

Explaining what a growth mindset is to children



(4) This process is just like lifting dumbbells to make our biceps bigger. The bigger and stronger your biceps, the stronger and more powerful you will become.



(5) The reason why we do not know how to do certain things is because our brain cells have not established the relevant connections yet.



(6) As long as we try hard, practice hard and think hard, our brain cells will slowly establish these connections, and we will slowly learn to do these things.