

ACCOMPANYING RESOURCES

Additional resources to accompany

Try Some More - written by Hayley Apelt and Luana Olsen



GROWTH MINDSET

- www.mindsetworks.com/science
- “In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work - brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment.” – Dr Carol Dweck.
- The aim is for children to incorporate a growth mindset into their daily lives, regardless of what they are undertaking.
- You could discuss the importance of developing a growth mindset and complete some of the activities available for free on this website.

THE POWER OF YET

- www.powerofyet.com
- The Power of Yet is a positive, self-talk strategy to employ when faced with a challenge – it involves adding the powerful word “yet” to the end of sentences, for example:
 - I cannot ride my bike.... yet!
 - I cannot move across the monkey bars... yet!
 - I cannot read.... yet!
 - I cannot tie my shoelaces... yet!
- You can discuss and encourage changes in thinking so that children are more positive, confident and willing to try new things without fear of failure restricting them.

THE LEARNING PIT

- This video explains the concept of the Learning Pit: vimeo.com/117364809
- Free resources and more information are also available from the website: www.challenginglearning.com/resources/
- The Learning Pit is another concept which can be incorporated into the classroom or daily lives of children, to help them solve challenges and progress in their learning.

ZONES OF REGULATION

- www.zonesofregulation.com/learn-more-about-the-zones.html
- “Life is 10% what happens to us and 90% how we react to it.” - Charles Swindoll.
- Zones of Regulation teaches self-regulation and emotional control when faced with challenges.