



Parent Corner: Growth Mindset

What is Growth Mindset?

Growth Mindset is the belief brainpower and natural skill are a starting point, with practice and hard work we can strengthen our most basic abilities. At Triple C we celebrate mistakes and are eager to learn from our mistakes in order to strengthen abilities. We appreciate a challenge and encourage our campers to keep working hard to achieve their goals.

Encourage Growth Mindset at Home

- Approach mistakes as learning opportunities. Have conversations about what was learned, and what could be done differently next time.
- Use positive self-talk at home. Kids are always listening, let them hear you build up yourself.
- Confront challenges as a chance to grow. Enjoy the process of facing a challenge. Imperfections are okay!
- Pursue passions, allow kids to investigate their own interests.
- Praise the process versus the outcome. Use phrases such as:
 - Wow! You are so focused, I can see how hard you are working.
 - You found a solution that really worked! How did you figure that out?
 - I noticed you helping your friend, how did that make you feel?

Find more information about Growth Mindset & kids at biglifejournal.com/blogs/blog

Family Teambuilding Challenge: Watch Your Step

Materials blindfolds, balls, stuffed animals, small toys, etc., something to mark boundaries

Watch Your Step

1. Get your family excited about doing a challenge with you!
2. Collect your materials. Scatter the balls, toys, and stuffed animals around the yard or on the floor of an open room. Define the boundaries.
3. Choose one person to blindfold. Their job will be to get from one end of the defined area to the other without touching any objects.
4. Choose one person to give the blindfolded person directions. Speak loudly and clearly. Depending on ages, the guide will either walk with the participant or stand behind the starting line.
5. If the blindfolded person steps on an object they will remove their blindfold and return to the start.
6. Choose a new person to be blindfolded. Keep working to solve the challenge!

Safety

To avoid falling or hurting ankles, please be aware of keeping your blindfolded participant safe by using clear, easy to understand directions.

Visit tripleccamp.com/magazine to see Kasey explain Watch Your Step!

Movement & Stretch

