Block: ____

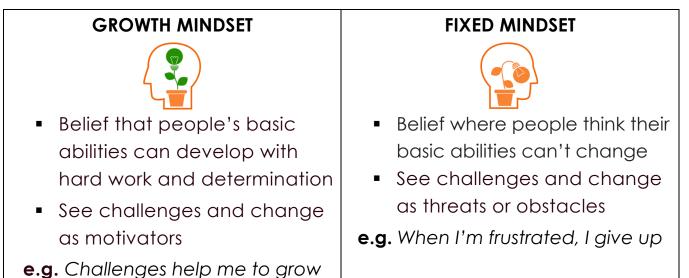
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GROWTH MINDSET



What is a Mindset?

It is a way of thinking based on beliefs and perspectives



- 1. Read the phrases below.
- 2. 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:

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