

"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...
• Know the neuroscience behind learning and getting smarter • Understand that learning is a choice • Embrace challenges • Focus on learning goals and improving ability • View struggle as an opportunity to learn • Seek advice and view feedback as a vehicle for improvement • Employ a variety of learning strategies • View mistakes and failures as opportunities to learn and grow • Persevere in the face of setbacks and obstacles • See effort and hard work as the path to learning • Are inspired by the success of others

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?

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