

Name: _____

Block: _____



Date: _____

GROWTH MINDSET



What is a Mindset?

- It is a way of thinking based on beliefs and perspectives

GROWTH MINDSET	FIXED MINDSET
 <ul style="list-style-type: none"> Belief that people's basic abilities can develop with hard work and determination See challenges and change as motivators <p>e.g. <i>Challenges help me to grow</i></p>	 <ul style="list-style-type: none"> Belief where people think their basic abilities can't change See challenges and change as threats or obstacles <p>e.g. <i>When I'm frustrated, I give up</i></p>

- Read the phrases below.
- Circle whether they are **fixed** or **growth** mindset statements.

e.g. *Challenges help me to grow.*

growth fixed

I like to try new things.	growth	fixed
Feedback is personal.	growth	fixed
I stick to what I know.	growth	fixed
Feedback is constructive.	growth	fixed
I can learn to do anything I want.	growth	fixed
I'm either good at it or I'm not.	growth	fixed
My abilities cannot change.	growth	fixed
My effort and attitude determine my abilities.	growth	fixed

Please turn over.

Growth Mindset Reflection

Write or draw your answers to the following questions:

<p>What is something you do really well?</p> <p>e.g. baking cookies</p>	<p>Your Answer:</p>
<p>What is something you are afraid to try?</p> <p>e.g. doing presentations in front of many people</p>	<p>Your Answer:</p>
<p>What is something you would like to try to work on?</p> <p>e.g. learning how to use Canva for my projects</p>	<p>Your Answer:</p>
<p>Write one growth mind set comment about yourself.</p> <p>e.g. I will not give up when things get difficult</p>	<p>Your Answer:</p>