



**“Congratulations, you just got smarter!!”**

**“I am a Learner. I can do hard things.**

**Learning is hard. It’s supposed to be.**

**Learning is my choice.”**

### **Why Neuron Stickers?**

- 1) Increase self-awareness and provide learners with tangible acknowledgement for their effort and growth through the learning process
- 2) To strengthen and make intentional our own practice of teaching and fostering a growth mindset by celebrating the learning process.

Individuals holding a growth mindset...
<ul style="list-style-type: none"><li>● Know the neuroscience behind learning and getting smarter</li><li>● Understand that learning is a choice</li><li>● Embrace challenges</li><li>● Focus on learning goals and improving ability</li><li>● View struggle as an opportunity to learn</li><li>● Seek advice and view feedback as a vehicle for improvement</li><li>● Employ a variety of learning strategies</li><li>● View mistakes and failures as opportunities to learn and grow</li><li>● Persevere in the face of setbacks and obstacles</li><li>● See effort and hard work as the path to learning</li><li>● Are inspired by the success of others</li></ul>

### **How might I use the neuron stickers?**

**Effective Effort, Productive Struggle and Neurons:**

**Find opportunities to use for reflection and to foster metacognition and growth mindset**

1. Use the [Mineola Grows “Learners Guide for Learners” \(Neuroscience and Self Regulation\)](#) series to introduce, reinforce and teach our shared verbal and non- verbal growth mindset language:
  - I am a Learner.
  - Learning is hard, it’s supposed to be (neuroscience proves that)
  - When I recognize a challenge, I can choose to become curious about it.
  - I can choose to see a challenge as an opportunity to learn and grow.
  - When I make the choice to get curious, my neurons activate.
  - When I make the choice to work at the challenge, even if I make mistakes, my neurons begin to connect and I make myself smarter.





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2. Explain to students that when CHOOSE to take on a challenge, our brain actually changes and grows. Scientists say the only way to get smarter is to connect neurons. The first step to getting smarter is to recognize a challenge. Practicing self-awareness and recognizing that something is hard actually activates the neurons in our brain! Some ways we grow are brain are
  - Practicing self-awareness strategies
    - Learning something new
    - Trying even when we feel like giving up
    - Asking an adult for help
    - Asking a friend for help
    - Practice
    - Learning from a mistake
    - Trying different ways to solve a problem
    - Practicing self-reflection and metacognition
3. Continue to find opportunities to connect the neuroscience of learning by reframing challenges as opportunities and rewarding and praising the learning process, NOT the product!

### ***Additional Resources***

**[Article: Praise that Makes Learners More Resilient](#)**

**[Ingredients to growing my brain \(early elementary\)](#)**

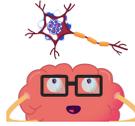
**[Effective effort \(upper elementary\)](#)**





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## Learning From Mistakes

- Your brain gets stronger when you learn from your mistake.
- Learning from your mistake makes your brain stronger and smarter.
- Great! You made a mistake. Now you get to learn from it.
- Mistakes help us learn.
- Try again.
- Mistakes give us information we can use later.
- You made a mistake. Now you get to try again.
- Try a different strategy.
- Turn that mistake into a “take-away.”
- That mistake means you tried something.
- I can see you learned from your mistake and did something different this time.
- What can we learn from this mistake?
- What did you learn from making that mistake?
- What was your take-away from that mistake?
- How does this mistake help you?
- What will you do differently next time?
- How does it feel to make a mistake and learn from it?

## Taking on Challenges

- Your brain gets stronger when you try to do something that’s a little hard instead of something easy.
- Good for you, you’re trying to do something that is hard (challenging).
- Your brain gets stronger when you try different strategies.
- Enjoy the challenge. Have fun with it.
- You did it! You’re getting smarter.
- Stick with it. You’re being persistent.
- You didn’t give up. You kept trying and you did it.
- A little bit of struggle when you’re learning makes your brain smarter.
- Even when it got hard you stuck with it and figured it out.
- Looks like you need something more challenging.
- I can see you worked hard on that.
- Learning to work through this hard task will smarten up your brain.
- You were frustrated, you took a deep breath, and then tried again.
- I noticed you tried a different strategy when you realized the other one wasn’t working.
- Let’s take a break and try again in a bit.
- Let’s try this together.
- What tools do you need?
- Is this a ‘just right challenge’ for you?
- What question(s) do you have?
- Why do you think that strategy worked?
- How did it feel to work through your frustration?
- How did it feel to work through that hard problem/task?
- How did it feel to take on that challenge?





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## Learning Something New

- Learning something new makes your brain stronger and smarter.
- Your effort is helping you get better at this.
- I can see you're working hard.
- Your brain is getting stronger right now because you are practicing this.
- Let's practice this.
- Every time you practice \_\_\_\_\_ your neuron connections grow stronger.
- Struggling with this new skill will actually help you learn it better.
- Your practice is helping you get better at this.
- Thank you for asking that question.
- Asking questions helps you learn.
- I can see you're really having fun learning about \_\_\_\_\_.
- Can you tell your practice is paying off?
- What are you learning?
- What do you want to practice today?
- What do you want to learn today?
- What did you learn today?
- How can you remember \_\_\_\_\_?
- How does it feel to learn \_\_\_\_\_?

## Problem Solving

- Your brain gets stronger every time you try to solve a problem.
- Looks/sounds like it's problem solving time.
- You're a problem thinker and solver.
- You're being flexible. You're going with the flow.
- Hey, you let that little problem go.
- Thank you for asking for help.
- You asked your friend for help.
- Let's try and solve this together.
- Let's do it together.
- Let's problem solve this.
- You tried to solve the problem on your own. What strategy did you use?
- Trying different strategies to solve that problem will help you learn how to do it.
- By solving that problem you got smarter.
- What type of problem is this?
- How did you solve your problem?
- How can we solve this problem together?
- How can I help?
- How might we solve this problem in a different way?
- How might we think about this problem in a different way?
- How does it feel to work through this problem?
- How does it feel to solve that problem?

