MOVIES, BOOKS, VIDEOS, PODCASTS

Top 30 Children’s Books About Resilience
Top 85 Growth Mindset Books for Children and Adults
Top 30 Kindness and Friendship Movies for Families
Top 75 Growth Mindset Movies for Children
Top 40 YouTube Channels for Growth Mindset, Creativity, and Kindness
Top 70 Growth Mindset Television Shows
Top 40 Growth Mindset Podcasts for Kids, Teens, and Parents
Top 35 Parenting Podcasts
Top 50 Mindfulness Resources for Children & Teens
80 Songs that Inspire a Growth Mindset

OTHER RESOURCES

7 Keys to Managing Sibling Rivalry
Top Growth Mindset Resources for Parents and Educators
4 Steps to a Successful Family Meeting
41 Family Rituals that Teach Responsibility, Kindness, and Compassion
45 Growth Mindset Mantras
How to Empower Children When They Struggle
7 Ways to Help Kids Deal with Big Life Changes
How to Connect with Your Child Using Love Languages
5 Ways to Deal with Frustrations as a Parent
15 Tips to Build Confidence & Self-Esteem in Teens
5 Essential Steps to Create a Growth Mindset Corner
5 Essential Steps to Help Children Cope with Stress
9 Activities to Build Grit and Resilience in Children