



Growing GRIT: Guts, Resilience, Insistence, & Tenacity

M = Mindset

What are some words that help define **Grit**?

- External speech (baby self talk) evolves into our external speech, which evolves into thought, which evolves into Mindset.
- Effort is more crucial for success than intelligence or talent.

4 Steps to GRIT:

#1 Passion: Comes from interest and pleasure.

#2 Deliberate Practice: Stretch goal, effort, feedback, repetition, reflection, refinement.

#3 Purpose: This matters to me and others. This sometimes develops later.

#4 Hope: This requires a Growth Mindset.

Make like a baby = exuberant and tenacious learners.

4 Steps to Growth Mindset:

#1 Identify the “fixed voice.” *Things never work out for me. It’s not my fault.*

#2 Choose the “growth voice.” *I will expand my strategies and effort to improve.*

#3 Back talk to yourself. *If I don’t admit my part, I can’t fix it. I’ll listen and learn.*

#4 Choose “growth behavior.” Take a risk, learn, prepare, work hard, practice.

C¹ = Confidence

What are some ways you can help kids grow their Confidence?

What are the Big 3 Elements of Enrichment

N = Novelty: Make like a Purple Cow: fun, different, unusual, surprising!

C = Challenge: Do things that are difficult. Don’t quit on a bad day.

F = Feedback: Don’t judge; teach. Immediate and objective.

Growth Mindset Feedback Questions

- (1) What's working?
- (2) What's not?
- (3) What can they do to improve?

The Power of Yet: *"Don't stop at I can't. Say I can't yet. Everyone learns in a different way. Let's keep trying to find out the way that works best for you."*

C² = Control

What are some ways you can help kids grow an inner locus of Control?

- Neuroplasticity: The brain is like a muscle
"You are in CONTROL of your brain. You can help it grow by using it in the right way."
- **Praise the Process, not the Person.**
Instead of, *"You are so smart,"* say *"Wow, you tried lots of strategies and didn't give up until you solved the problem."*
- Use the Fork in the Road metaphor - awareness leads to good choices.
- Teach wanting vs. choosing.
- Make like a Jedi: study, train, use effort to gain control of the dark side.

C³ = Coping

What are some ways you can help kids grow Coping skills?

- Help them recognize emotions in themselves and others.
- The single best coping strategy is humor.
- Help them identify and value the 1 good thing in failures.
- *"That stinks, now how can we make the best of it."*
- *"I don't blame you for feeling as you do. If I were you, I might feel the same way."*
- *"This is a problem. How can we solve it? What are your options? How can we get what we need? How can we change things?"*
- S.T.A.R. = Smile, Take a breath AND Relax
- Q.T.I.P. = Quit Taking It Personally.
- Use Code Words: Make like a Duck or Turtle.
- Offer suggestions in the form of questions.
- Teach breathing and movement relaxation techniques.

Growth Coping Strategies

C = Calm: stop, take a breath, relax

O = Options: ask open questions, generate long lists, brainstorm.

P = Pick one; and put it into practice.

E = Evaluate: What worked? What didn't? What would I change? Repeat.

Make like a Navy Seal:

- Use positive, optimistic self-talk.
- Use visualization to rehearse solving the problem.
- Use breathing and relaxation techniques for arousal control.

C⁴ = Competencies

What are some ways you can help kids grow Competencies?

Make like a Psychic - Use E.S.P.

E = Explain: Instructive learning. Describe and frame the competency.

S = Show: Imitative learning - model the competency, act it out.

P = Practice: Collaborative learning - practice the competency with others.

Practice Conflict Resolution

A = Ask questions (don't provide answers) - don't judge; coach.

C = Choices: come up with a list of options that YOU will choose from.

T = Try it: Test it out and see if it works.

It's all about _____

Warm, supportive, respectful, and demanding relationships.

