

Family Newsletter: Lab 1

The more you learn today, the smarter you are tomorrow.

Dear Family,

We are learning about our brains and how they work. With your help, I can make my brain **stronger** and **smarter**!

Here's what you can do to help me learn:

“You have brains in your head.
You have feet in your shoes.
You can steer yourself any
direction you choose.”
~Dr. Seuss

Provide opportunities for me to:

- Learn something new
- Work hard and put forth effort
- Practice new skills
- Talk about how I am feeling and work through my “big emotions”
- Persist when something gets hard for me and encourage me to try different strategies
- Take on challenges
- Learn from my mistakes and try again
- Solve problems
- Struggle a little bit when I am learning
- Teach you about what I am learning
- Talk about what I am learning
- Use multiple senses at the same time to learn something (e.g., draw, explain, demonstrate, act out)
- Play

Read



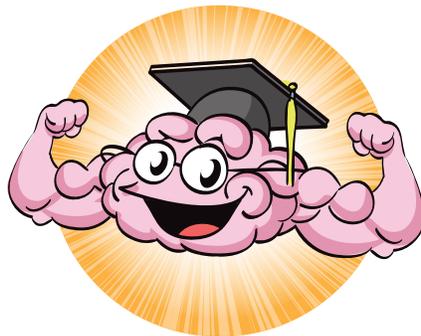
Read books with me about learning:

- *Your Fantastic, Elastic, Brain* by Joann Deak
- *Oh, the Thinks You Can Think!* by Dr. Seuss
- *How Rocket Learned to Read* by Tad Hills
- *Jack's Talent* by Maryann Cocca-Leffler
- *Dream Big: Michael Jordan and the Pursuit of Olympic Gold* by Deloris Jordan

Celebrate

Celebrate growth mindset moments and give me growth mindset feedback and encouragement, like:

- “You did it! You’re getting smarter.”
- “Learning makes your brain smarter.”
- “You just haven’t learned that YET.”



Learn

Let's do this learning routine together at home: My Brain

What? Celebrate growth mindset moments.

Why? To encourage a growth mindset by teaching your child that their brain gets stronger and smarter through their effort and learning.

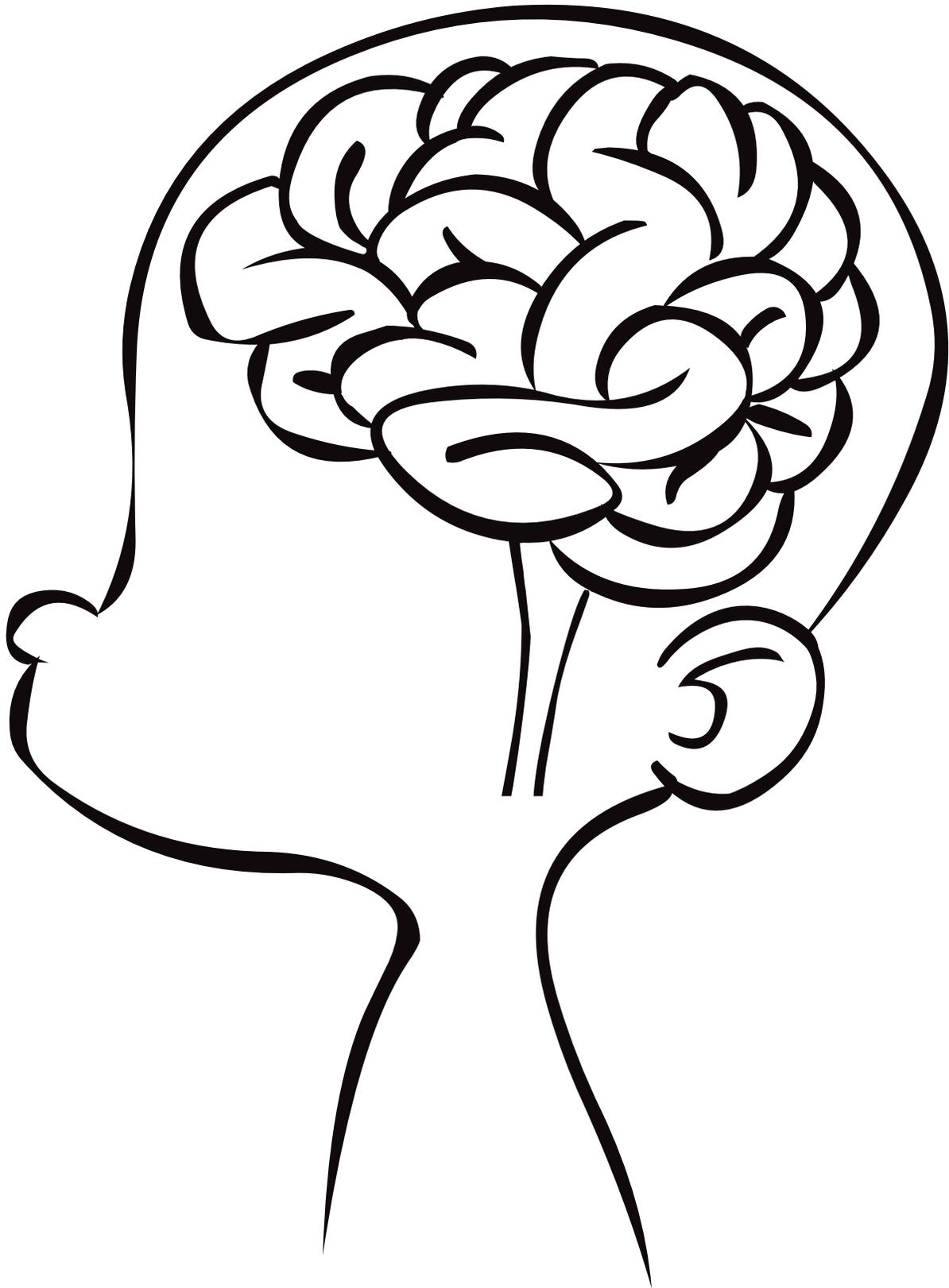
How? Celebrate growth mindset moments by adding neurons (stickers or drawing stars) to the brain to symbolize your child's brain growth (neuroplasticity). For example, add a neuron to the brain when your child learns something new, works hard, practices a new skill, takes on a challenge, learns from their mistake, or solves a problem.



Sincerely, _____

My Brain

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About Mindset Works

Mindset Works was co-founded by one of the world's leading researchers in the field of motivation, Stanford University professor Carol S. Dweck, Ph.D. and K-12 mindset expert Lisa S. Blackwell, Ph.D. The company translates psychological research into practical products and services to help students and educators increase their motivation and achievement.

Our award-winning interactive program provides students, parents and educators with a better approach to learning.

Brainology® program is a fun, interactive, award-winning, online program that helps middle school students learn about how the brain works, how to strengthen their own brains and how to better approach their own learning. In the process, the Brainology® program helps them cultivate a growth mindset whereby they think of their intelligence as something they can develop through study and learning rather than as something fixed. The core belief in the malleability of the mind triggers motivation and learning-oriented behavior in various aspects of life.



Visit www.mindsetworks.com for more growth mindset resources, tools, articles, and videos. Contact us at info@mindsetworks.com.



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