

## Questions for Caregiver Discussion

Print out and cut the questions into strips. Place the strips in a bowl or face down on the table for caregivers to take. Have caregivers volunteer to read their question and start the discussion.

What is an activity or skill you struggled with but, through effort, eventually mastered? Please share your experience.

What is the importance of effort in mastery of a skill?

Discuss a time when your child struggled with learning something new but, through effort, mastered it.

What are some phrases or words we can use to encourage persistence and effort when learning a new skill?

What is the difference between a growth mindset and a fixed mindset?

What are some ways we can encourage persistence and effort in children?

Have you ever shared an experience of struggling to master a skill (like swimming or riding a bike, etc.) with your child? Why or why not?

Do you think some people are born being good at skills like math or art? Does it surprise you that those are both developed skills?

Why is the expression “I can see how hard you worked on that!” more beneficial to a growth mindset than “You are so smart!”?