

Mindset in Early Years: Case Study



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Why did you take part in the growth mindset programme?

We took part to develop our knowledge and skills in this area. In our settings, children often display fixed mindsets and participating in this programme allowed us to understand and support children in their learning journey in order to develop a growth mindset of their own.



What was the most important thing you learned from taking part in the programme?

Although the material in the programme was familiar to us, we felt that our own awareness of particular mindsets was raised and this allowed us to recognise when children were displaying either a fixed or a growth mindset! During the project we became very aware of the language we were using with children as we encouraged, engaged and supported their mindset development.



Can you share an example of how you used your learning with the children?

We developed a can do attitude by encouraging children to participate in using an obstacle course which was initially set up by adults. Gradually the children developed their own obstacle courses and were seen to be assessing risk as they played and learned together.

The children showed obvious enjoyment with their successes and they became more confident in their choices and actions.



We also noticed that post-Covid, children were more reluctant to try new things and they seemed more averse to challenge than they had been in past years. The use of encouraging language and support during learning experiences helped to engage reluctant children.

Again, although we use this language every day ourselves, we observed that the project had raised awareness amongst other adults in the setting, giving them permission to take time in a busy environment to notice and encourage children.

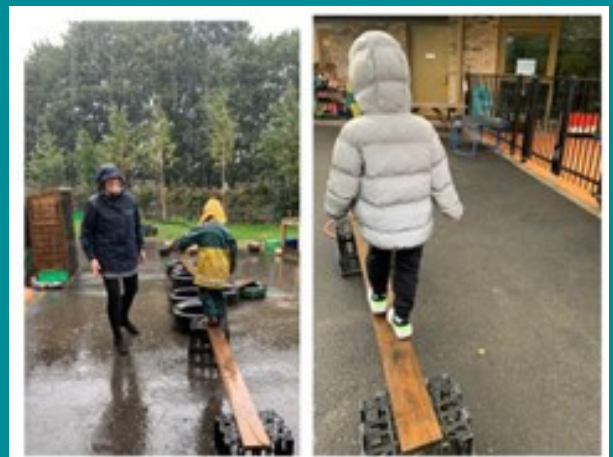


Although target children were identified at the beginning of the project we decided to involve all children. This mass participation on occasions was beneficial to the mindsets of a lot of children who developed a can-do attitude while observing their peers playing with and manipulating the resources.



Now that you've done this, what are the next steps for growth mindset?

We plan to continue to promote growth mindset through physical skills development and to share this in our settings as an integrated methodology towards promoting motor skills in the future. We will feedback to our Early Stages Teacher Team with a leaflet, poster and/or padlet to share our findings and inform our future practice.



Is there anything you feel could make the programme more effective?

We found that the sharing of our written thoughts and experiences after each module was beneficial and to read about other colleagues' experiences in different settings was a valuable insight into their practice. Perhaps a twilight session after every module was not necessary as we found that these sessions for feedback were arranged for too late in the evening.