

PSHE / SEL · Y1–Y6

Growth Mindset

Knowledge Organiser — KS1–KS2

Key vocabulary

1

Fixed mindset

The belief that your intelligence and abilities are fixed — you either have them or you don't. Leads to avoiding challenges.

Example: I'm just not good at maths.

2

Growth mindset

The belief that intelligence and abilities can grow with effort and practice. Leads to embracing challenges.

Example: I can't do this YET — but I'll keep trying.

3

Challenge

A task that stretches you beyond your comfort zone. Growth mindset sees challenges as opportunities to learn.

4

Effort

Deliberate practice and persistent trying — the mechanism through which growth happens.

5

Neuroplasticity

The brain's ability to form new connections and grow stronger when you practise something. The scientific basis of growth mindset.

Example: Like building a muscle — the more you use it, the stronger it gets.



6

Yet

The most powerful word in a growth mindset vocabulary. 'I can't do this yet' changes the meaning completely.

Example: I can't do long division yet.

th — the key differences

Which mindset are you in right

- CHALLENGE: Fixed — avoids it. Growth — embraces it.
- OBSTACLES: Fixed — gives up. Growth — persists.
- EFFORT: Fixed — sees it as pointless. Growth — sees it as the path to mastery.
- CRITICISM: Fixed — ignores feedback. Growth — learns from it.
- OTHERS' SUCCESS: Fixed — feels threatened. Growth — learns from it.
- RESULT: Fixed — misses out on potential. Growth — reaches ever-higher levels.
- THE POWER OF YET: Replace 'I can't do this' with 'I can't do this YET.'
- PRAISE EFFORT, NOT INTELLIGENCE: 'You worked really hard' beats 'You're so clever'.

