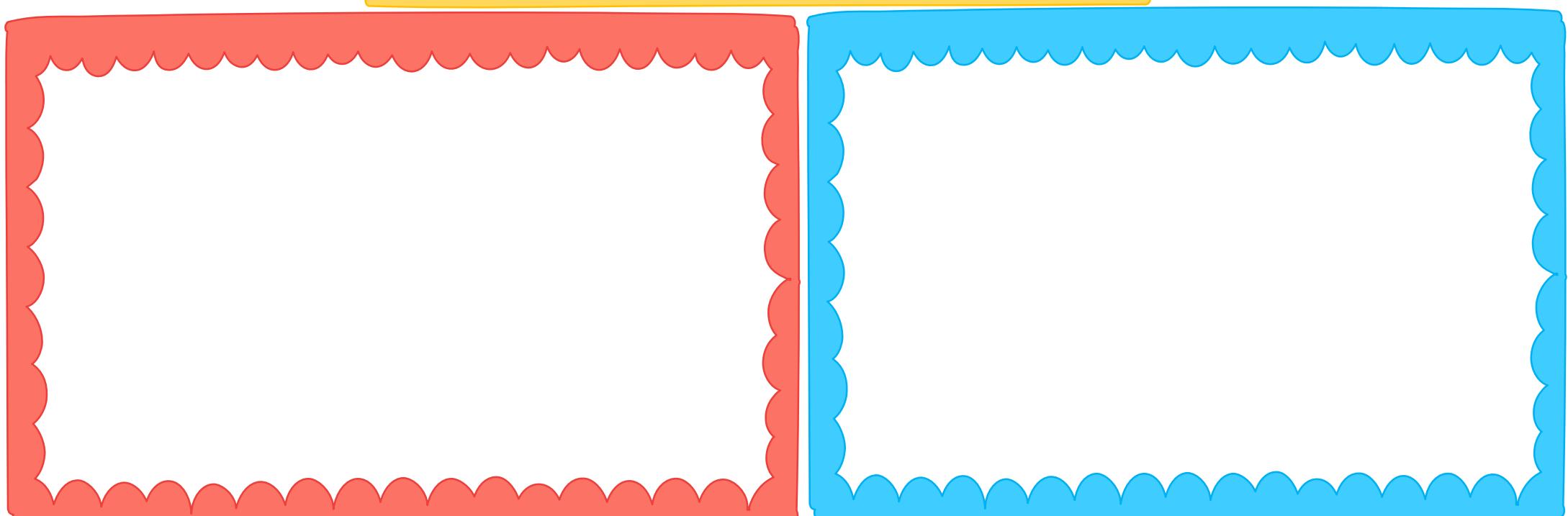
What will you do more of and less of as a parent, so that your children may experience more power and control in their life journey?



THE POWER OF 'YET'

The word opens up possibilities that speaks to your brain in infinite terms of potential.

'This month I am
going to learn one
thing I don't know
YET'



GROWTH MINDSET JAR

Collect instances of growth mindset all week. At the end of the week, choose a few to share with the family.



A great and easy way to keep growth mindset constant during the week!

MISTAKES HELP ME LEARN

A few mistakes that moved my learning this month...

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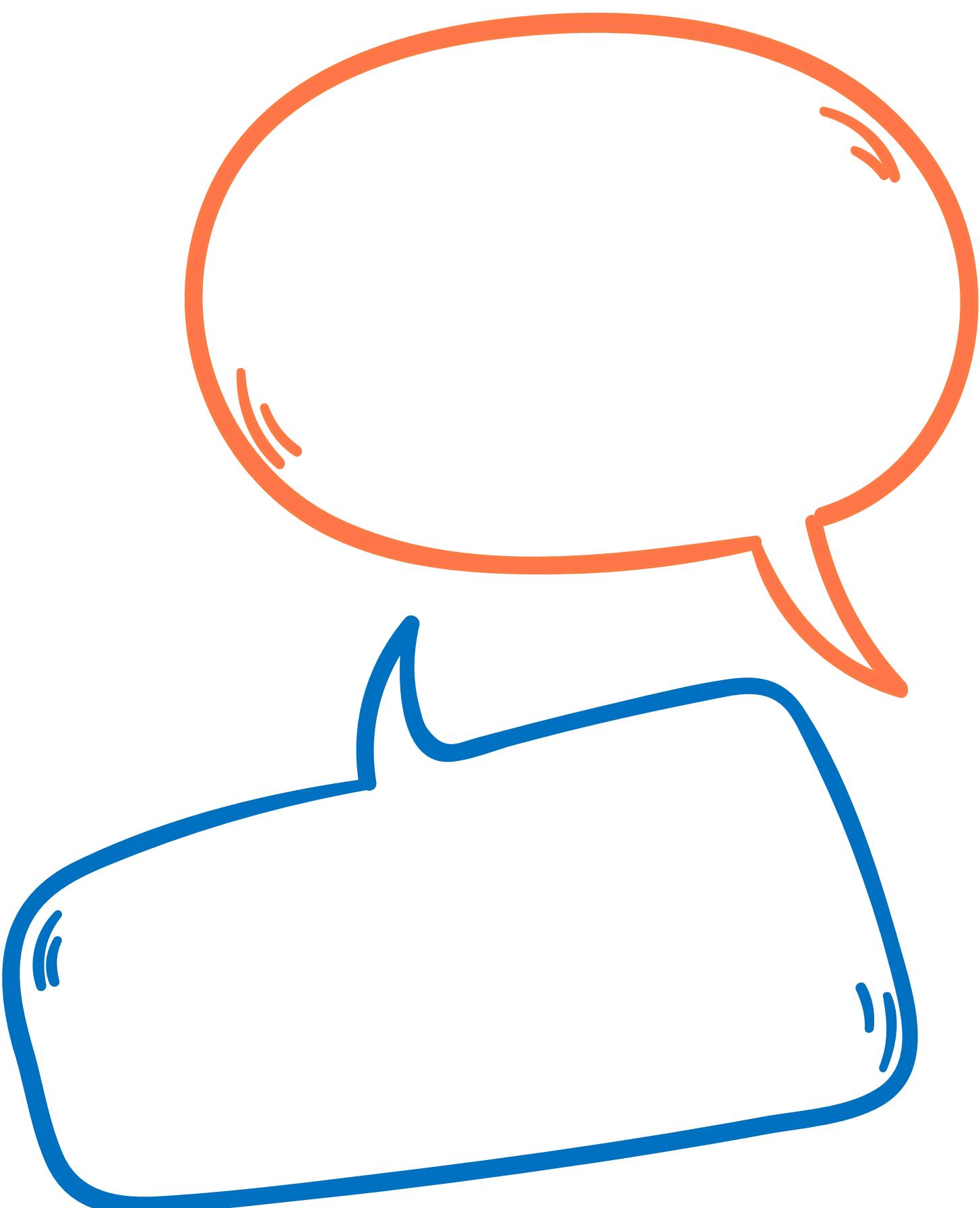
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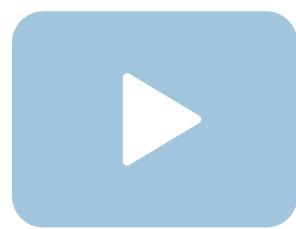
EMPOWERING AFFIRMATIONS



Will.i.am
"What I Am"



<https://youtu.be/cyVzjoj96vs>



<https://youtu.be/ifZ1Hx3MFJg>

YouTube IN



Search

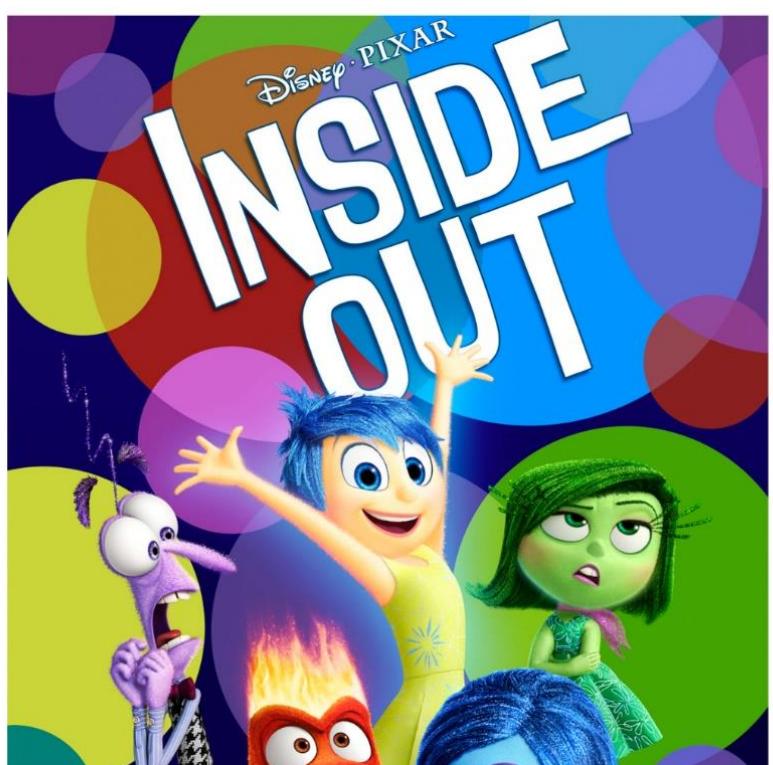
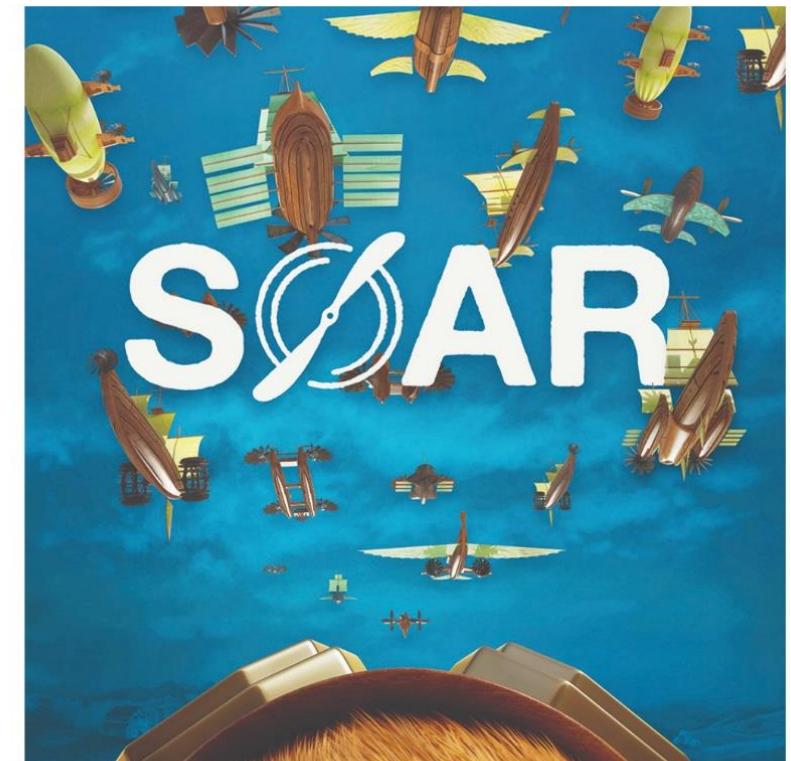
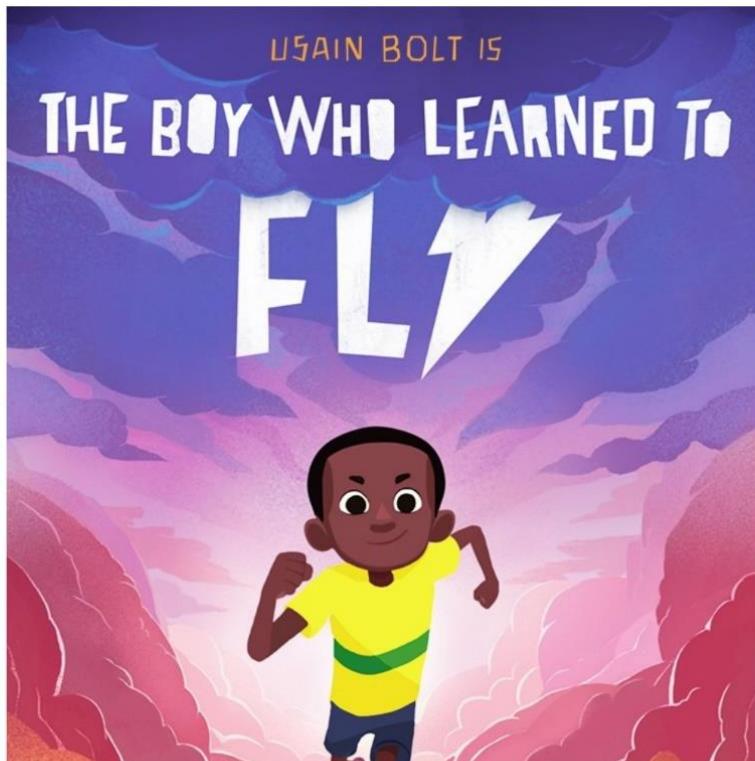
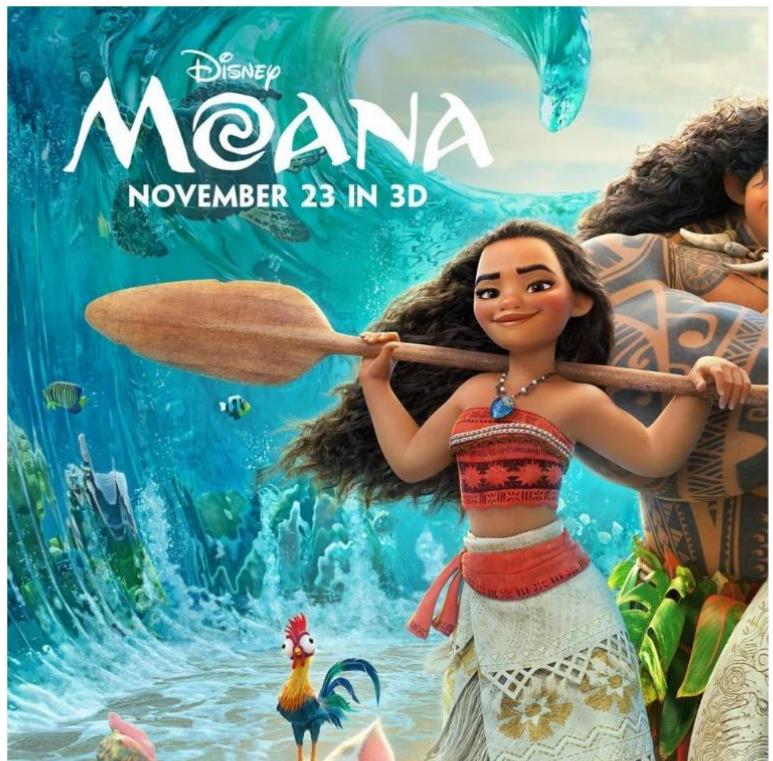
daily affirmations

0:05 / 0:23

▶ ▶ 🔍 ⚙️

A YouTube video player showing a young child with curly hair smiling. The video is titled "daily affirmations". The YouTube interface includes a play button, a progress bar at 0:05 / 0:23, and standard video controls.

EXCELLENT RESOURCES (MOVIES)

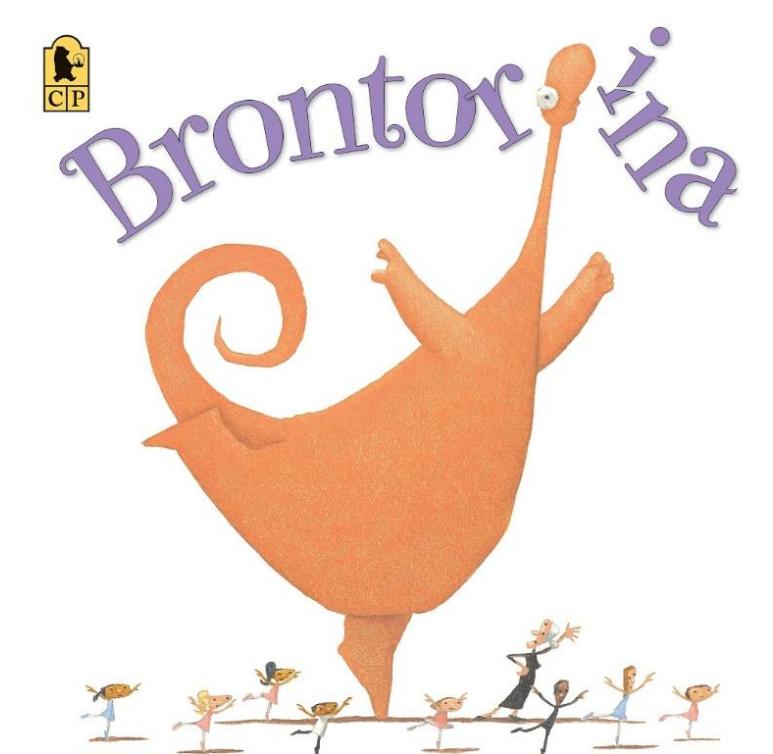
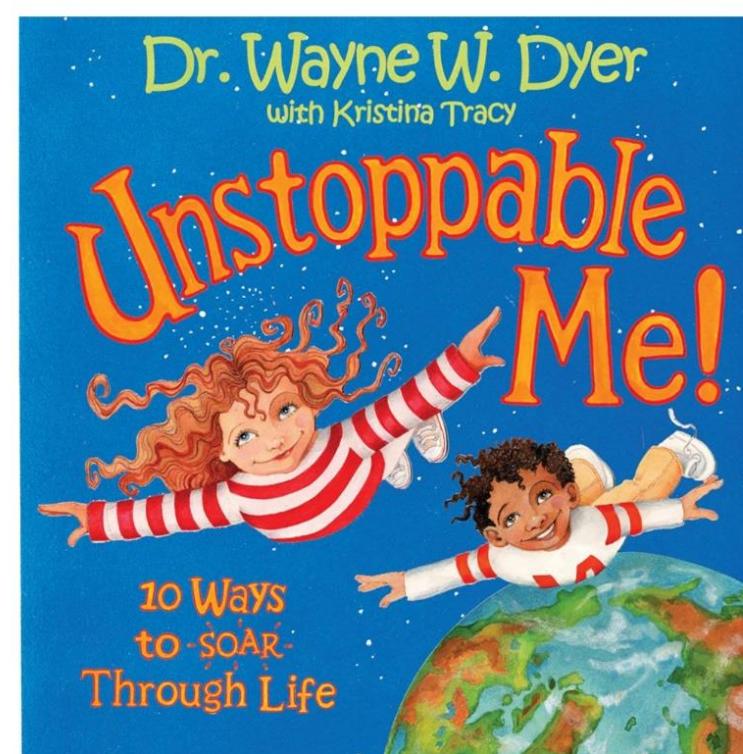
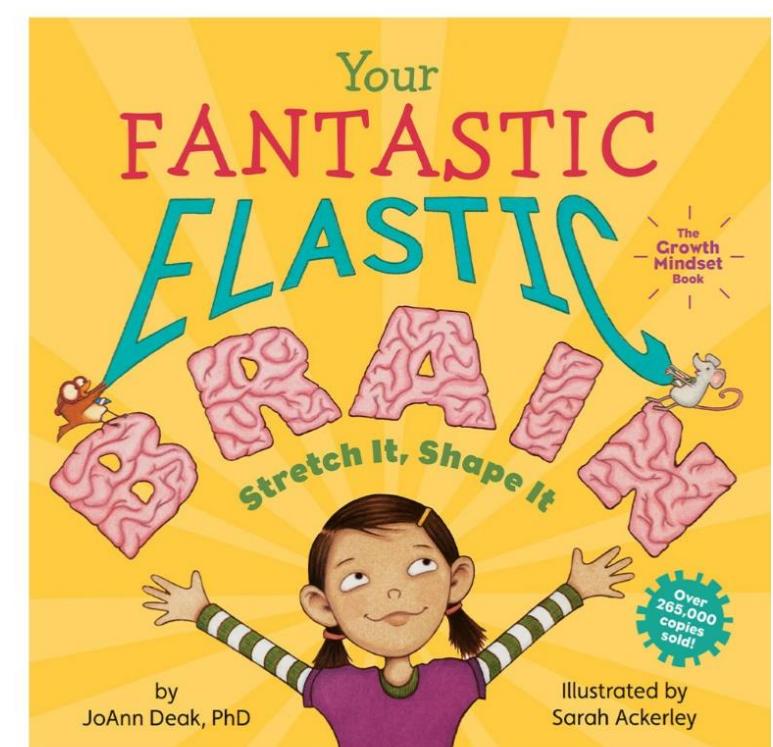
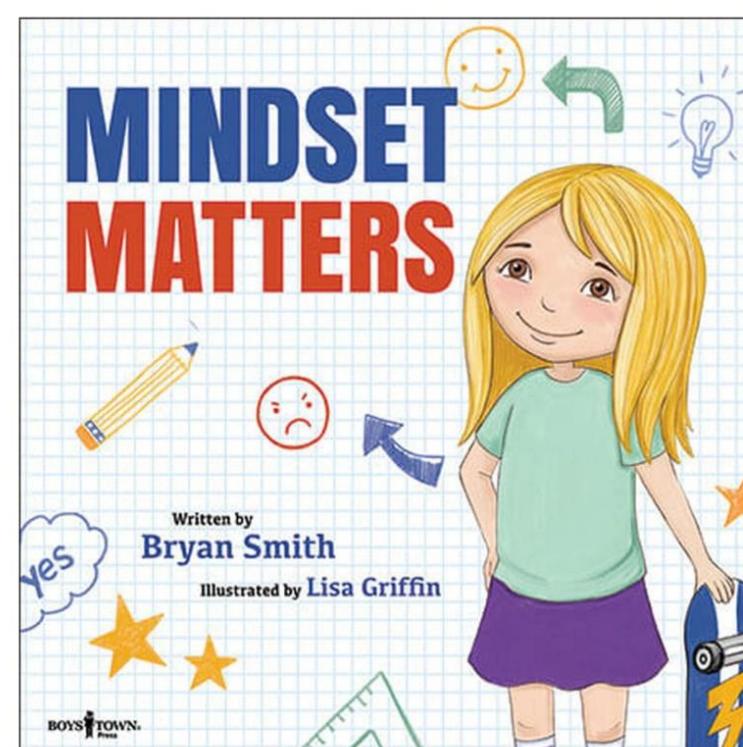
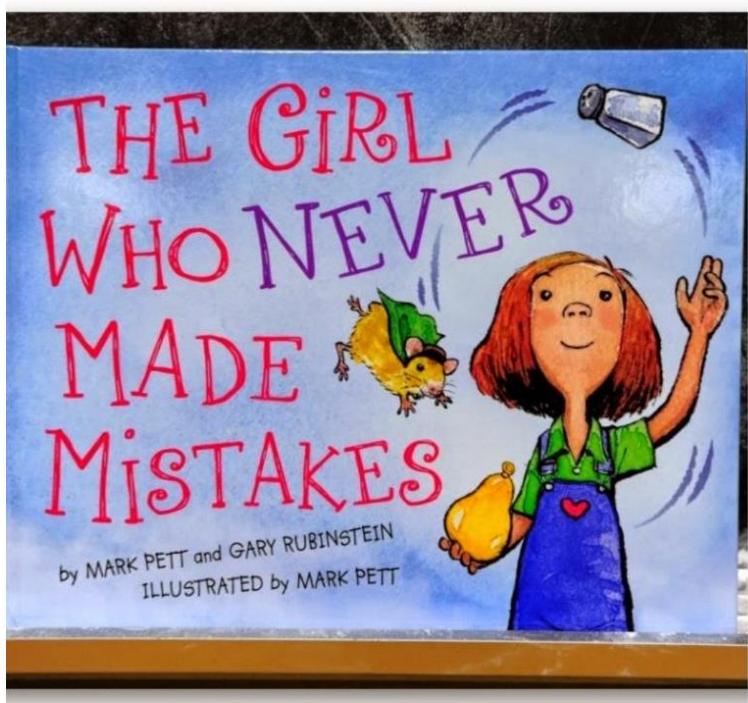
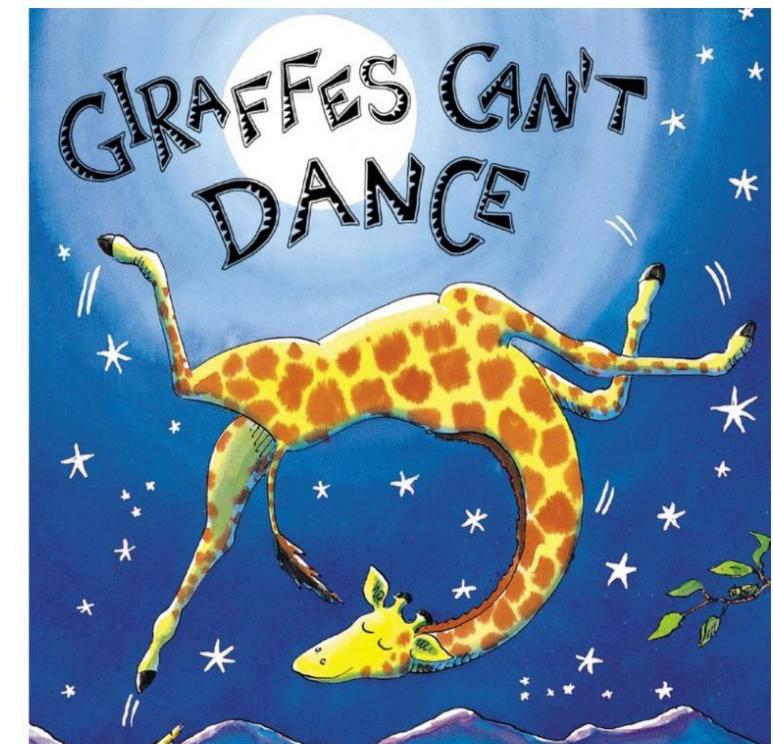
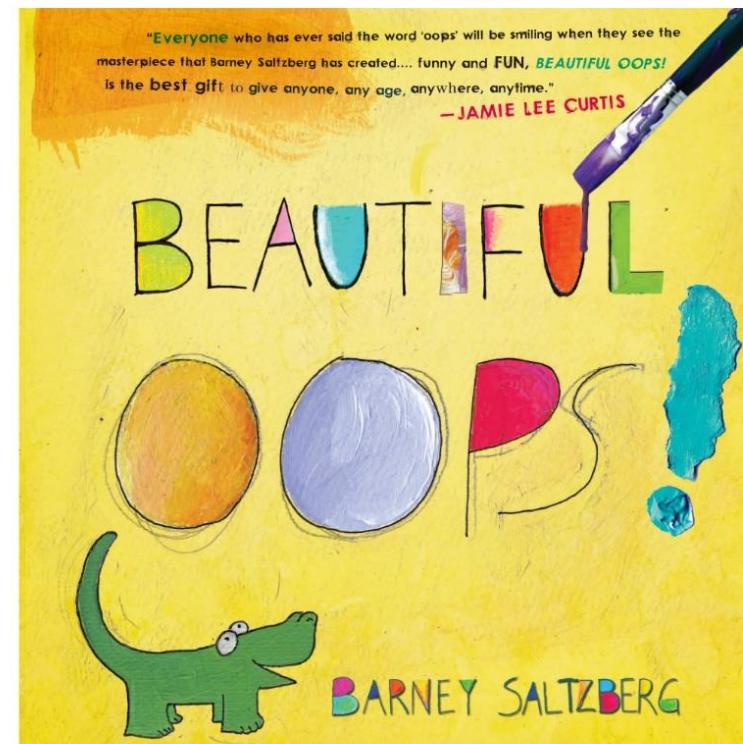


EXCELLENT RESOURCES (BOOKS)

NOT YET



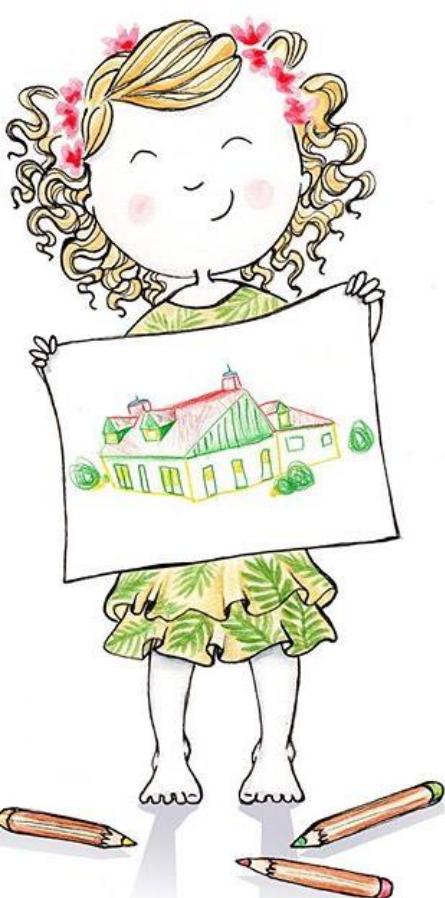
LISA COX & LORI HOCKEMA



REDUCE STRESS AND ANXIETY

Colouring allows the fear center of your brain to relax, thereby relaxing you — and *not just while you are colouring.*

It is a meditative, free-time activity you can schedule, making it perfect for retraining your amygdala to respond less harshly to stress.



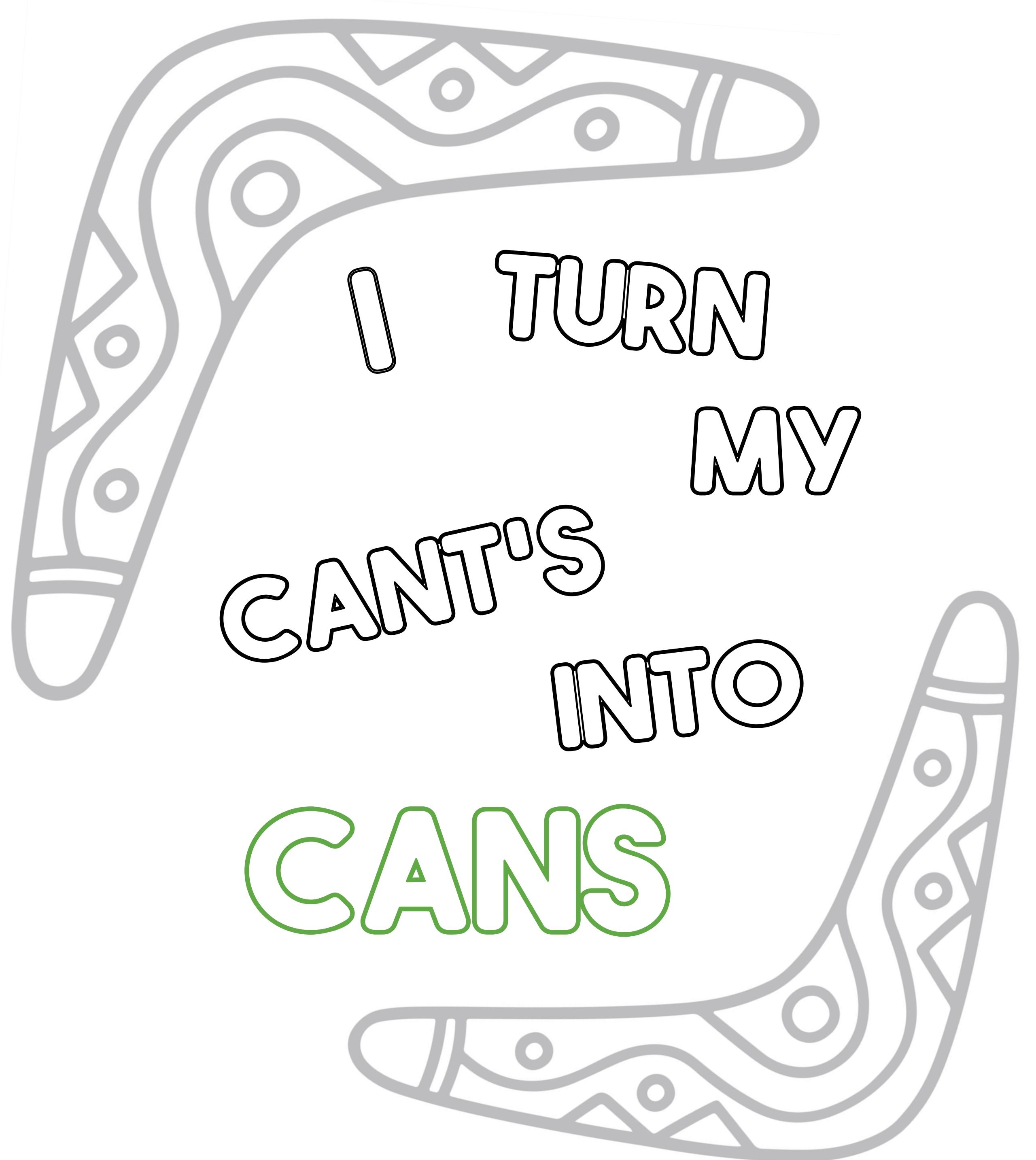
WE HAVE ASSEMBLED A FEW COLOURING PAGES FOR YOU AND YOUR FAMILY.

ENCOURAGE YOUR CHILD TO TRACE AND READ ALONG AFFIRMATIVE PHRASES ON EACH SHEET.



I am not afraid of tricky tasks



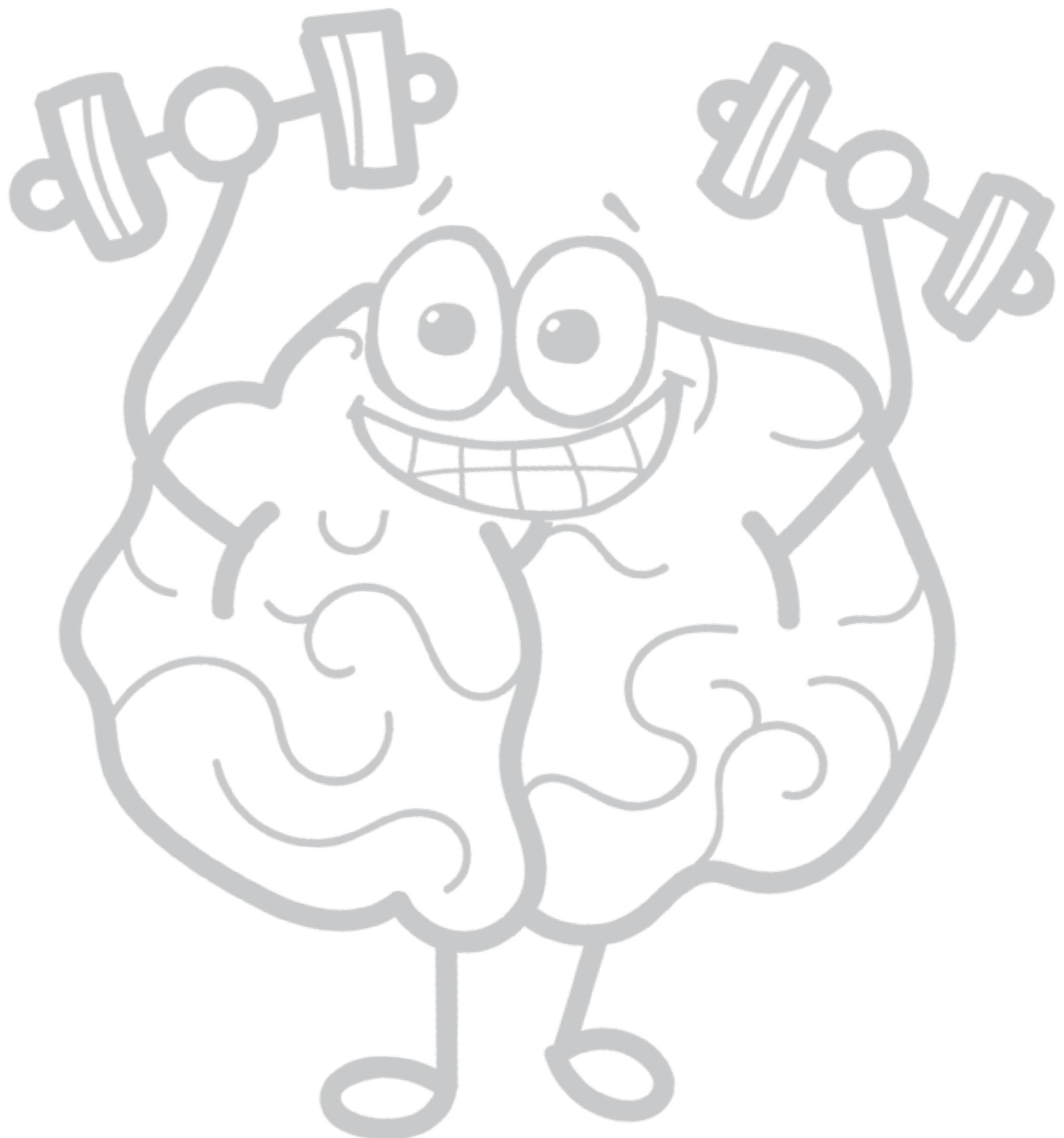


I TURN
MY
CANT'S
INTO
CANS

Today, I will try something new!



My brain can grow
stronger when I practice



I FOCUS ON MY EFFORTS

