

Parent Education Resource Package for Primary Schools

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

Strand II: Promotion of Healthy, Happy and Balanced Development of Children

Programme Plan

1. Programme Name

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

2. Target

Parents of children studying at primary level

3. Duration

This activity will last for about 90 minutes

4. Mode of Activities

Explanations, discussions, role play, self-reflection

5. Programme Objectives

Through the activity, parents will be able to:

- a) Learn about the growth mindset and its importance
- b) Understand how to cultivate a growth mindset in themselves and their children
- c) Acquire the skills of helping children face learning challenges with a growth mindset

6. Programme Procedure

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
1	5	Arousing motivation	<ul style="list-style-type: none">• Introduce the topic and content.• Introduce the importance of a growth mindset on children's learning and development: Based on 53 experimental studies published between 2002 and 2020, researchers found that strengthening	<ul style="list-style-type: none">• Explanations	<ul style="list-style-type: none">• PowerPoint slides (Slides 2-3)

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
			students' growth mindset improved their academic performance and psychological health.		
2	55	Cultivating a growth mindset in yourself and your children	<ul style="list-style-type: none"> • Introduce the growth mindset. • Help parents learn the skills in cultivating a growth mindset in children. 	<ul style="list-style-type: none"> • Explanations • Discussions • Self-reflection 	<ul style="list-style-type: none"> • PowerPoint slides (Slides 4-15) • Worksheet on Parent-child Activity
2a	20	Understanding the growth mindset	<ul style="list-style-type: none"> • Through explanation, help parents understand the definition of growth mindset (Slide 4). • Compare people with a growth mindset and a fixed mindset who have different perceptions about the following (Slides 5-6): <ul style="list-style-type: none"> ○ Talent ○ Effort ○ Other people's opinions ○ Other people's success • Let parents know that they can explain how brain cells work so as to help children know more about a growth mindset. The most important message is: When we concentrate on doing things, work hard and think carefully about how to do things better, it can help the brain build more synapses. The more synapses our brain cells possess, the smarter and more capable we will become. (Slides 7-8) 	Explanations Discussions	<ul style="list-style-type: none"> • PowerPoint slides (Slides 4-6)
2b	35	Understand	<ul style="list-style-type: none"> • Ask parents to write down one 	<ul style="list-style-type: none"> • Explan 	<ul style="list-style-type: none"> • PowerPoint

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
		how to cultivate a growth mindset in yourself and your children	<p>thing they have learnt the know-how that they could not do one year ago (Slide 10). For example:</p> <ul style="list-style-type: none"> • Making bread • Attending online classes with children • Helping children develop good study habits <ul style="list-style-type: none"> • The instructor can further ask parents how they learnt to do these new things. Did they put in any time or effort? Did they think about how they can do better? • Help parents learn how to cultivate a growth mindset in children through verbal feedback. The instructor guides parents to compare the effects of different verbal feedback (Slide 11): <ul style="list-style-type: none"> • “You haven’t learnt this equation yet...” (Compared with: “You don’t know this equation...”) ← It seems as if the child will never be able to learn it. • “Is this question difficult to you? That means your brain cells are working hard to establish the connections you need!” (Compared with: “Of course mathematics is difficult! You wouldn’t have to learn it if it wasn’t!”) ← It seems as if mathematics problems are insurmountable obstacles. • “I remember you didn’t... 	<p>ations</p> <ul style="list-style-type: none"> • Discussions • Self-reflection 	<p>slides (Slides 9-16)</p> <ul style="list-style-type: none"> • Worksheet on Parent-child Activity

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
			<p>but now you..." (Compared with: "Why don't you understand anything?") ← Putting focus on the child's shortcomings and deficiencies rather than their strengths or progress.</p> <ul style="list-style-type: none"> • "I think your strategy is great..." (Compared with: "Try harder!") ← Only urging your child to work harder without providing any practical strategies may make them feel more discouraged! • Play the short video: "Do You Mind"? (link) and help parents review the key points, including: <ul style="list-style-type: none"> ○ The definition of growth mindset ○ Ways parents can explain the operation of brain cells and the growth mindset to children ○ Skills to provide verbal feedback • Play the short video: "Positive Parenting Encourages Growth: Yu Chui Yee" (link) and guide parents to discuss the following questions: <ul style="list-style-type: none"> ○ What were Yu Chui Yee's goals and aspirations? ○ What difficulties did Yu Chui Yee face? ○ What actions did Yu Chui Yee take to achieve her goals? ○ Did Yu Chui Yee try hard, practice hard and think 		

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
			<p>hard?</p> <ul style="list-style-type: none"> Encourage parents to do the parent-child activity at home to cultivate a growth mindset in their children (Slides 14-16): <ul style="list-style-type: none"> Select a successful 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. Parents can also watch the short video: “Positive Parenting Encourages Growth: Yu Chui Yee” (link) with their children and use Yu Chui Yee as an example. Parents can share a time when they experienced setbacks and failures and discuss how they overcame these setbacks and failures with their experiences, efforts and strategies. The instructor reminds parents what things they should consider when selecting a successful person (Slide 14) and the attitude they should have when having discussions with their children (Slide 15). 		
3	25	Helping children deal with expectations and challenges	<ul style="list-style-type: none"> Help parents understand the negative thoughts that their children might have because of academic pressure. Help parents understand how to overcome academic 	<ul style="list-style-type: none"> Explanations Discussions Role play 	<ul style="list-style-type: none"> PowerPoint slides (Slides 17-21) Worksheet on

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
			challenges with a growth mindset.		Negative Thoughts
	25	Helping children deal with expectations and challenges	<ul style="list-style-type: none"> • Explain the meaning of a self-fulfilling prophecy. Negative thoughts cause negative feelings, which will then impact on their performance negatively. Therefore, thoughts can affect feelings and performance and eventually become self-fulfilling prophecies (Slides 17-18). • Use role play to help parents acquire the skills of how to face learning challenges with a growth mindset (Slides 18-20). <ul style="list-style-type: none"> ○ The instructor first introduces different negative thoughts that children might have because of academic pressure (Slide 19). ○ Start by using the Worksheet on Negative Thoughts and asking parents to try to comfort their children with positive thoughts. ○ The instructor assumes the role of a child and shares common learning challenges. Parents try to comfort the child on the spot. The instructor then comments on the ways parents attempt to comfort their child. ○ The instructor introduces ways to replace negative thoughts with positive 	<ul style="list-style-type: none"> • Explanations • Discussions • Role play 	<ul style="list-style-type: none"> • PowerPoint slides (Slides 17-21) • Worksheet on Negative Thoughts

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
			<p>thoughts (Slide 20) while strengthening children's growth mindset:</p> <ul style="list-style-type: none"> ▪ When a child has negative filtering: Help them understand that they can think about what they have learnt this time even if the test result is not as good as expected. ▪ When a child thinks that every time is the same: Help them identify what they can do to improve. ▪ When a child overgeneralises: Help them understand that not doing well in a mathematics test does not mean they will not do well in an English test. ▪ When a child is exhibiting perfectionism: Help them understand that there are no grammatical mistakes in other sentences even though there is one in this sentence. ▪ When a child is minimising their own achievements: Help them reflect on why they did well this time. For example, maybe they were particularly focused, hardworking, or meticulous about ways to do better. 		

Section	Time (minutes)	Topic	Content	Mode	Resources / Teaching aids
5	5	Conclusion	<ul style="list-style-type: none"> • Summarise the content of the lecture • Complete the evaluation questionnaire 	<ul style="list-style-type: none"> • Explanations 	<ul style="list-style-type: none"> • PowerPoint slide (Slide 22)