



## Enjoy “Our” time together

Not many of us enjoy losing games. Some children may be able to congratulate their peers and move on while some may lose a game with a fit of anger. Carol Dweck, who is an American Psychologist, studies motivation and social development. She discovered that people have different implicit views of where ability comes from and that affects motivation in learning and how one views failure. She proposed two different mindsets- Fixed Mindset and Growth Mindset. Ones with Fixed Mindset believe that their success is based on innate abilities that can't be changed. While people with Growth Mindset believe that their success is based on diligence and their ability is malleable. Research has shown that children with Growth Mindset are more resilient to failures.

### Tips for nurturing children's Growth Mindset



#### 1. Praise children for their effort

Parents can praise children's effort instead of their performance, in order to enhance their motivation in game participation, such as “I really appreciate your perseverance in the game!” , “Well done, you challenged yourself to a difficult game! I'm very proud of you!” and “ I really like how you use the tactics we talked about! Good game!”

#### 2. Provide the right level of challenge

It can be very discouraging to be put through constant challenges and failure. Children might stop trying when they know they are going to lose most of the time. Parents can enhance their children's play skills or pick the game with appropriate difficulty level in order to create successful experiences for your children. Throughout the game, parents can keep an eye on when your child might struggle and provide fitting support. For example, if your child forgets to say “Uno” before his or her last card. You can always give a warm reminder to them or revisit the rulebook with your child before the game starts.

#### 3. Lead by example

Children look up to their parents and model their behavior most of the time. Parents can take the lead and demonstrate the embodiment of Growth Mindset when facing challenges in life. For example, we might be learning how to bake a cake with a new recipe. One can say “I found it difficult to bake a cake. The cake is much softer this time as I measure the ingredients precisely. I'm really glad that I have made improvement in baking!”



Let's cultivate our child's Growth Mindset.