

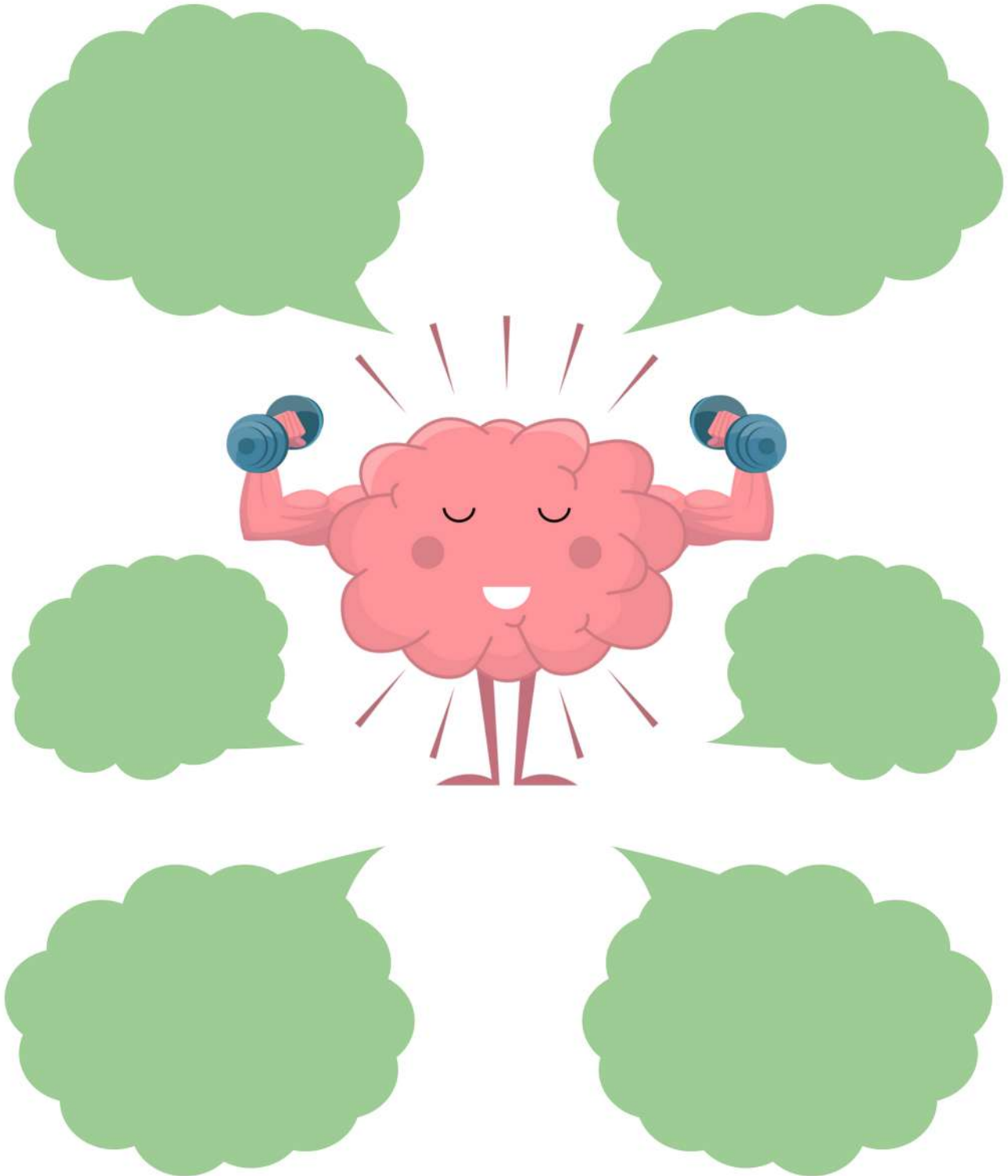
Name:

Date:

# GROWTH MINDSET

A growth mindset is when we find a positive perspective to look at each situation. Instead of thinking negatively, we can think positively about it.

Think of some ways that you can offer a growth mindset.



Name:

Date:

# GROWTH MINDSET

List the things you do well and the things you want to do better.

THINGS I DO WELL:

Keep  
going



PATIENCE  
with my  
GROWTH

THINGS I WANT TO DO BETTER:



Name:

Date:

# GROWTH MINDSET LANGUAGE

Flip your thinking! Complete the speech bubbles:

Instead of:

Say:

This is too hard!  
I give up.

I can't do this!

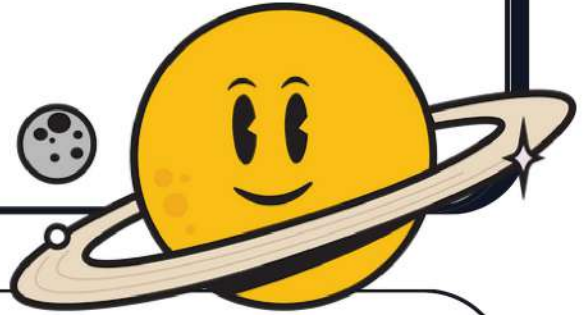
I'm no good at this!

Name:

Date:

**15**  
Minutes

# GROWTH MINDSET ACTION PLAN



1	Describe what happened.	
2	What was your strategy?	
3	Why did you choose that particular strategy?	
4	What happened when it did not work out?	
5	Describe what's been going through your head since then.	
6	What have you learned that will help you do better next time?	
7	What new strategies can you try or who can you ask for help?	
8	What is your new plan?	
9	How will you deal with thoughts that could keep you from trying?	



Name:

Date:



## POSITIVE GROWTH MINDSET

You've worked hard on a project only to find out that the benchmark has changed. It's hard to be motivated to finish it.

Write about what you should do and why:

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Name:

Date:



## POSITIVE GROWTH MINDSET

You've been set a task that you think is challenging and does not come easily to you. What mindset should you have to help you achieve success?

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Name:

Date:

# KNOW YOUR WORTH

## POSITIVE GROWTH MINDSET

Someone you like is pressuring you to do something that goes against your values.

How should you respond to their request?

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# GROWTH MINDSET

The driver behind a learner's motivation and achievement

## FIXED MINDSET

## GROWTH MINDSET

I already know it all

I want to learn

I give up easily

I welcome and learn from feedback

I ignore useful feedback

I learn from others

I can't change how smart I was born

I can train my brain

I don't need to practice

I can work hard to get better at something

I'll never be good at this

I will keep trying

Mistakes are bad so I avoid them

Mistakes are learning opportunities

I avoid things that require effort

I want to be challenged






# GROWTH MINDSET

LET'S MAKE LEARNING CHALLENGES AN OPPORTUNITY TO GROW. SAY IT WITH US:

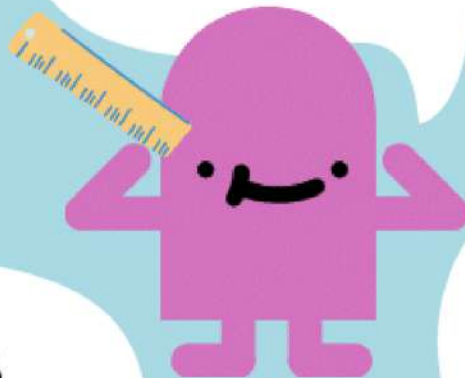
"I'LL GET BETTER WITH PRACTICE."



"MY CLASSMATES INSPIRE ME TO STUDY WELL."



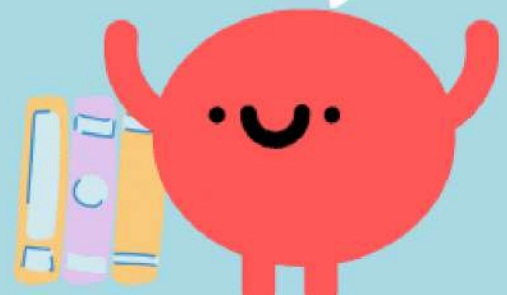
"THERE'S ALWAYS ROOM TO IMPROVE!"



"MISTAKES TEACH ME NEW LESSONS."



"CHALLENGES ALLOW ME TO GROW."



# THE POWER OF...

 I DON'T UNDERSTAND THIS...

 I CAN'T DO THIS...

 I'M NOT GOOD AT THIS...

 IT DOESN'T WORK...

 THIS DOESN'T MAKE SENSE...

 I'M NOT AN EXPERT AT THIS...

Y

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