

## Questions you can ask your child to help develop resilience and a Growth Mindset

During something they find challenging:

- What have you done so far to overcome the challenge?
- What have you tried so far that helped you?
- What could you try next?
- Is there a resource you could get to help you?
- Can you rearrange/ reword the problem to help you see how to solve it?
- Why do you think the things you have tried so far didn't work?
- Can you do some of the problem even if you can do all of it?
- Can you do the same sort of problem but using simpler (numbers/letters/ words/ questions etc) to show you how to solve this one?

I want to challenge myself.

Practice makes perfect.

I can't do this... yet.

My effort and attitude determine everything.

When I'm frustrated, I don't give up.

I can learn anything that I set my mind to.

When I fail, I learn.

