

Parent Education Resource Package for Primary Schools

Building bright minds: How to support children's cognitive development?

Parent-child Activity

Parent-child activity: Look past the frustrations and failures of different people to understand the growth mindset they possessed

Objective: To cultivate a growth mindset in children

Part 1:

Instructions:

Select a person and analyse the setbacks and failures he/she has encountered, then discuss how this person overcame these setbacks and failures with his/her experiences, efforts and strategies. When selecting a person, parents should:

- Consider the age and interests of their children, as well as the source, length and completeness of the information.
- Not only to read this person's setbacks and failures, but also to help children think about how this person achieved his/her goals with his/her experiences, efforts and strategies.

Parents can watch the short video: "Positive Parenting Encourages Growth: Yu Chui Yee" (click [link](#) or scan the QR code on the right) with their children and discuss Yu Chui Yee's experiences.



During the discussion with their children, parents should:

- Help their children put themselves in Yu Chui Yee's shoes to think about the pressure and negative feelings she experienced.
- Allow children to express their own ideas and do not rush to teach them. Parents can use concise words to reflect their children's ideas and let them summarise their own ideas as far as possible in the course of discussion.
- Child: "I don't understand why she didn't give up and do something else."

- Parent: “You’re confused because you don’t understand why she tried so hard and didn’t give up.”
 - Child: “Yes! What’s the point of working so hard?”
 - Parent: “Why do you think she put in so much effort?”
- Make the stories of successful people connected with children’s daily lives.

Part 2:

Instructions:

With your children, recall a time when you experienced setbacks and failures and share how you overcame these setbacks and failures with your experiences, efforts and strategies.

Person	Experience of failure	Factors for overcoming setbacks and failure (experiences, efforts and strategies)
Father/Mother		
Son/Daughter		