

A website with resources and strategies to encourage a growth mindset at home:

<http://www.thenedshow.com/parents.html>

Free weekly printables that you can use at home to encourage a growth mindset. You can also purchase growth mindset journals - which could be a great mindful family activity.

<https://biglifejournal.com/pages/freebies>

Great PDF on what children CAN do at each age level 8 months to 5 years old.

http://csefel.vanderbilt.edu/documents/teaching_routines.pdf