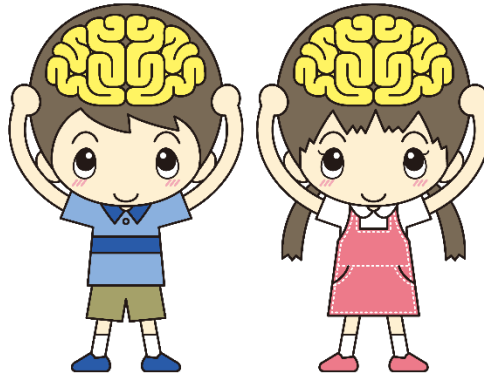


# GROWTH MINDSET

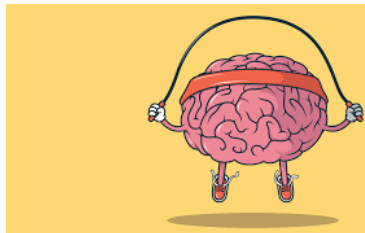
Growth mindset can help how we face challenges.

The brain is like a muscle. When you learn your brain grows. When it feels hard your brain is growing, just like when your muscles get tired when you exercise.

## BRAINS CAN GROW!



Workout your brain!



Exercise your thoughts!



I have a **GROWTH MINDSET**.

I can **GROW** my **BRAIN** like a muscle.

I can achieve *anything* with *effort* and *strategy*.

When I fail or make a mistake it is a good thing because I can **LEARN**, and I **GET**

## STRATEGIES

### Say

“mistakes help me improve”

“you can learn from mistakes”

“lets see what other strategies I can try”

### Ask

“mistakes help me improve”

“you can learn from mistakes”

“what did I try that was hard today?”

## THE POWER OF YET

Changing the way you approach things is part of growth mindset.

Say: “I can’t do it **YET**”      “I don’t know it **YET**”  
**IF YOU LEARN AND PRACTICE YOU WILL!**

## GROWTH vs FIXED MINDSET

You can grow your intelligence vs you can’t improve natural abilities you are born with.

**I can learn anything** vs **I’m not good at it**  
**I learn from failures** vs **If I fail I’m not good**  
**I challenge myself** vs **I don’t like to be challenged**  
**I am inspired by others** vs **If you succeed I don’t like it**  
**I always persevere** vs **I give up if it is hard**

Write down a way you tried a new strategy to help you get better.

What happened?

What was the result?

What did you feel?

What can you do different?

What will you think about to keep going?