Your brain is like a muscle. When you learn, your brain grows. The feeling of it being hard is the feeling of your brain growing!

**PRAISE**

- For effort
- Strategies
- Progress
- Hard work
- Persistence
- Rising to a challenge
- Learning from a mistake

**NOT FOR**

- Talent
- Being smart
- Born gifted
- Fixed abilities
- Not making mistakes

**THE POWER OF "YET" SAY**

- "You can’t do it yet."
- "You don’t know it yet."
- "If you learn and practice, you will!"

**RECOGNIZE YOUR OWN MINDSET**

Be mindful of your own thinking and the messages you send with your words and actions.

**ASK**

- "What did you do today that made you think hard?"
- "What new strategies did you try?"
- "What mistake did you make that taught you something?"
- "What did you try that was hard today?"

"Mistakes help you improve."
"You can learn from your mistakes."
"Let’s see what other strategies you can try."

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