

# Best Videos to Learn about Growth Mindset

It can be more helpful to learn about something by watching a video about it than by reading about it. Videos can be a great way to learn more and to foster a conversation about growth mindsets. Given that growth mindset is a newer concept, some of the videos developed about it are not too informative. However, we have collected some of the best videos available on the Internet. Check out below some excellent videos about growth mindset, updated regularly by our team at South County Child and Family Consultants. Pay careful attention to which videos are designed for kids and which are designed for adults.



## For Kids, Tweens, or Teens:

[Fixed vs. Growth Mindsets In Children](#): Animated short video for kids on the difference between fixed and growth mindsets.

[Growth Mindset Video](#): Short video for teens that provides examples of growth mindsets.

[Growth Mindset Animation](#): Animated video describing growth mindsets.

## For Parents:

[How Kids Learn](#): Details the importance of a growth mindset for kids who might struggle to learn and how kids can make their brains stronger.

[Interview with Carol Dweck by Sal Khan \(of the Khan Academy\)](#): Short video that describes how growth mindsets lead to higher grades.

[Stanford University PERTS program guide to Growth Mindsets](#): Helps parents and educators with lesson plans and videos.