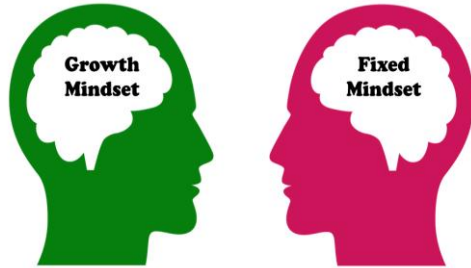


Understanding your brain

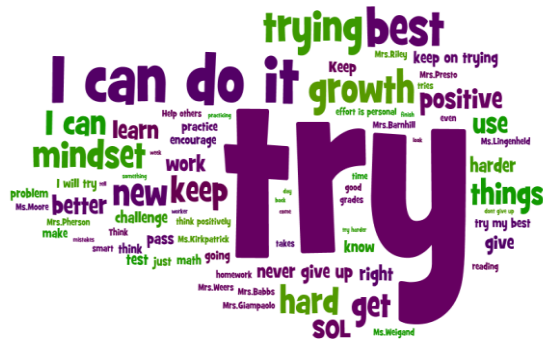
About this growth mindset or fixed mindset booklet

What Kind of Mindset Do You Have?



Do you want to have a growth or fixed mindset?

The question is what are they?



Well, this booklet has all the information. To take it another step try the neuroplasticity paragraph!

by Emily Wheeldon – Kestrels
Growth or fixed mindset?

What is a growth mindset?

A growth mindset is where you can train your brain to get bigger and get smarter like a muscle.



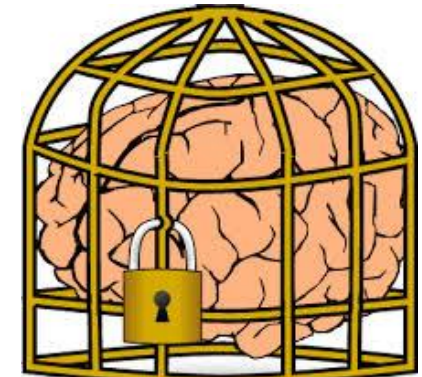
A way to train your brain is to challenge it and try and do things that are hard for you and ...

NEVER GIVE UP



What is a fixed mindset?

Have you ever said to yourself I can't do this or this is too hard for me? Ooh aah.. we all have and that's what a fixed mindset is. It's basically the opposite to a growth mindset.



Which one do you want?

I would recommend to have a growth mindset because you can get smarter and will be better at everything.



Neuroplasticity

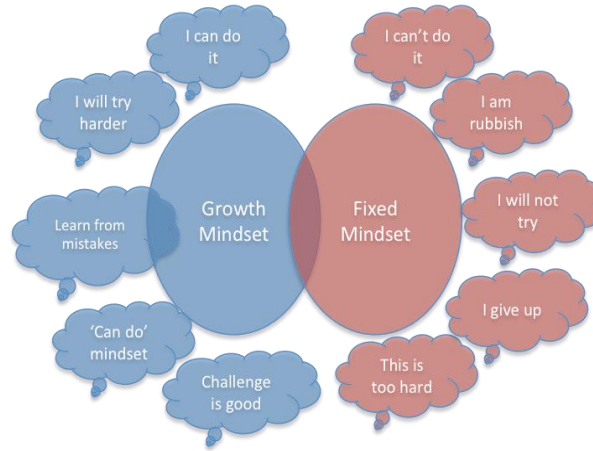
Neuroplasticity is where our brain changes and adapts like plastic. If you think of your brain as a dynamic, connected powergrid there are lots of roads lined up. Some of these roads are well travelled as they are our habits but as you know not all habits are good.

- Our brain is adaptable like plastic
- If we try something different we use this pathway more and it becomes second nature
- The old pathway weakens
- This process of rewiring our brain is neuroplasticity in action
- We all have the ability to learn and change by rewiring our brain
- If you change a bad habit you have carved out a new pathway in your brain and experienced the process first hand

Search neuroplasticity on YouTube to see some fab videos.

www.youtube.com/watch?v=ELpfYCza87g
www.youtube.com/watch?v=j8wW1t1JqUc

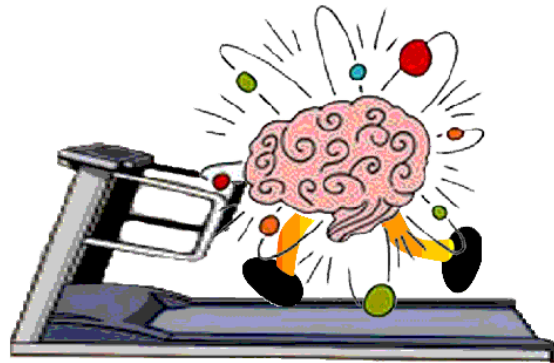
How do you want to think?



How to train your brain?

There are lots of ways to exercise your brain:

- Do puzzles like suduco
- Do some maths
- Exercise and eat well
- Use your imagination



The Do's and Don'ts

| Don't Say | Do Say |
|--|---|
| I'm so stupid. | What am I missing? |
| I'm awesome at this. | I seem to be on the right track. |
| I'm not good at math (or any other subject). | I'm going to train my brain in math (or other subject). |
| This is too hard. | This is going to take some time and effort. |
| I'm jealous - she's so smart! | I'm going to figure out how she is doing it. |
| I give up! | I'll use some of the strategies I've learned. |
| I made a mistake. | Mistakes help me improve. |
| It's good enough. | Is this really my best work? |

Keep an open mind and don't be afraid to make mistakes

