[](http://images.google.com/imgres?q=fyi&hl=en&gbv=2&biw=1600&bih=728&tbm=isch&tbnid=yFVvEM4WNfddpM:&imgrefurl=http://www.goldensitedesign.com/&docid=GCh_9IuUL5fC3M&imgurl=http://www.goldensitedesign.com/wp-content/uploads/2011/04/FYI-Speech-Therapy-Thumb.png&w=286&h=173&ei=ChEHULDgJ-LL6wGvodn6CA&zoom=1)

**Social Skills –Parent Note**

Your child just completed a social skills lesson. The topic was:

***I Can Have a Growth Mindset.*** Your knowledge of this lesson may help you to help your child generalize the skills to other environments.

**What he/she learned:**

1. Everyone feels frustrated or discouraged sometimes. We can stay frustrated or discouraged OR we can have a GROWTH MINDSET
2. A Growth Mindset is believing our brains can grow and we can learn many new things
3. Fixed Mindset vs. Growth Mindset
4. We can challenge our brains to help them grow stronger
5. We can turn negative thoughts into positive ones
6. We can develop a CAN DO attitude!
7. 6 Steps to Develop a Growth Mindset
8. Pay attention to self-talk
9. Be open to learning
10. Recognize your strengths
11. Welcome challenges and embrace feedback
12. Track your progress
13. Believe in yourself!

**Your child received a Lesson Summary magnet:**

**If you have a moment, email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with any information that might help your child for the next lesson on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. THANK YOU!!**