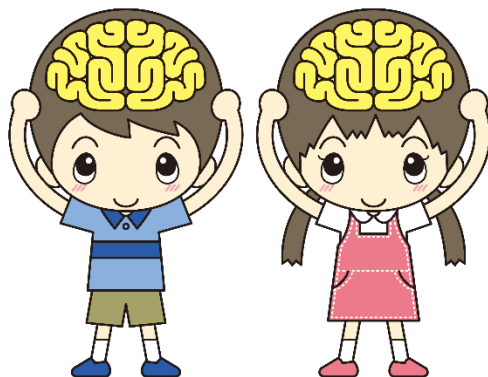


# GROWTH MINDSET

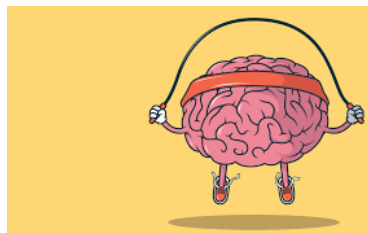
Growth mindset can help how we face challenges.

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

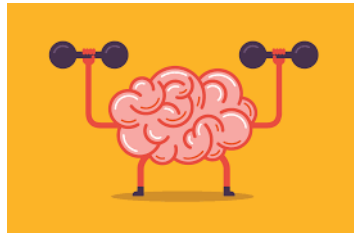
## BRAINS CAN GROW!



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?

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What was the result?

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What did you feel?

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What can you do different?

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What will you think about to keep going?

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