

# Growth Mindset Activity

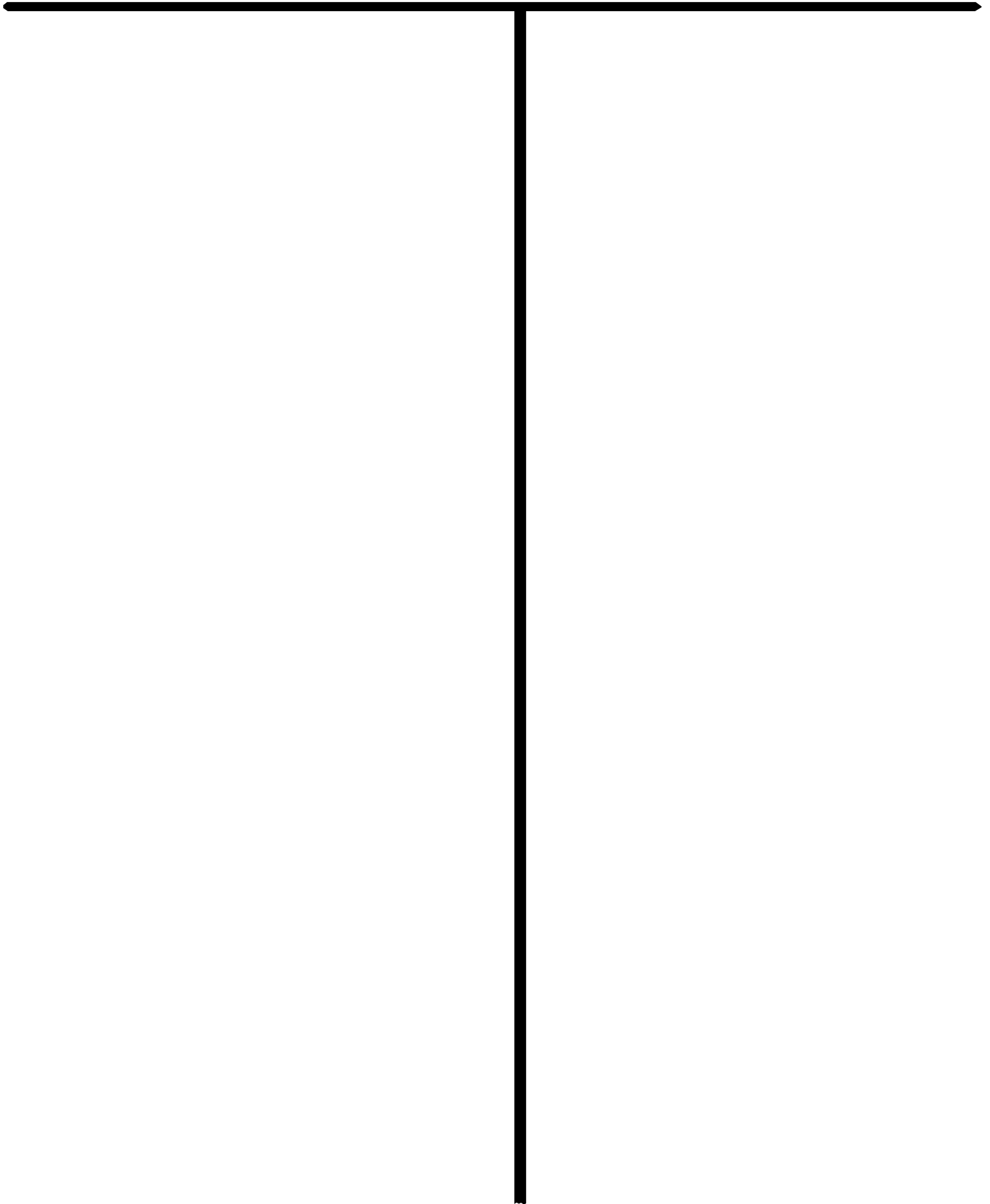
## Instructions:

1. Cut out all the statement cards below
2. On the next page, sort and glue them onto the correct column

|                              |                         |
|------------------------------|-------------------------|
| I can't do this.             | I'm not good at this.   |
| This is hard, but I can try. | I can try again.        |
| I'm just bad at this.        | This is too hard.       |
| I can ask for help.          | I can't do this yet.    |
| I don't want to try.         | I give up.              |
| I learn from my mistakes.    | Mistakes help me learn. |
| This is impossible.          | I'll never get it.      |
| I'll try a different way.    | I will keep trying.     |

Growth Mindset

Fixed Mindset



Rewrite the three fixed mindset statements into growth mindset statements

E.g. Fixed: I'll never be as good as everyone else.

Growth: I learn at my own pace, and I will get better with practice.

Fixed: I should just quit.

Growth: \_\_\_\_\_  
\_\_\_\_\_

Fixed: I'm afraid to make a mistake.

Growth: \_\_\_\_\_  
\_\_\_\_\_

Fixed: I'll just stay stuck on this problem.

Growth: \_\_\_\_\_  
\_\_\_\_\_

# Climbing a Learning Mountain

1. Draw yourself at the bottom of the mountain starting something hard.
2. Add 2–3 things going up the mountain that help you keep going (practice, help, try again).
3. Draw yourself at the top showing what you can do now.
4. Write: “I can climb my mountain by \_\_\_\_\_.”

