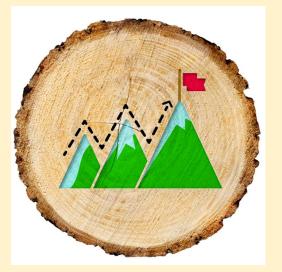




### KINDNESS RESPECT INTEGRITY

## **Our Personal Skill:**



Have a think: what opportunities do you have at school to develop your ability to persevere?

**To persevere** 





# INTEGRITY

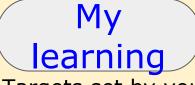
We have the courage to do the right thing even when it feels difficult

## **Myself**



Clubs, jobs, roles applying, committing, keeping trying again

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Targets set by you and your teacher



Persevering at SJS



Mindset

Which mindset helps us to persevere?

VS

**FIXED MINDSET** 

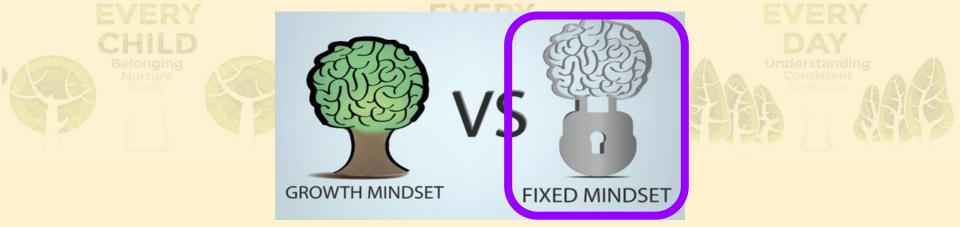
**GROWTH MINDSET** 

# What is a mindset?

Mindset is how you think about things, especially learning.

There are two main mindsets: fixed and growth.





- I am good at some stuff and bad at other stuff and I can't change that.
- I don't like work that is hard it makes me feel like I'm not clever.
- If I get stuck, I give up.
- I like to stay within my comfort zone.
- I don't like to be told how to make my work better when I have finished it.
- "It's too hard!"



- My ability isn't fixed I can get better at things if I work at them.
- The more effort I make, the better I do and the better I feel.
- I enjoy challenge because it makes me smarter.
- I like to be given feedback about how to make my work even better because it helps me to learn even more.
- "Bring it on!"

## It has been proven that:



- The brain is a muscle; it gets stronger the more it's used.
- Children with a growth mindset learn more at school.
- Those with a growth mindset have more success in learning, work, sports and in life in general.
- You can change your mindset.



## **To persevere**

#### Growth Mindset - Y5 & 6

Quiz to work out mindset, share sticky knowledge, set class target Choose posters and quotes to help us, agree some language switches Look at anxiety, and what happens when we panic - how this affects our ability to learn Find out about how sleep helps us learn

