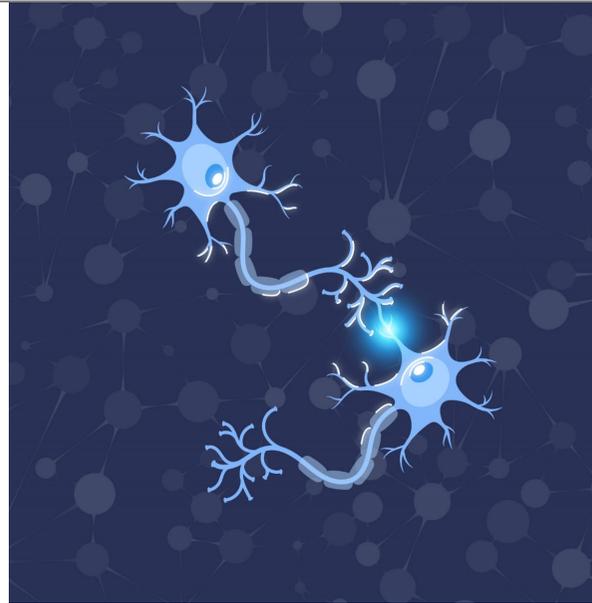


# Explaining what a growth mindset is to children



(1) The brain has many brain cells.  
Research shows that each person's brain has about 86 billion brain cells<sup>1</sup>.



(2) Brain cells are connected by synapses, which function like telephone lines and allow brain cells to communicate with each other.



(3) When we concentrate on doing things, work hard and think carefully about how to do things better, we can help the brain build more synapses. The more synapses our brain cells have, the smarter and more capable we will become.

<sup>1</sup>Azevedo, F. A., Carvalho, L. R., Grinberg, L. T., Farfel, J. M., Ferretti, R. E., Leite, R. E., ... & Herculano-Houzel, S. (2009). Equal numbers of neuronal and nonneuronal cells make the human brain an isometrically scaled-up primate brain. *Journal of Comparative Neurology*, 513(5), 532-541.