

# Growth Mindset Challenge Stations Adult Guidance

## Using the Resource

Developing a growth mindset has been shown to improve attainment, increase engagement, and have a positive impact on mental health. These resources are designed to challenge children and encourage them to use a growth mindset approach. Each activity can be placed on an Activity Station table and small groups can rotate between the stations, having the chance to try to complete each one within three minutes. You may want to use a timer on the board to ensure children know how long they have to attempt each puzzle.

Adults supervising the activities can listen out for comments made by the children whilst engaged in the different challenges. Listen out for fixed mindset comments, such as, 'I'm rubbish at this', or 'I can't do this,' and challenge their thinking. Provide them with alternative, growth mindset statements to consider, such as, 'I find this tricky because I haven't had much practice at it,' or 'I can't do this - yet!'

You may wish to revisit the fixed mindset and growth mindset comments you overheard at the end of the session with the whole class. You might work as a class to sort the comments into sets of 'growth mindset' and 'fixed mindset' statements, and discuss the impact these two types of thinking have on our capacity to learn and succeed.