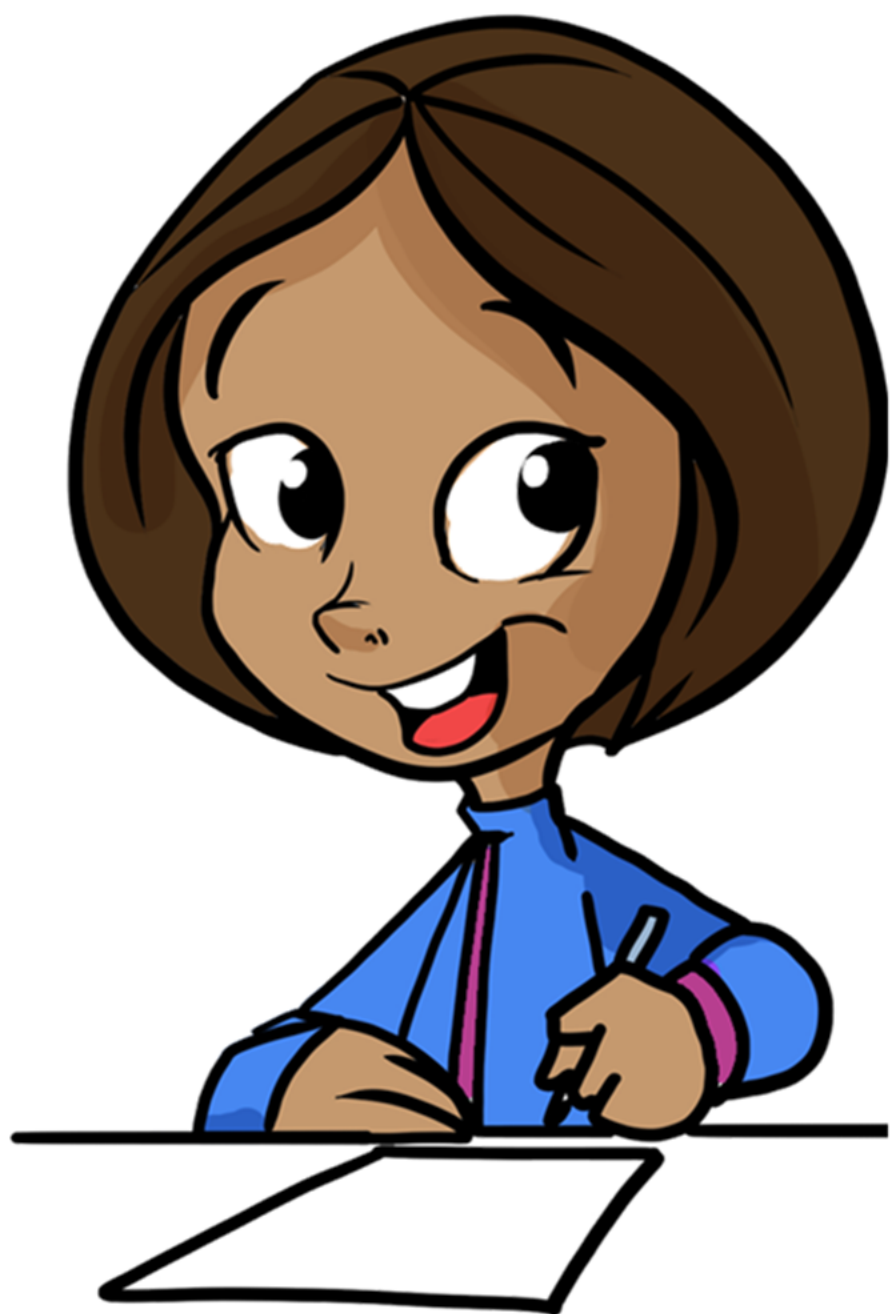


CHARACTER EDUCATION GROWTH MINDSET



GROWTH MINDSET



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GROWTH MINDSET

PARENT LETTER

Hello Parents,

We are learning all about Growth Mindset. We defined Growth Mindset as: a belief that you can and will improve with effort.

Here are some ways you can Growth Mindset to your child at home:



Praise effort over achievement.



Remind your child that mistakes are okay and help us learn.



When talking to your child ask them questions about what they learned today, what mistakes they made, and how they were challenged.



If you hear your child using negative self-talk (I can't do this), help them re-phrase it by telling them "You can't do this...yet but you will keep trying hard."

Commands (although sometimes necessary) can bring about resistance, while suggestion brings out cooperation. Example: "Your room is so messy we might not be able to find things we need, let's clean it up so we can find our toys easier."

GROWTH MINDSET

WRITING PROMPTS

1. What is the difference between a fixed mindset and a growth mindset?
2. Think of a time when you quit, how did it make you feel? What can you say to yourself to keep going when things are hard?
3. Think of one area that you could have more of a growth mindset in. How will you change your thinking?
4. What benefits come from using a growth mindset? What consequences come from using a fixed mindset?
5. How does it feel to do your best? What might stop you from doing your best?
6. What do you say to yourself when you make a mistake? What is something positive to tell yourself when you make a mistake? How can this help you?

GROWTH MINDSET

RECOMMENDED READ ALOUDS

For more recommendations with full book reviews check out this [blog post](#).

- *The Most Magnificent Thing by Ashley Spires
- *The Girl who never made Mistakes by Mark Pett and Gary Rubinstein
- *Beautiful Oops! By Barney Salzberg
- *The book of Mistakes by Corrina Luyken
- *The Magical Yet by Angela DiTerlizzi
- *Making a splash by Carol E Reiley
- *It's okay to make Mistakes by Todd Parr
- *My Fantabulous Brain by Julia Cook
- *I can't do that YET by Esther P. Cordova
- *Your fantastic Elastic Brain by JoAnn Deak
- *I can do hard things by Gabi Garcia
- *Smart Ninja by Mary Nhin
- The Dot by Peter H. Reynolds
- *A Whale of a Mistake by Ioana Hobai

GROWTH MINDSET

MORNING ANNOUNCEMENTS

Name: _____

Date: _____

***Week 1:** We are learning all about having a Growth Mindset. We defined having a growth mindset as believing that you can and will improve with effort. Some ways you can have a growth mindset at school is by giving your best effort, believing in your capabilities, learning from mistakes, and setting goals and monitoring your progress.

***Week 2:** We are continuing to learn all about Growth Mindset. Remember having a growth mindset means believing that you can and will improve with effort. Some ways that you can show a growth mindset at home are embracing imperfections, accepting feedback from parents, and not quitting when things get hard.

***Week 3:** We are continuing to learn all about Growth Mindset. Remember having a growth mindset means believing that you can and will improve with effort. Some ways that you can do this in your community is by working with others to solve a community problem, being inspired by others' success, and practicing to improve at a sport.

***Week 4:** As we continue to learn about Growth Mindset, let's reflect on this quote by Carol Dweck, "No matter what your ability is, effort is what ignites that ability and turns it into accomplishment." This means in order to be successful, we have to put in the effort and the work. What is one way you will show a growth mindset today?

***Week 5:** Growth mindset is an essential trait to have for many careers. Entrepreneurs for example show a lot of growth mindset. An entrepreneur is an individual who creates a new business. A successful entrepreneur must be able to make wise decisions about how he uses his time, continually evaluating and prioritizing tasks according to relevance and importance. This means including short and long-range planning. Entrepreneurs should be able to look at failures objectively and understand that they are lessons to be learned, to make improvements and keep going. Think of a career you may be interested in and how you can show a growth mindset in it.

***Week 6:** Growth Mindset is also shown by many leaders throughout history and is an important feature of being a leader. One such leader is LeBron James, a basketball player, widely considered one of the greatest players of all time. He has won four NBA championships, and two Olympic gold medals. James grew up in a rough part of town, and watched his mother struggle. From the age of nine, he worked relentlessly to improve his basketball skills, often not leaving the gym until the sun went down. He continued that strong work ethic into his career, he is often the last player to leave after practices. LeBron once said "You've got to have a growth mindset and you've got to be able to grow in losses and be able to grow in wins as well—and see things that you could've done better, things that you did well that you can apply to the next game and things of that nature. It's always a growth mindset for our ballclub." Think about how you can be a leader in your classroom by showing a growth mindset.

I SHOWED A
GROWTH MINDSET



I SHOWED A
GROWTH MINDSET



I SHOWED A
GROWTH MINDSET



I SHOWED A
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I SHOWED A
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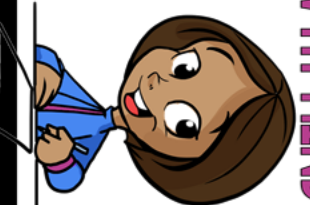
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I CAN HAVE A

GROWTH

MINDSET BY

BELIEVING

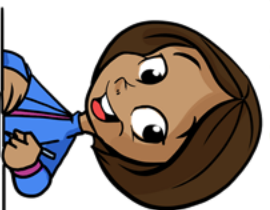
THAT I CAN

AND WILL

improve

WITH

effort.



CHARACTER EDUCATION

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THAT I CAN

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I CAN HAVE A

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MINDSET BY

BELIEVING

THAT I CAN

AND WILL

improve

WITH

effort.



CHARACTER EDUCATION

GROWTH MINDSET

PRE-SURVEY

Name: _____

Date: _____

I am learning to have a growth mindset.



Always



Sometimes



Hardly



Never

I can define what having a growth mindset means.				
I can identify ways to show a growth mindset.				
I can recognize growth mindset behavior.				
I can use a growth mindset in the classroom.				
I can use a growth mindset at home.				
Having a growth mindset is important to me.				
I think about using a growth mindset before I do something.				

GROWTH MINDSET

POST-SURVEY

Name: _____

Date: _____

I am learning to have a growth mindset.



Always



Sometimes



Hardly



Never

I can define what having a growth mindset means.				
I can identify ways to show a growth mindset.				
I can recognize growth mindset behavior.				
I can use a growth mindset in the classroom.				
I can use a growth mindset at home.				
Having a growth mindset is important to me.				
I think about using a growth mindset before I do something.				

GROWTH MINDSET GOOD CHARACTER AWARD

Presented to:

Teacher



Date

GROWTH MINDSET GOOD CHARACTER AWARD

Presented to:



Teacher

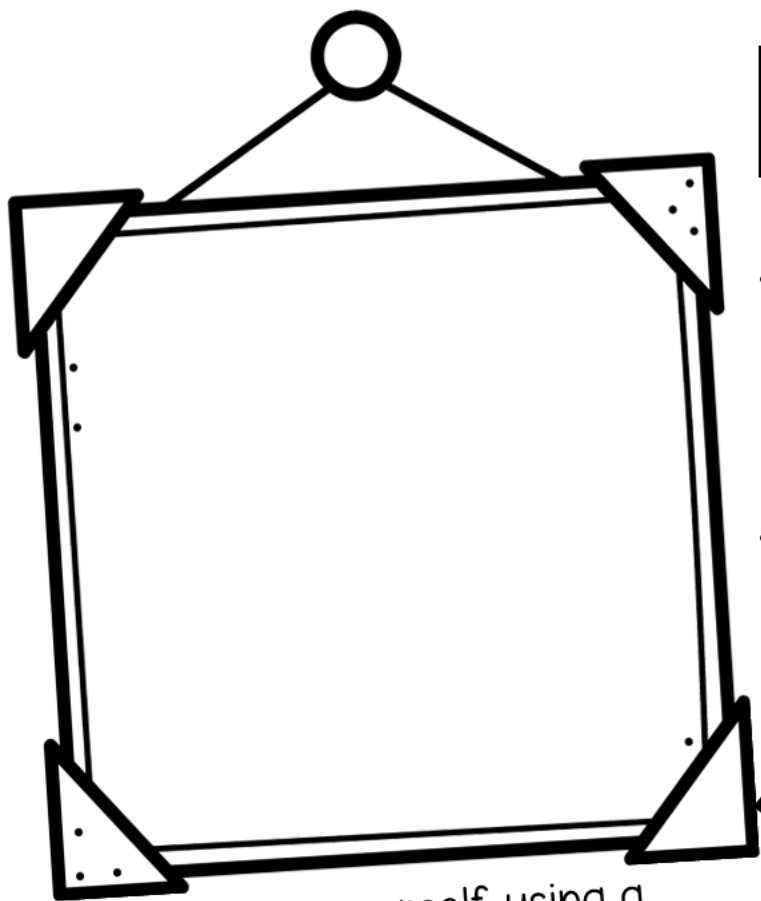
Date

GROWTH MINDSET

WAYS TO HAVE A GROWTH MINDSET

Name: _____

Date: _____



Draw yourself using a growth mindset.

I can have a growth mindset by...



What does having a Growth Mindset mean to me?



GROWTH MINDSET

WAYS TO HAVE A GROWTH MINDSET

Name: _____

Date: _____



Ways I can use a Growth Mindset at School



Give your best effort on school work.



Believe in your learning capabilities.



Never give up.



Learn from mistakes made at school.



Embrace academic and social challenges



Come up with creative solutions

Be open to learning new things at school.



Listen to feedback from teachers.



Set goals and monitor your academic progress.

GROWTH MINDSET

WAYS TO HAVE A GROWTH MINDSET

Name: _____

Date: _____



Ways I can use a Growth Mindset at Home

Don't quit when things get hard.



Practice your hobby to improve your skills.



Put in more time and effort at your chores.



Embrace imperfection.



Encourage family members.



Persevere through difficult tasks at home.



Accept feedback from parents.



Try something new at home.



Ask for help from parents and older siblings.



GROWTH MINDSET

WAYS TO HAVE A GROWTH MINDSET

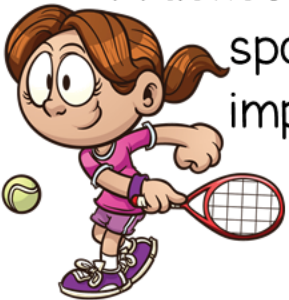
Name: _____

Date: _____



Ways I can have a Growth Mindset in my Community

Practice your sport to improve your skill.



Don't give up on service projects or commitments.



Be persistent when advocating for a community cause.

Save the planet!



Get inspired by others who succeed.



Encourage others in your community to keep going.



When talking about your abilities, use the word "yet" more.



Work with others to solve a community problem.



Find a tutor or expert to help in the area you want to improve.



Accept feedback from coaches.



Give your best effort
on school work.

Learn from mistakes
made at school.

Don't give up on service
projects or commitments.

Embrace academic
and social challenges.

Persevere through
difficult tasks at home.

Encourage others in your
community to keep going.

Listen to feedback from
teachers.

Try something new at
home.

Work with others to solve a
community problem.

Put in more time and
effort at your chores.

Believe in your
learning capabilities.

Come up with
creative solutions.

Be persistent when advocating
for a community cause.

Ask for help from parents
and older siblings.

Set goals and monitor
your academic progress.

Find a tutor or expert to help in
the area you want to improve.

Be open to learning
new things at school.

Accept feedback from
parents.

GROWTH MINDSET

WAYS TO HAVE A GROWTH MINDSET SORT

Name: _____

Date: _____

Ways I can have a Growth
Mindset in my School:

Ways I can have a Growth
Mindset in my Home:

Ways I can have a Growth
Mindset in my Community:

GROWTH MINDSET

STUDENTS WITH CHARACTER

Name: _____

Date: _____

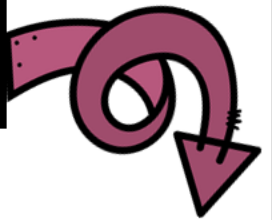
Students with Growth Mindset

THE BIG TEST



David is in the middle of taking a big state test and is very nervous about it. He really wants to do well, but the last few questions were very difficult, and he is pretty certain he got them wrong. He starts to doubt his abilities, but he remembers what his teacher told him about believing in himself. She taught him to keep going when things are tough. David decides to change his thinking to be more positive, that although the test is difficult, he will put his best effort forward and not give up. He continues to try his hardest on the test.

How did this student show a Growth Mindset?



GROWTH MINDSET

LEADERS WITH CHARACTER

Name: _____

Date: _____

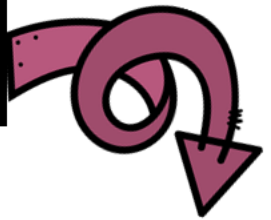
Leaders with Growth Mindset

LEBRON JAMES



LeBron James is a basketball player, widely considered one of the greatest players of all time. He has won four NBA championships, and two Olympic gold medals. James grew up in a rough part of town, without a father and watched his mother struggle. His mother sent him to stay with a coach who introduced him to basketball at the age of nine. From there, he worked relentlessly to improve his basketball skills, often not leaving the gym until the sun went down. He continued that strong work ethic into his career, he is often the last player to leave after practices. LeBron once said “You’ve got to have a growth mindset and you’ve got to be able to grow in losses and be able to grow in wins as well—and see things that you could’ve done better, things that you did well that you can apply to the next game and things of that nature. It’s always a growth mindset for our ballclub.”

How does LeBron James show Growth Mindset?



GROWTH MINDSET

CAREERS WITH CHARACTER

Name: _____

Date: _____

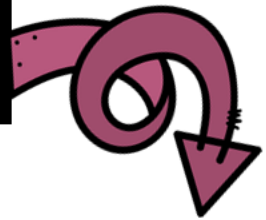
Growth Mindset Careers

ENTREPRENEUR



An entrepreneur is an individual who creates a new business. The entrepreneur is commonly seen as an innovator, a source of new ideas, goods, services, and business/or procedures. A successful entrepreneur must be able to make wise decisions about how he uses his time, continually evaluating and prioritizing tasks according to relevance and importance. This means including short and long-range planning. Entrepreneurs should be able to look at failures objectively and understand that they are lessons to be learned, to make improvements and keep going.

How do Entrepreneur's show Growth Mindset?



GROWTH MINDSET

DIGITAL CHARACTER

Name: _____

Date: _____

Digital Growth Mindset

CODING



Jessie and her classmates are learning to code. For each step of the code, they try it again and again until it looks just right. Using trial and error, they become well-practiced at quickly applying feedback, improving their project, and moving forward. The group has been working for a while and still has not reached its goal. Jessie enters a piece of code and sees a response she was not expecting. She says to her group, "Well, we don't have the code perfected yet...but we will keep trying and not give up." The group agrees and offers more ideas.

How did they have a digital Growth Mindset?





Embracing
challenges.

Having low
confidence
in ones
abilities.



Viewing
mistakes
as
learning
opportunities.



Never giving up.



Avoiding
difficult tasks.

Not
learning
from
mistakes.



Setting goals and
monitoring progress.

Putting in
minimal
effort.



Ignoring
feedback.



Giving up when
it's too hard.



Learning
from
feedback

Coming
up with
creative
solutions.



GROWTH MINDSET

GROWTH MINDSET OR NOT? SORT

Name: _____

Date: _____



THIS IS HAVING A GROWTH MINDSET



THIS IS NOT HAVING A GROWTH MINDSET

GROWTH MINDSET

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You find the new math lesson too hard so you stop trying to understand it.

The new math lesson is hard, so you ask your teacher for help understanding it.

You dream of becoming an Author one day, but you are not confident in your writing. You work hard to improve your writing skills.

GROWTH MINDSET

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You dream of becoming an Athlete one day, but you are not confident in your skills. You decide to pursue an easier dream.

You are not very good at playing chess, so you avoid it as much as possible.

You are not very good at cooking, so you take a class to learn how to improve.

GROWTH MINDSET

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You are worried about how you will do on the big state test, but you still give it your best effort.

You are worried about how you will do on the big state test, so you just accept that you will likely fail.

You really want to earn your black belt in Karate, but it takes years to achieve. You work hard and stay committed to achieving your goal.

GROWTH MINDSET

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You really want to earn the top badge in Girl Scouts, but it takes years to achieve. You decide to quit.

Your friend tells you that you can't do that skateboard trick. You say, "I can't do that skateboard trick yet" and you keep trying.

Your brother tells you that you can't achieve that high level score in the video game, and you say "You're probably right."

GROWTH MINDSET

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You make a mistake, and you tell yourself "I'm not good at anything".

You make a mistake, and you tell yourself.
"Mistakes happen, I will try again."

When you can't find the solution, you try to look at the problem differently to solve it.

GROWTH MINDSET

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

When you can't find the solution, you give up because it is too hard.

You are told you are too short to be good at basketball, so you work twice as hard as everyone else.

You are told you are too small to be good at wrestling, so you give up.

GROWTH MINDSET

ROAD TO GROWTH MINDSET

Name: _____

Date: _____

ROAD TO GROWTH MINDSET: COLOR THE CAR OF YOUR ANSWER.

You don't make it on the football team and you really want to be on it.



Try out for a different sport.



Keep practicing and try out again.



Give up on all sports.

Your coach gives you feedback about your performance at the game.



Get upset at what he says.



Ignore the feedback.



Take the feedback and use it to improve your skills.

You studied hard for a test but it is really difficult.



Give it your best effort.



Cry and assume you will fail.



Give up since you know you will fail.

GROWTH MINDSET

ROAD TO GROWTH MINDSET

Name: _____

Date: _____

ROAD TO GROWTH MINDSET: COLOR THE CAR OF YOUR ANSWER.

You are trying to learn how to ride a bike, but you keep falling off.



Try to learn how to do something else.



Use training wheels.



Keep trying until you get it.

You keep trying to solve the word problem on your homework but it is very hard.



Think about how you can look at the problem in a different way.



Ask your older brother to do it for you.



Scream out "Math is too hard!"

Someone criticizes your tennis skills, and it makes you start doubting yourself.



Quit and try a different sport.



Cry and feel bad for yourself.



Continue working to improve your skills at the sport.

GROWTH MINDSET

ROAD TO GROWTH MINDSET

Name: _____

Date: _____

ROAD TO GROWTH MINDSET: COLOR THE CAR OF YOUR ANSWER.

You keep trying to finish a puzzle but you are getting frustrated because it's hard.



Get an easier puzzle to do.



Take a break and then come back and try to figure it out.



Give up.

You are struggling to learn the new spelling words and start to think that you can't do this.



Change your thinking to be "I can't do this YET".



Accept that you will get a bad spelling grade.



Cheat on the test.

You make a mistake and get in trouble.



You learn from your mistake and don't do it again.



You make the same mistake again.



You feel bad about yourself and think you are not a good person.

GROWTH MINDSET

ROAD TO GROWTH MINDSET

Name: _____

Date: _____

ROAD TO GROWTH MINDSET: COLOR THE CAR OF YOUR ANSWER.

Everyone is playing
dodgeball and you
can't seem to learn
how to play quick
enough.



Sit out and watch instead.



Scream out that this game is
stupid!



Keep trying to learn.

You try to make a
friend at the
playground but they
don't seem to be
interested.



Try again with a different
person.



Assume that no one will want
to be your friend.



Play by yourself.

You set a personal
goal to learn to play
chess and you are
behind on your plan.



Revise the plan and continue
towards the goal.



Give up on the goal.



Put it off and hope you can
still do it.

GROWTH MINDSET

ROAD TO GROWTH MINDSET

Name: _____

Date: _____

ROAD TO GROWTH MINDSET: COLOR THE CAR OF YOUR ANSWER.

You love gymnastics
but your parents
can no longer afford
to send you for
lessons.



Cry and make your parents feel
bad about it.



Tell everyone you hate
gymnastics.



Keep trying to learn gymnastics
on your own on YouTube.

You want to be in a
STEM career when
you grow up.
Someone tells you
that there are not a
lot of girls in those
careers.



Say to them "There aren't a lot
of girls in that career YET".



Listen to that person and look
into other careers.



Research what careers are
more for girls.

You suffer an injury
at the last soccer
game, the coach
says you might not
be able to play for
the rest of the
season.



Find another way to contribute
to the team and help.



Quit soccer.



Yell at the Coach.

GROWTH MINDSET

ROAD TO GROWTH MINDSET

Name: _____

Date: _____

ROAD TO GROWTH MINDSET: COLOR THE CAR OF YOUR ANSWER.

With the help of your parents, you start your own food blog. After a few months, no one seems to be reading it.



Give up and try another type of blog.



Focus your attention on other things.



Work harder to learn what you need to do to improve.

You want to be a YouTube star when you grow up but everyone says that is an impossible dream.



Believe in yourself.



Give up on your dream.



Insult anyone who says that to you.

You are trying to finish your experiment but you can't seem to get the results you want.



Give up and do something else.



Try to find a different way to approach it and keep trying.



Change the experiment to be something else.

CHANGE YOUR MINDSET



FIXED MINDSET

I'm not good at this.
It's good enough.
I don't want to make a mistake.
It's too hard.
I can't solve this problem.
I take feedback personally.
I give up.
I can't do it.
I don't know how.
They are better at it than me.
I feel stuck.
I don't like to be challenged.
I stick to what I know.
I'm either good at it or I'm not.
My abilities are unchanging.
Failure is the limit of my abilities.



GROWTH MINDSET

I will improve with practice.
I will do my best.
I will learn from my mistakes.
I will keep going when things are tough.
I will come up with creative solutions.
I value feedback.
I will put in more effort.
I believe in my abilities.
I can learn how.
I can learn from others.
I will train my brain.
Challenges help me grow.
I try new things.
I can learn to do anything.
Effort & attitude determines my abilities.
Failure is an opportunity to grow.

GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____

In order to reach Growth Mindset, you have to be able to change the way you think. Pick three growth mindsets from the previous page and write them below and give an example how you will show it.

GROWTH MINDSET

© Heart & Mind Teaching

MINDSET:

HOW I WILL SHOW IT:

MINDSET:

HOW I WILL SHOW IT:

MINDSET:

HOW I WILL SHOW IT:

GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

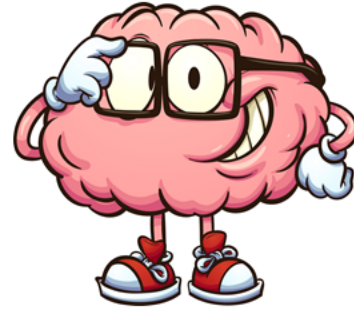
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CHANGE YOUR MINDSET

Change the fixed mindset to a growth mindset.



FIXED MINDSET



GROWTH MINDSET

I'm not good at this.

It's good enough.

I don't want to make a mistake.

It's too hard.

GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

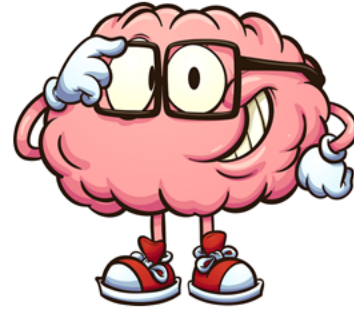
Date: _____

CHANGE YOUR MINDSET

Change the fixed mindset to a growth mindset.



FIXED MINDSET



GROWTH MINDSET

I can't solve this problem.

I take feedback personally.

I give up.

I can't do it.

GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

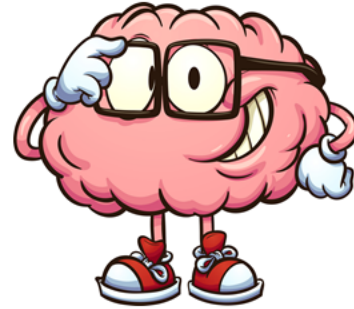
Date: _____

CHANGE YOUR MINDSET

Change the fixed mindset to a growth mindset.



FIXED MINDSET



GROWTH MINDSET

I don't know how.

They are better at it than me.

I feel stuck.

I don't like to be challenged.

GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

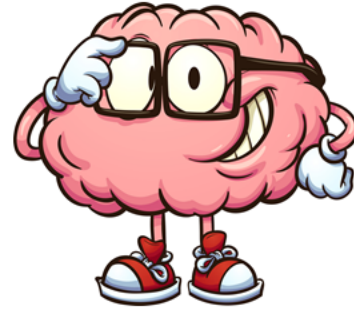
Date: _____

CHANGE YOUR MINDSET

Change the fixed mindset to a growth mindset.



FIXED MINDSET



GROWTH MINDSET

I stick to what I know.

I'm either good at it or I'm not.

My abilities are unchanging.

Failure is the limit of my abilities.

Name: _____

Date: _____

TRAIN YOUR BRAIN



Just like the muscles in your body, you need to exercise your brain regularly to keep it strong and working at its best. Everything you do affects your brain, for better or for worse. What you tell yourself can help or hurt your brain. Let's practice what to tell our brains when negative things happen.

You failed a test.

When this happens I can tell myself:

You lost a game.

When this happens I can tell myself:

You got a bad grade on your report card.

When this happens I can tell myself:

You get rejected.

When this happens I can tell myself:

You make a mistake.

When this happens I can tell myself:

GROWTH MINDSET

A GROWTH MINDSET WORLD

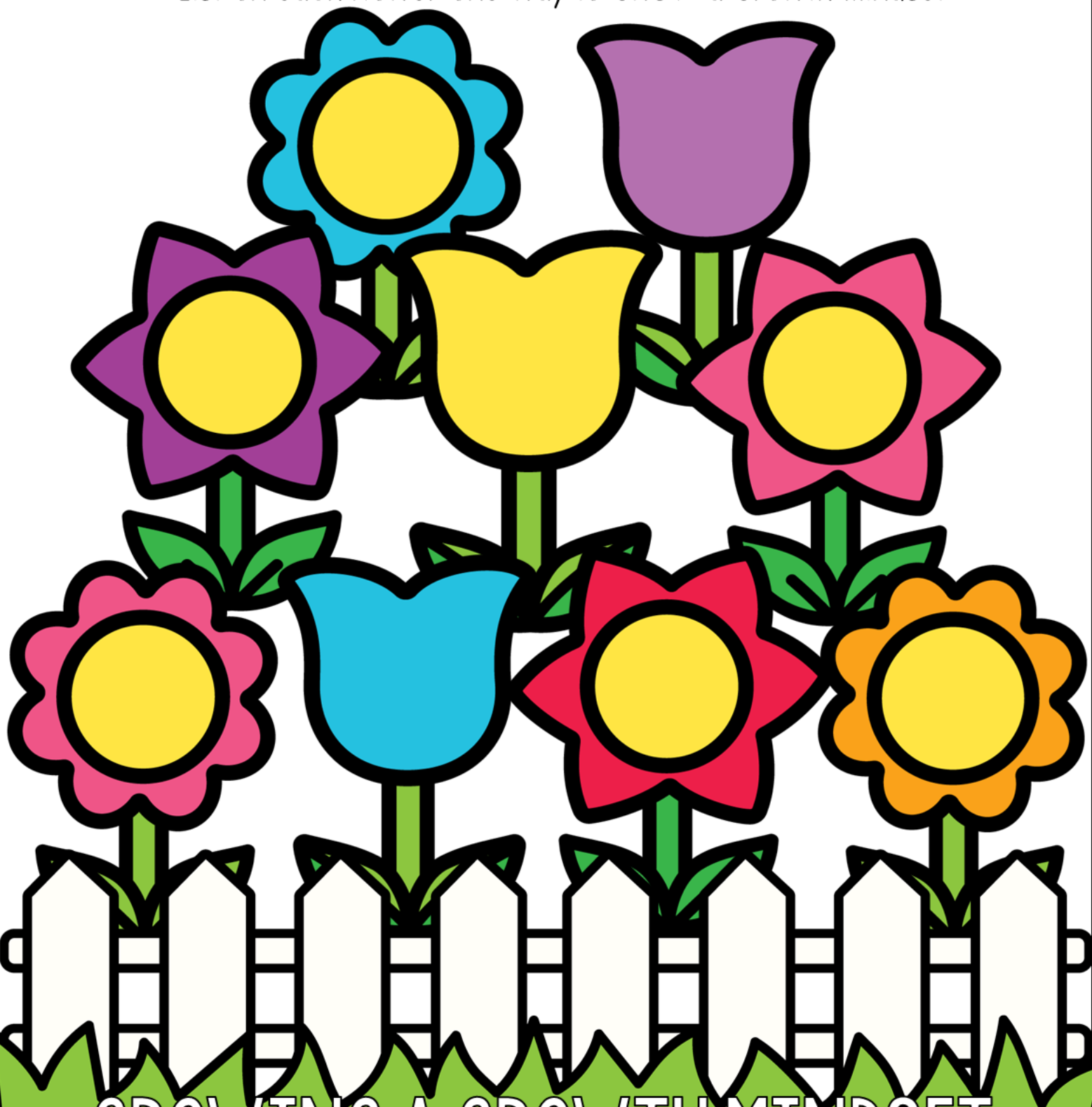
Name: _____

Date: _____

GROWING A GROWTH MINDSET

Living things like plants, animals, and humans (and our brains!) can all grow.

List on each flower one way to GROW a Growth Mindset.



GROWING A GROWTH MINDSET

GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____

GROWING A GROWTH MINDSET

Living things like plants, animals, and humans (and our brains!) can all grow.

Cut and paste the flowers (on the next page) that you want to focus on
GROWing your Growth Mindset.



GROWING A GROWTH MINDSET

GROWING A GROWTH MINDSET



GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____

CREATE GOOD HABITS TO ACHIEVE GOALS

Growth Mindset is thinking about what you can/want to achieve. Goal setting/planning is thinking about how you are going to do it, and the way to do it is to develop good habits. Let's practice this with the questions below.

WHAT IS A GOOD HABIT YOU WANT TO ENCOURAGE?

WHEN AND WHERE WILL YOU DO THIS HABIT?

- Right when I get home from school, I will complete my homework in my room.
- After I finish my chores, I will put my soccer outfit on and practice outside for one hour.
- When I come home from school, I will take my agenda out of my bag and check what I need to do.

IDEAS

HOW CAN YOU MAKE THAT HABIT APPEALING TO YOU?

- Right after I finish my homework, I will watch 30 minutes of my favorite show.
- I will practice my instrument while on a video call with my friend who is also practicing.
- After I finish practicing my soccer skills, I will play video games for 30 min.

HOW CAN YOU MAKE THAT HABIT EASY FOR YOU?

- I will have a designated homework area.
- I will remove all distractions from the area I am working in.
- I will put my sports/workout clothes out on the dresser the night before.
- I will put a reminder on my phone to remember to do it.

HOW CAN YOU MAKE THAT HABIT REWARDING TO YOU?

- I will track my habits using a habit tracker/putting a check mark when I complete the habit daily.
- I will get to watch my favorite show after I do the habit.
- I will get a special treat once I complete the habit.

GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____



PERSEVERING THROUGH CHALLENGES

Achieving our goals is not easy, there are often problems (or obstacles) that can get in the way of success. Let's persevere through each problem and come up with creative solutions.

OBSTACLE

You really want to bring your grade up in math but you failed the last test.



CREATIVE SOLUTION

You suffer an injury while playing soccer and have to rest your leg for a few weeks. You don't want to fall behind building your soccer skills.



You have to complete a research paper using information gathered on the internet but you don't have internet access at home.



What is an obstacle you are facing?

How can you overcome it?



THE POWER OF YET

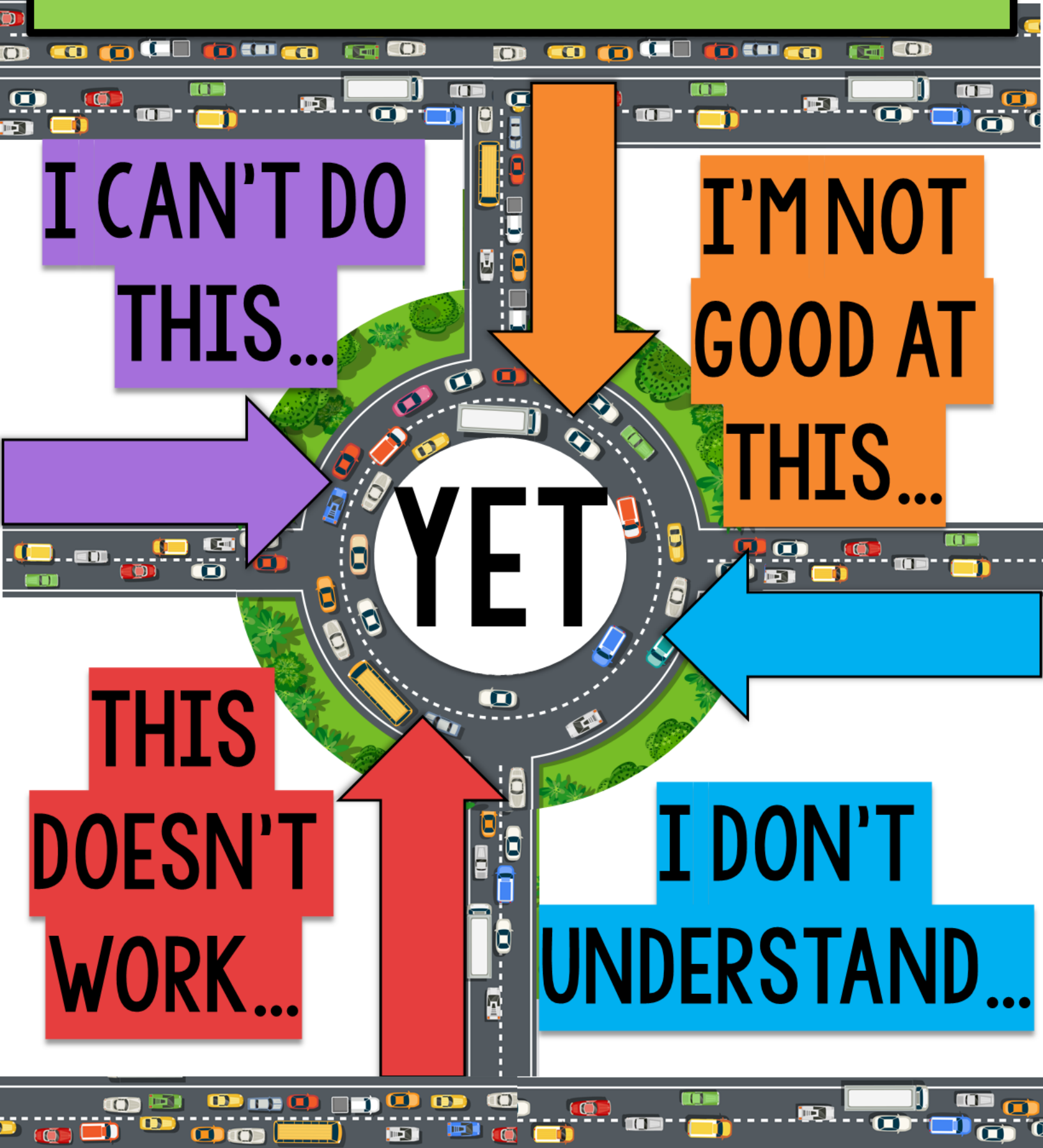
I CAN'T DO
THIS...

I'M NOT
GOOD AT
THIS...

YET

THIS
DOESN'T
WORK...

I DON'T
UNDERSTAND...



GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____

Think of four things you have YET to learn but are working on it. Write them below and come up with a plan on how you will get there.

THE POWER OF YET

I CAN'T DO THIS...

This is how I will do it:

I'M NOT GOOD AT THIS...

This is how I will get better:

YET

THIS DOESN'T
WORK...

This is how I will get it to work:

I DON'T
UNDERSTAND...

This is how I will understand more:

Name: _____

Date: _____

THE POWER OF YET

THINGS I CAN DO NOW...

THINGS I CAN'T DO YET...

ONE STEP I CAN TAKE
TOWARDS LEARNING HOW...



GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____

What are some examples of growth mindset you have seen from others?

Teacher

Parent/Guardian

Movie or Book Characters

Friends

GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____

What would society look like if no one had a growth mindset?



Would you want to live in this society, why or why not?



GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____

What would society look like if everyone had a growth mindset?



Would you want to live in this society, why or why not?



GROWTH MINDSET

A GROWTH MINDSET WORLD

Name: _____

Date: _____

Let's time travel to the **future**, what is one way you want people to show a growth mindset? Why?



Let's time travel to the **past**, what is one way you would want people to show more of a growth mindset? Why?

GROWTH MINDSET

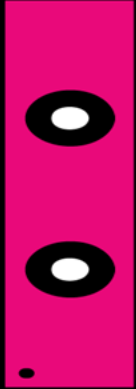
SELF-REFLECTION

Name: _____

Date: _____

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show growth mindset behavior.

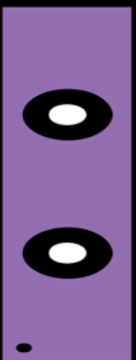
I was NOT using a growth mindset when I...



What I learned...



This is how I will show more of a growth mindset...



SELF-REFLECTION

Date: _____

Think about what having a growth mindset means to you and how you like to show or have others show a growth mindset towards you.

One way I would like to have a growth mindset

[illegible]

One way I would want others to show a growth mindset

Having a growth mindset is important to me because

GROWTH MINDSET

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you show a growth mindset, pick one that you feel you are consistent in doing and reflects your good character.



I show a growth mindset by:

**I HAVE A
GROWTH MINDSET**

GROWTH MINDSET

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you show a growth mindset, pick one that you feel you are consistent in doing and reflects your good character.



I show a growth mindset by:

**I HAVE A
GROWTH MINDSET**

GROWTH MINDSET

SELF-REFLECTION

Name: _____

Date: _____

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GROWTH MINDSET**

GROWTH MINDSET

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GROWTH MINDSET

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I show a growth mindset by:

**I HAVE A
GROWTH MINDSET**

GROWTH MINDSET

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you show a growth mindset, pick one that you feel you are consistent in doing and reflects your good character.



I show a growth mindset by:

**I HAVE A
GROWTH MINDSET**

TASK

THINK & DISCUSS

CARDS

TIPS FOR USING TASK CARDS

- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)



DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered growth mindset decisions?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to have a growth mindset or not?
- Can you have a growth mindset in one area and a fixed mindset in another?
- What will happen if you repeatedly have a fixed mindset?

GROWTH MINDSET



THINK & DISCUSS

What are some ways
to show a growth
mindset?



GROWTH MINDSET



THINK & DISCUSS

How do friends show
a growth
mindset
towards
each other?



GROWTH MINDSET



THINK & DISCUSS

How do teammates
show a growth mindset
towards
each
other?



GROWTH MINDSET



THINK & DISCUSS

What are ways
you can show a
growth mindset
when you are
online?



GROWTH MINDSET



THINK & DISCUSS

Does having a growth mindset mean you will never fail? Why?



GROWTH MINDSET



THINK & DISCUSS

What are ways to show a growth mindset as a student?



GROWTH MINDSET



THINK & DISCUSS

What are ways to show a growth mindset as a family member?



GROWTH MINDSET



THINK & DISCUSS

Think of someone who shows a growth mindset. How do they show it?



GROWTH MINDSET

Is encouraging others
showing a growth
mindset?
Why?



THINK & DISCUSS

GROWTH MINDSET

What is one
way you show
a growth
mindset?



THINK & DISCUSS

GROWTH MINDSET

Is giving up showing
a growth mindset?
Why?



THINK & DISCUSS

GROWTH MINDSET

How can you have a
growth mindset in the
cafeteria?



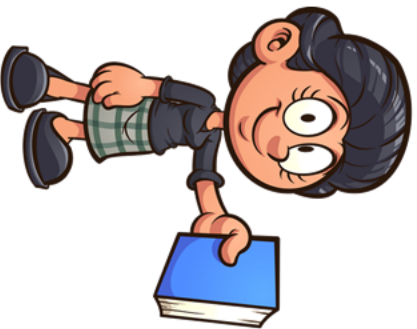
THINK & DISCUSS

GROWTH MINDSET

How can
you have a
growth
mindset in
the library?



THINK & DISCUSS

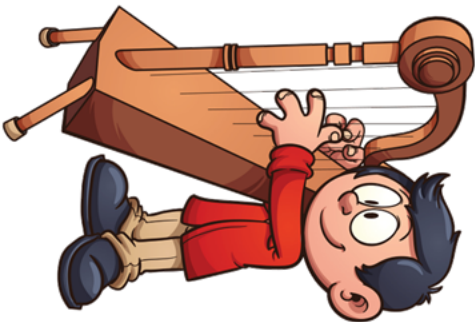


GROWTH MINDSET

How can
you have a
growth
mindset in
the music
room?



THINK & DISCUSS

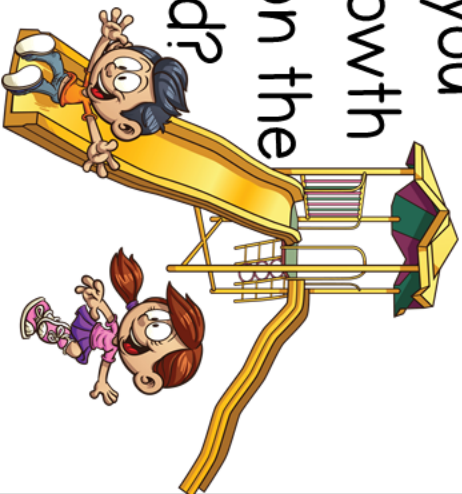


GROWTH MINDSET

How can you
have a growth
mindset on the
playground?



THINK & DISCUSS



GROWTH MINDSET

How can
you have a
growth
mindset in
the art
room?



THINK & DISCUSS



GROWTH MINDSET



THINK & DISCUSS

Is saying "I can't do that YET" showing a growth mindset? How?

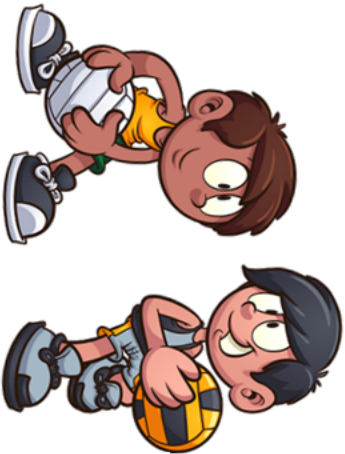


GROWTH MINDSET



THINK & DISCUSS

How can you have a growth mindset at P.E.?



GROWTH MINDSET



THINK & DISCUSS

Is asking for help showing a growth mindset? Why?



GROWTH MINDSET



THINK & DISCUSS

How can you have a growth mindset at recess?



GROWTH MINDSET



THINK & DISCUSS

What do you find is the easiest part about having a growth mindset?



GROWTH MINDSET



THINK & DISCUSS

What do you find is the hardest part about having a growth mindset?



GROWTH MINDSET



THINK & DISCUSS

Is having a closed mind on how to do things having a growth mindset? Why?



GROWTH MINDSET



THINK & DISCUSS

Is setting unattainable goals showing a growth mindset? Why?



GROWTH MINDSET



THINK & DISCUSS

Is ignoring feedback
showing a growth
mindset? Why?



GROWTH MINDSET



THINK & DISCUSS

What happens
when you don't
have a growth
mindset?



GROWTH MINDSET



THINK & DISCUSS

Are you showing a
growth mindset if you
persevere
through hard
times?
How?

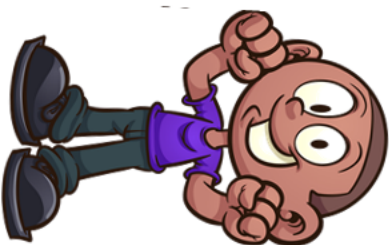


GROWTH MINDSET



THINK & DISCUSS

Are you showing a
growth mindset
when you
embrace
challenges?
Why?



GROWTH MINDSET



THINK & DISCUSS

Are you showing a growth mindset if you always choose to easy way out? Why?



GROWTH MINDSET



THINK & DISCUSS

Are you showing a growth mindset if you give your best effort? Why?



GROWTH MINDSET



THINK & DISCUSS

Are you showing a growth mindset if you don't believe in your capabilities? Why?



GROWTH MINDSET



THINK & DISCUSS

Are you showing a growth mindset if you expect success with little effort put forth? Why?

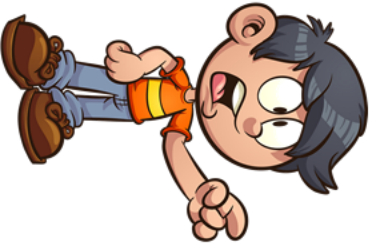


GROWTH MINDSET

How can having a fixed mindset change the way that others view you?



THINK & DISCUSS



GROWTH MINDSET

How can having a growth mindset change the way that others view you?



THINK & DISCUSS



GROWTH MINDSET

Is having a growth mindset an important character trait to have in a friend?



THINK & DISCUSS



GROWTH MINDSET

Are you showing a growth mindset if you learn from your mistakes?



THINK & DISCUSS



GROWTH MINDSET

Is having a growth mindset an important character trait for a leader to have?



THINK & DISCUSS



GROWTH MINDSET

Is having a growth mindset an important character trait to have when using a phone or computer?



THINK & DISCUSS



GROWTH MINDSET

Is having a growth mindset an important character trait for a student to have?



THINK & DISCUSS



GROWTH MINDSET

Is having a growth mindset an important character trait to show working in a career?



THINK & DISCUSS



SITUATION

WHAT WOULD YOU DO?

CARDS

TIPS FOR USING CARDS



- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides

DIG DEEPER QUESTIONS

- Are there different ways to approach this problem?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the way that shows growth mindset? Why?
- What are all the different decisions that could be made?

GROWTH MINDSET



WHAT WOULD YOU DO?

You tried out for the soccer team and didn't make the team.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You are struggling to learn your spelling words.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You are playing a game at a party and you are doing terribly.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You are trying to learn how to rollerblade but you keep losing your balance.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You want to learn how to play the guitar but you are worried that you won't be good at it.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You try out for the school play and get a role but not the lead part that you wanted.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You set a goal to run a mile in 6 minutes but can't seem to get faster than 7 minutes.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

Your friend invites you to rock climb at her party but you have never done that before.

How can you show a growth mindset?



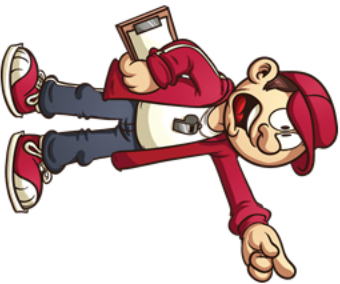
GROWTH MINDSET



WHAT WOULD YOU DO?

Your coach gives you feedback about your performance during the game.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

Your friend did not do well on the test and looks very upset.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You start to feel bad about yourself because you got a bad grade on a test.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

Your project is due soon and you don't think you can make the deadline.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

Your friend scores the winning goal and beats your team.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

Your teacher gives you feedback about your academic performance.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You are trying to build a bridge for a STEM project and you cannot figure out how to get the bridge to stand up.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

Your parent gives you feedback about the way you are treating your little brother.

How can you show a growth mindset?



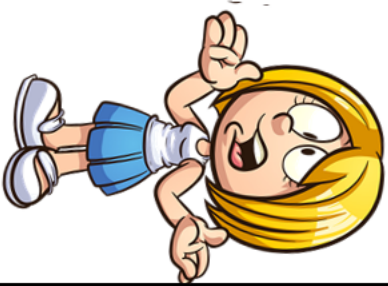
GROWTH MINDSET



WHAT WOULD YOU DO?

You notice yourself starting to doubt your abilities after someone says something mean to you.

How can you show a growth mindset?



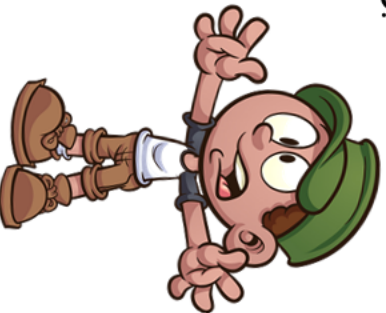
GROWTH MINDSET



WHAT WOULD YOU DO?

You make a mistake and get in trouble in class.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You love to play basketball but you are considered short and unlikely to be a good player.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

Your parents take you snowboarding on vacation and you keep falling down.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You want to go play but your school project still needs finishing touches. You are tempted to just leave it as it is.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You love to do photography but your sister says you are not good at it.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You want to achieve your black belt in karate but are told that it may take years to do.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You see your friend struggling to learn how to play a game that you know how to play very well.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You want to make a friend but are worried that people might reject you.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

Football is your life, but you suffered an injury and are told you can't play anymore.

How can you show a growth mindset?



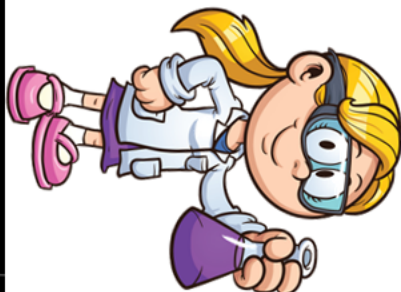
GROWTH MINDSET



WHAT WOULD YOU DO?

Your friend is struggling with Science and you are really good at Science.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You are nervous to jump off the diving board even though you are a good swimmer.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

One of the performers for tonight's concert is out sick. Your teacher asks you to step in at the last minute for them.



How can you show a growth mindset?

GROWTH MINDSET



WHAT WOULD YOU DO?

There is a hard problem on the quiz, you are not sure how to get the answer.



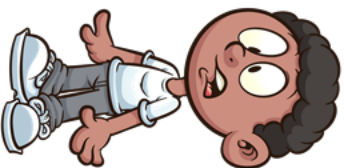
How can you show a growth mindset?

GROWTH MINDSET



WHAT WOULD YOU DO?

A teacher asks you to share your work with the class, but you aren't sure you did it correctly.



How can you show a growth mindset?

GROWTH MINDSET



WHAT WOULD YOU DO?

A friend does not want to sit with you at lunchtime.



How can you show a growth mindset?

GROWTH MINDSET



WHAT WOULD YOU DO?

Your friend gets picked to be on the team, but you do not get picked.



How can you show a growth mindset?

GROWTH MINDSET



WHAT WOULD YOU DO?

You are invited to join in and play but you aren't sure how to play that sport.



How can you show a growth mindset?

GROWTH MINDSET



WHAT WOULD YOU DO?

Your grades are not high enough to make the honor roll like you wanted to.



How can you show a growth mindset?

GROWTH MINDSET



WHAT WOULD YOU DO?

You wanted a computer for your birthday so you could learn programming but your parents could not afford to get one.



How can you show a growth mindset?

GROWTH MINDSET



WHAT WOULD YOU DO?

You have always struggled with math and now start to feel like you should not even try to do well.

How can you show a growth mindset?



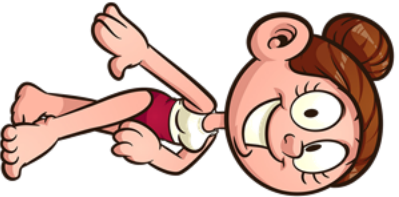
GROWTH MINDSET



WHAT WOULD YOU DO?

You have lost the last three competitions for gymnastics and are thinking about quitting.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You are worried that if you do try to improve your skills at singing, everyone will laugh at you if you're not good.

How can you show a growth mindset?



GROWTH MINDSET



WHAT WOULD YOU DO?

You are scared that if you study hard for the test and still do bad that you will look not smart.

How can you show a growth mindset?



GROWTH MINDSET

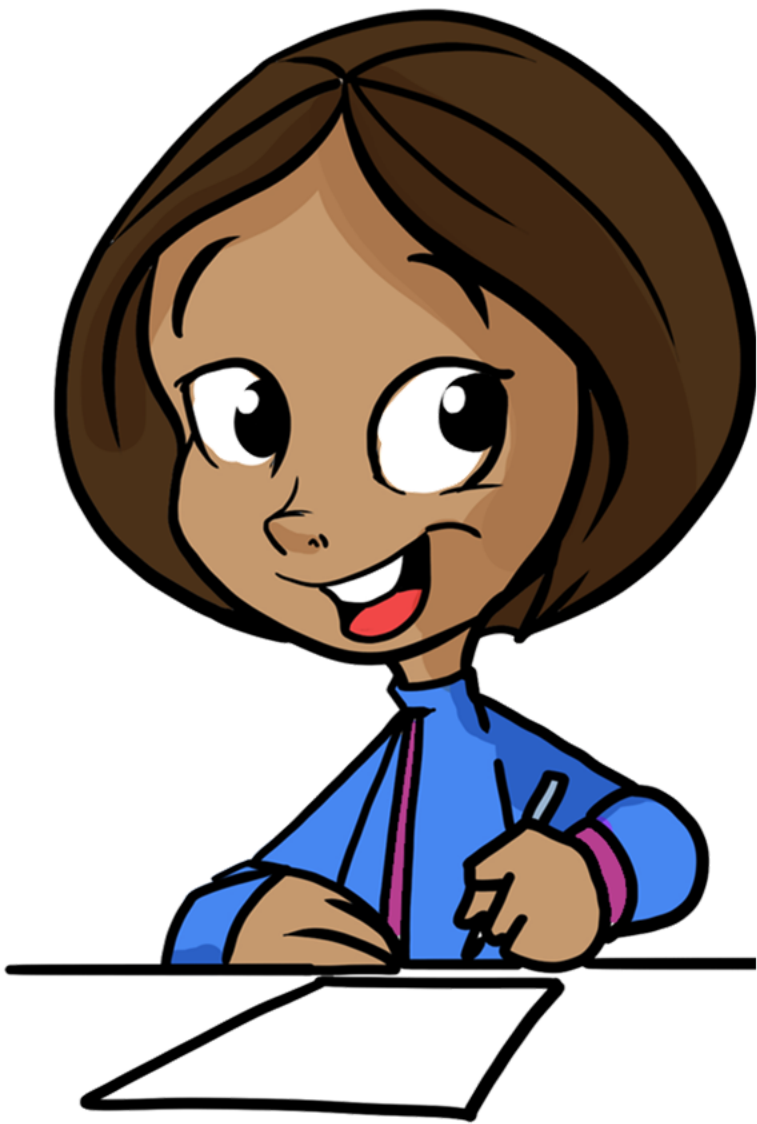
A BELIEF THAT
YOU CAN AND
WILL *improve*
WITH *effort.*

GROWTH MINDSET

A BELIEF THAT YOU
CAN AND

WILL
improve

WITH
effort.



CHARACTER EDUCATION

GROWTH MINDSET

A BELIEF THAT
YOU CAN AND
WILL *improve*
WITH
effort.



CHARACTER EDUCATION

GROWTH MINDSET

A BELIEF THAT YOU CAN AND WILL
improve WITH *effort*.

Believe in your
capabilities.

Give your
best effort.

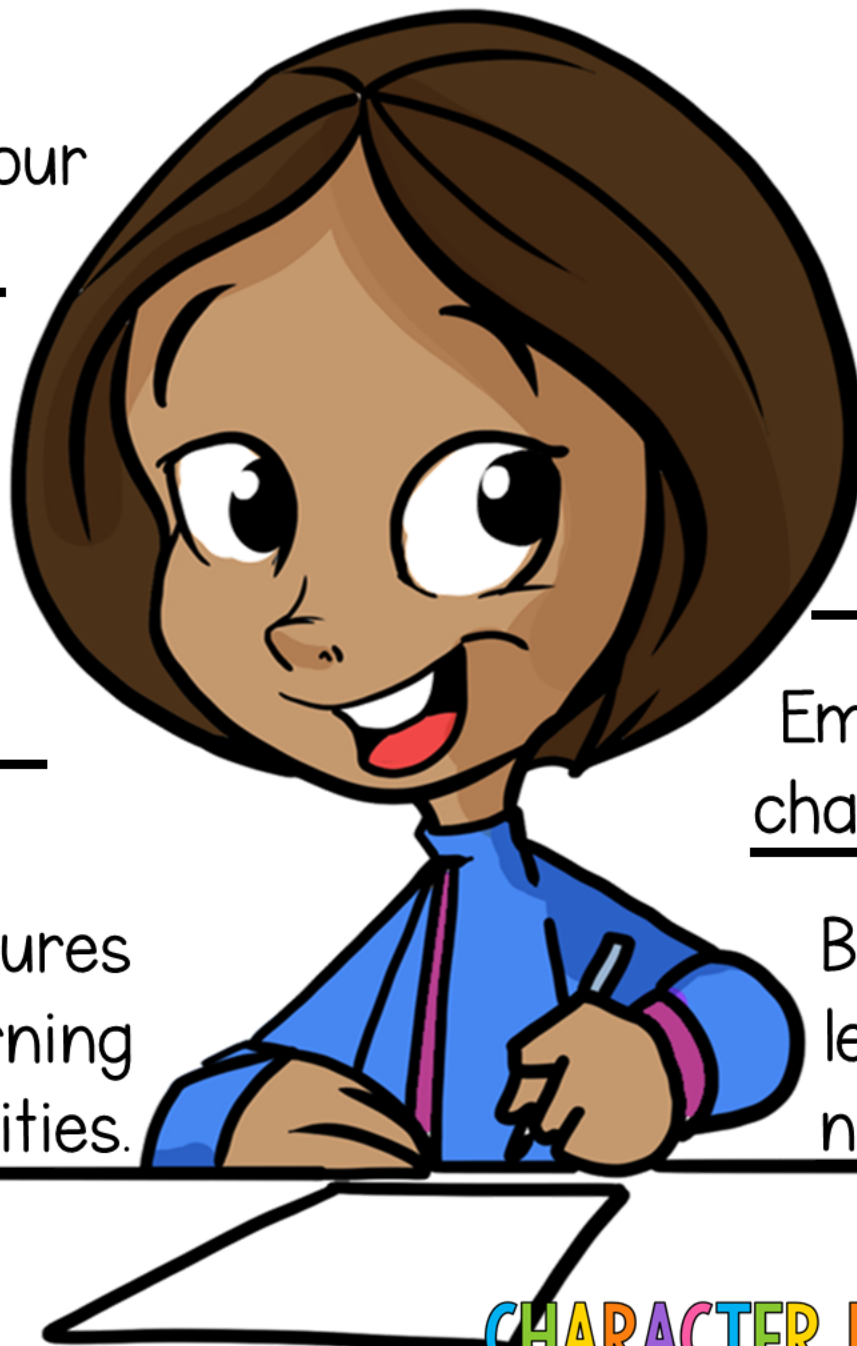
Persevere
and don't
give up.

Be open to
feedback.

Embrace
challenges.

View failures
as learning
opportunities.

Be open to
learning
new things.



CHARACTER EDUCATION

© Heart & Mind Teaching

QUOTE ABOUT

GROWTH MINDSET

“NO MATTER WHAT YOUR ABILITY IS, EFFORT IS WHAT IGNITES THAT ABILITY AND TURNS IT INTO ACCOMPLISHMENT.”

- CAROL DWECK

STUDENTS WITH

GROWTH MINDSET



**PUT THEIR BEST EFFORT FORTH TO IMPROVE
THEIR SKILLS, DESPITE CHALLENGES.**

- * Believe in their capabilities.
- * Don't give up, even when it's difficult .
- * Embrace challenges and take risks.
- * Are open to learning new things.

CAREERS WITH

GROWTH MINDSET ENTREPRENEUR



An entrepreneur is an individual who creates a new business. The entrepreneur is commonly seen as an innovator, a source of new ideas, goods, services, and business/or procedures. A successful entrepreneur must be able to make wise decisions about how he uses his time, continually evaluating and prioritizing tasks according to relevance and importance. This means including short and long-range planning. Entrepreneurs should be able to look at failures objectively and understand that they are lessons to be learned, to make improvements and keep going.

LEADERS WITH

GROWTH MINDSET LEBRON JAMES



LeBron James is a basketball player, widely considered one of the greatest players of all time. He has won four NBA championships, and two Olympic gold medals. James grew up in a rough part of town, without a father and watched his mother struggle. His mother sent him to stay with a coach who introduced him to basketball at the age of nine. From there, he worked relentlessly to improve his basketball skills, often not leaving the gym until the sun went down. He continued that strong work ethic into his career, he is the last player to leave after practices. LeBron once said “You’ve got to have a growth mindset and you’ve got to be able to grow in losses and be able to grow in wins as well—and see things that you couldn’t have done better, things that you did well that you can apply to the next game and things of that nature. It’s always a growth mindset for our ballclub.”

DIGITAL

GROWTH MINDSET

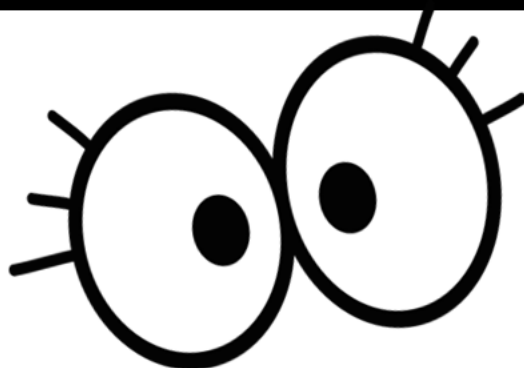


BELIEVING YOUR DIGITAL SKILLS CAN BE DEVELOPED FURTHER.

- ✳️ When giving feedback online, think, is this helpful or hurtful? Is it kind or critical?
- ✳️ Have patience when learning how to use devices.
- ✳️ Ask for help when unsure about something.

GROWTH MINDSET

LOOKS LIKE



- * I give my best effort.
- * I learn from my mistakes.
- * I come up with creative solutions.
- * I keep practicing to improve.
- * I don't give up, even when it's tough.
- * I set goals and monitor my progress.

GROWTH MINDSET

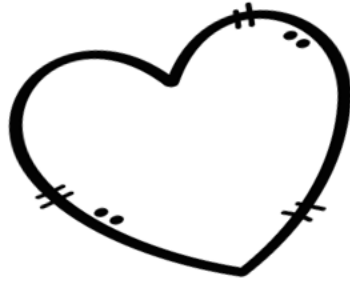
SOUNDS LIKE



- * I use positive self-talk.
- * I encourage others.
- * I say I can't do that "YET".
- * I value thoughtful feedback.
- * I ask questions.
- * I say "I can", not "I can't".
- * I ask for help.

GROWTH MINDSET

FEELS LIKE



- * I can do hard things.
- * I feel proud of myself.
- * I can train my brain.
- * I am not afraid of difficult tasks.
- * I believe in my capabilities.
- * I can persevere.
- * I can reach my goals.
- * I keep an open mind.

MY GROWTH MINDSET PLEDGE

This is how I am going to have a Growth Mindset:

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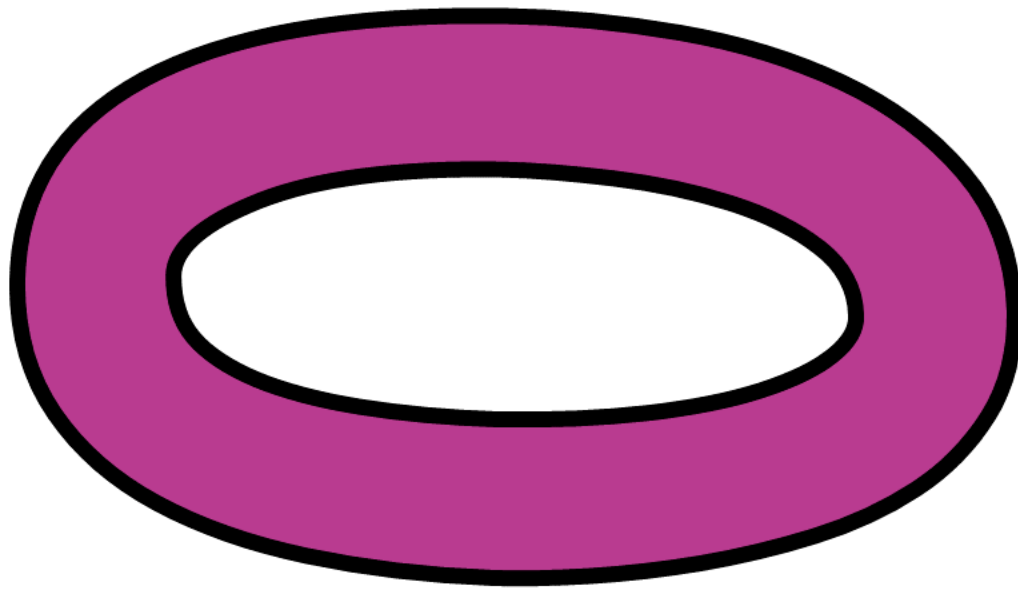
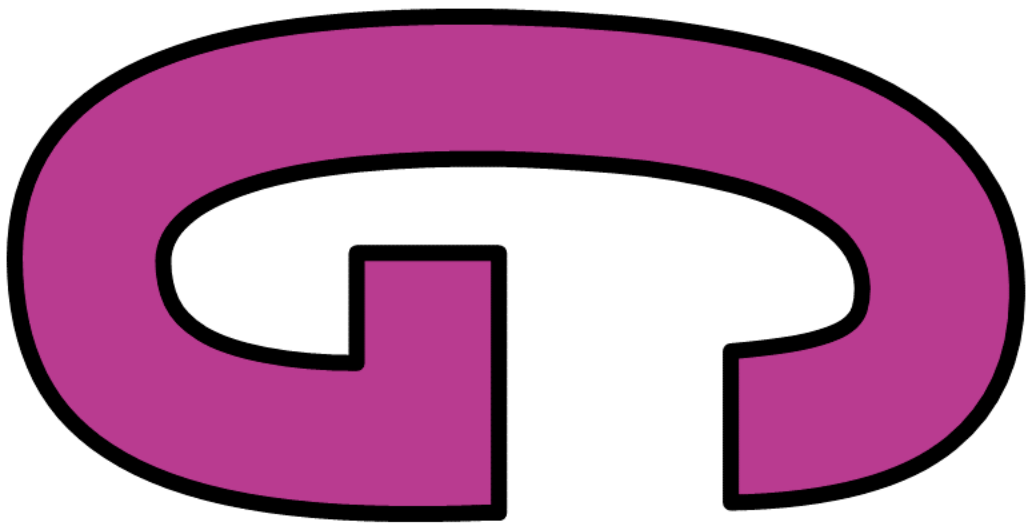
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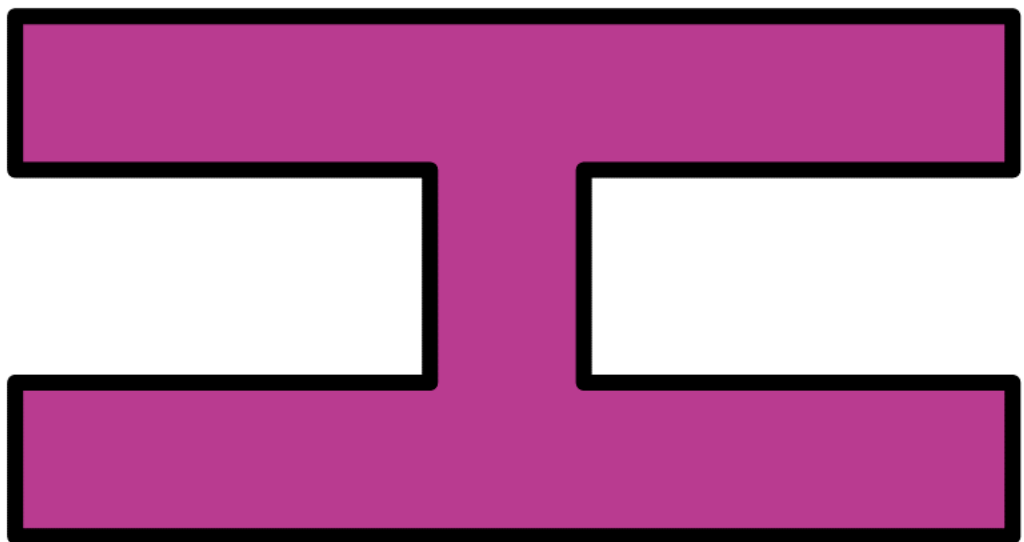
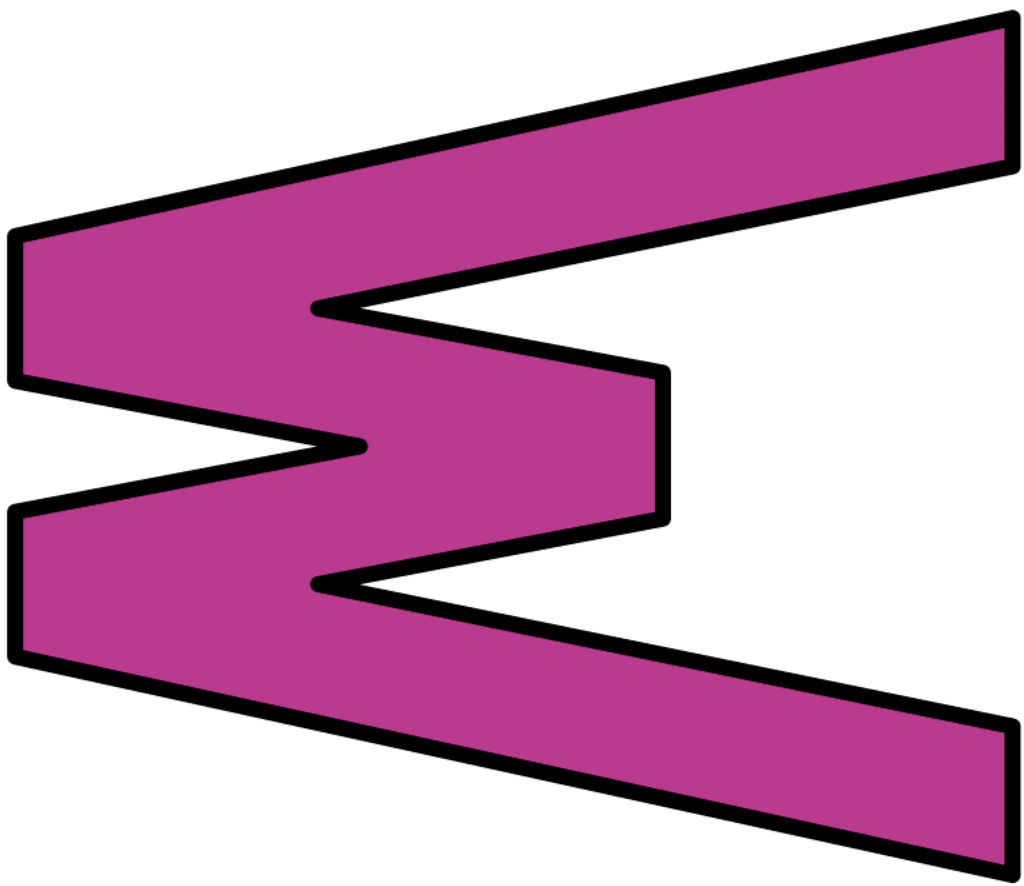
MY GROWTH MINDSET PLEDGE

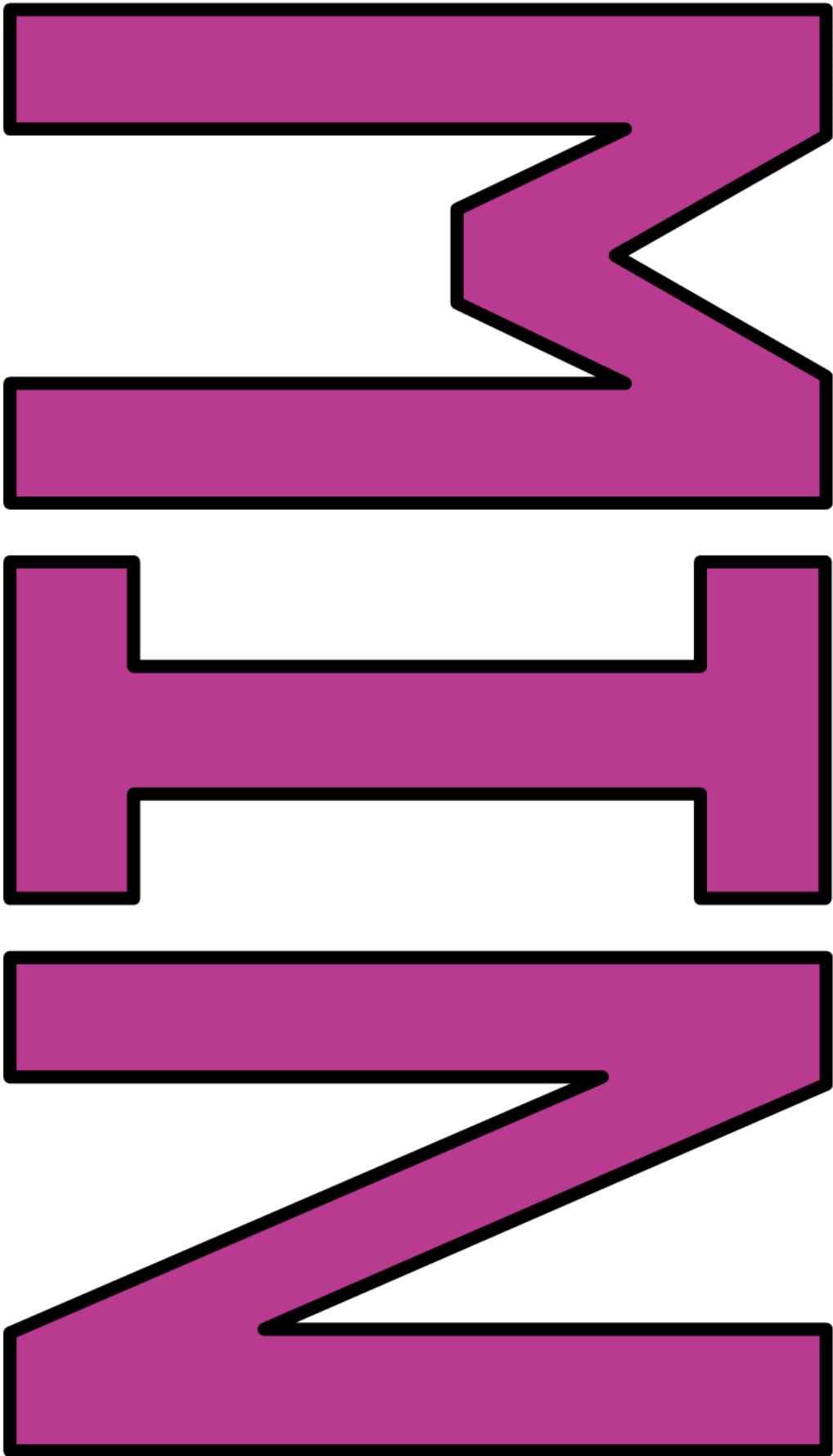
This is how I am going to have a Growth Mindset:

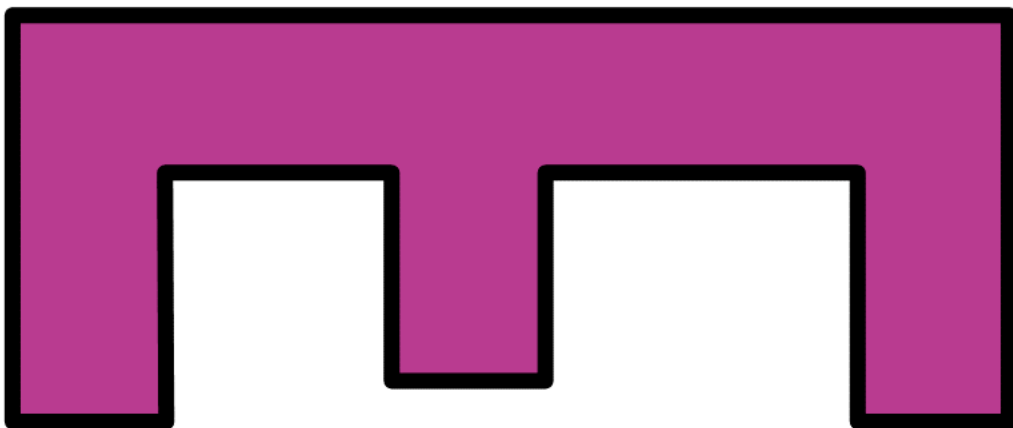
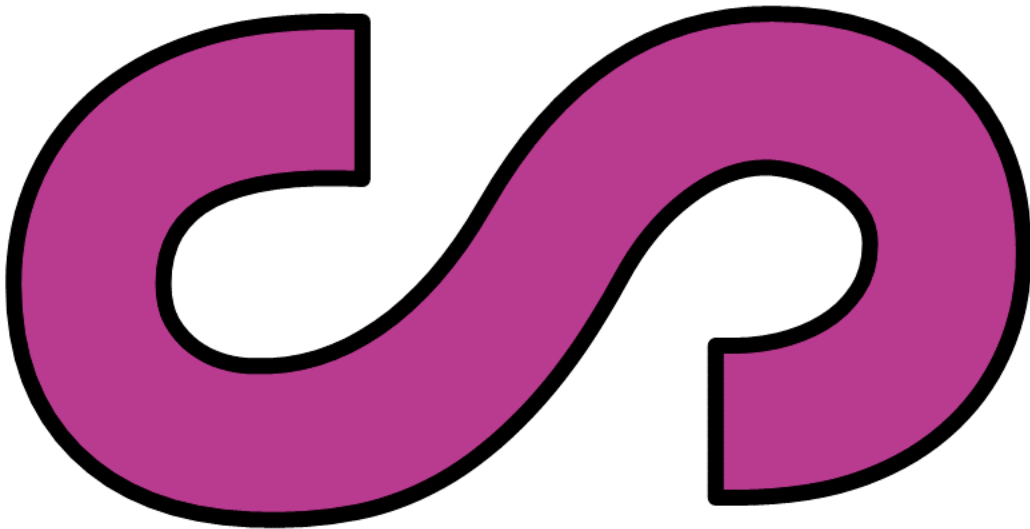
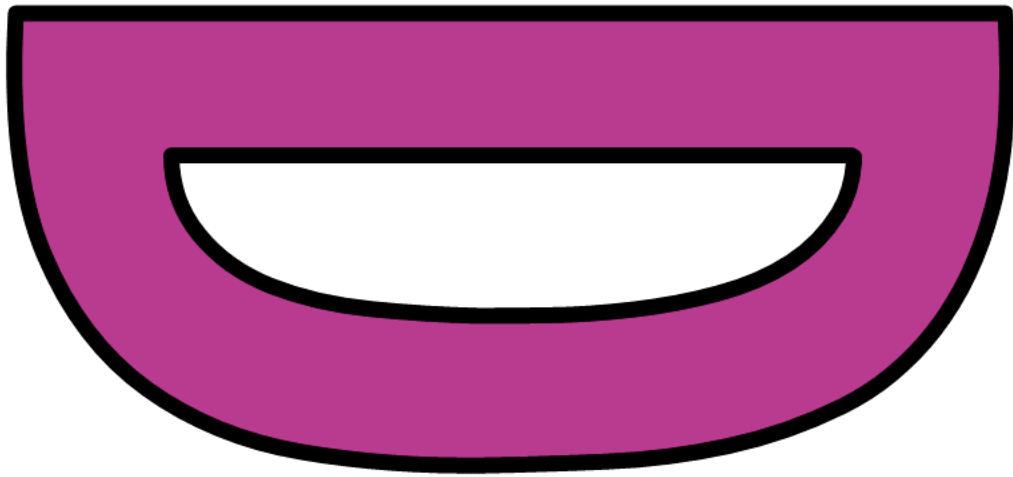


Pledge by: _____











GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Character Education: Growth Mindset](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



Thank you for supporting my little shop!

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

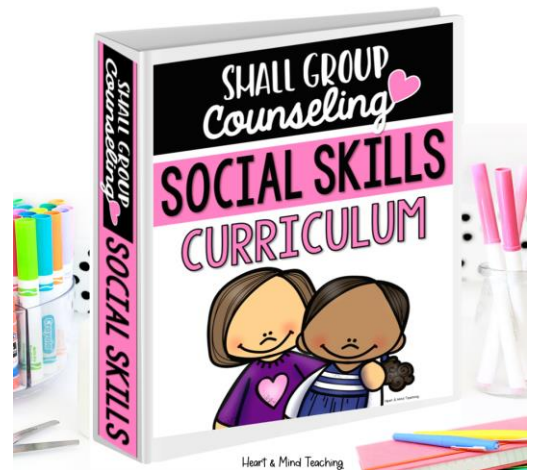
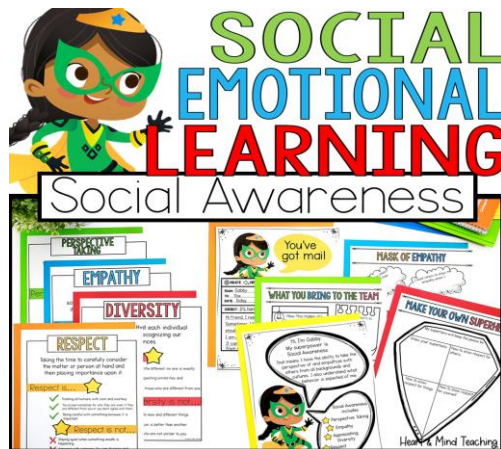
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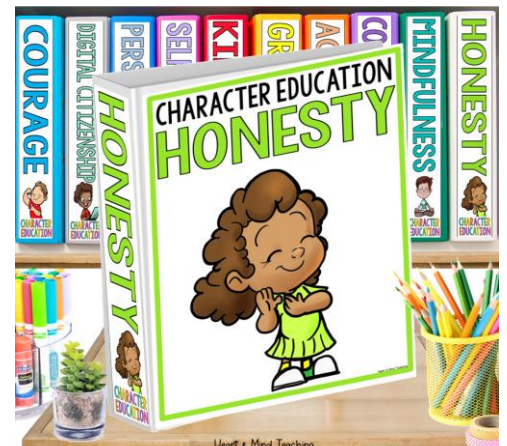
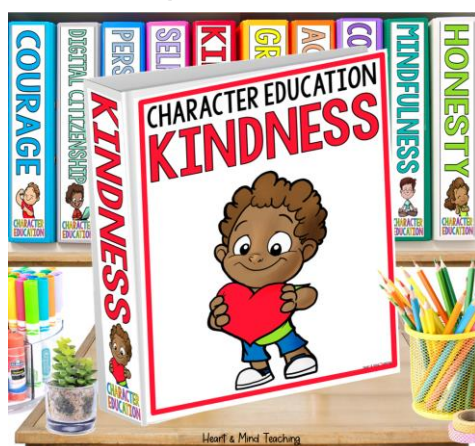
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Questions or Concerns? Please reach out to me at:
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Ashley

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