

○ MUSIC  city COUNSELOR

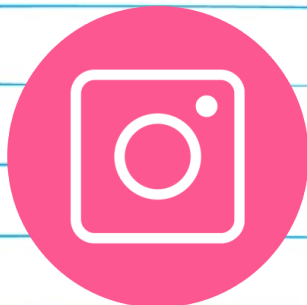
# THANK YOU FOR YOUR PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

# LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# ASCA MINDSETS & BEHAVIORS:

## Category 1: Mindset Standards

- M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being.
- M2: Self-confidence in ability to succeed.
- M6: Positive attitude toward work and learning.

## Category 1: Behavior Standards

- B-LS 4: Apply self-motivation and self-direction to learning.



# DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

## Recommended Sequence:

- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Review (and display) the growth mindset posters with students.
- Discuss and practice the Growth Mindset cards with students.
- Choose a worksheet or coloring page to close the lesson.

## Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. This presentation teaches students all about growth mindset. Students learn how important our mindset is and that there are two types of mindsets: growth mindset and fixed mindset. Students learn the definition of growth mindset and fixed mindset. Then, the presentation reviews 10 thoughts that show the difference between growth mindset and fixed mindset. Next, student learn 6 reasons why growth mindset is important. Then, 3 scenarios let students practice having a growth mindset. This is a great opportunity for students to "turn and talk" with a partner then share out with the class. The presentation closes with 3 discussion questions for students to discuss in partners or with a small group.

# DIRECTIONS PAGE 2:

## Posters:

14 instructional posters are included. These are great for reviewing growth mindset, and for displaying in your space!

## Growth Mindset or Fixed Mindset Cards:

24 cards are included. Please cut them out. There are many ways to use these cards, but I will share my favorite way to use them with you.

Each card has a thought written on it. Some cards show a growth mindset and some cards show a fixed mindset. I recommend dividing students into small groups and giving them 4-5 cards each. Students can discuss the cards and sort them into two piles, one representing growth mindset and one representing fixed mindset. Encourage students to discuss how and why they know which mindset the card represents. Students can also relate the cards back to their own lives and discuss times in which they have felt or thought that way.

## Worksheets & Coloring Pages

Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students, and the amount of time that you have!

Questions or comments? Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help! 😊

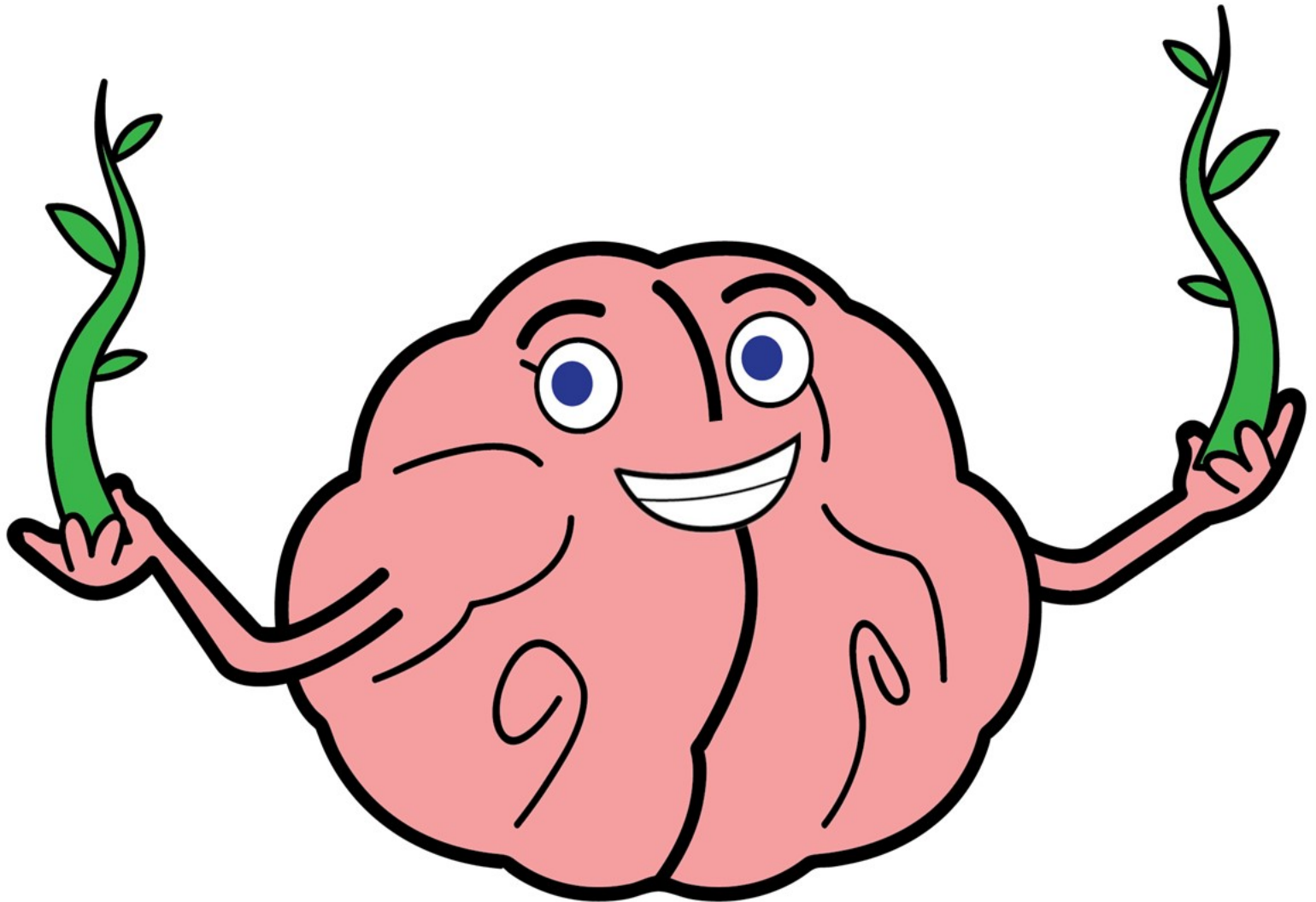
PS I SO appreciate when you please take a moment to review my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!



POSTERS

# What is GROWTH MINDSET?

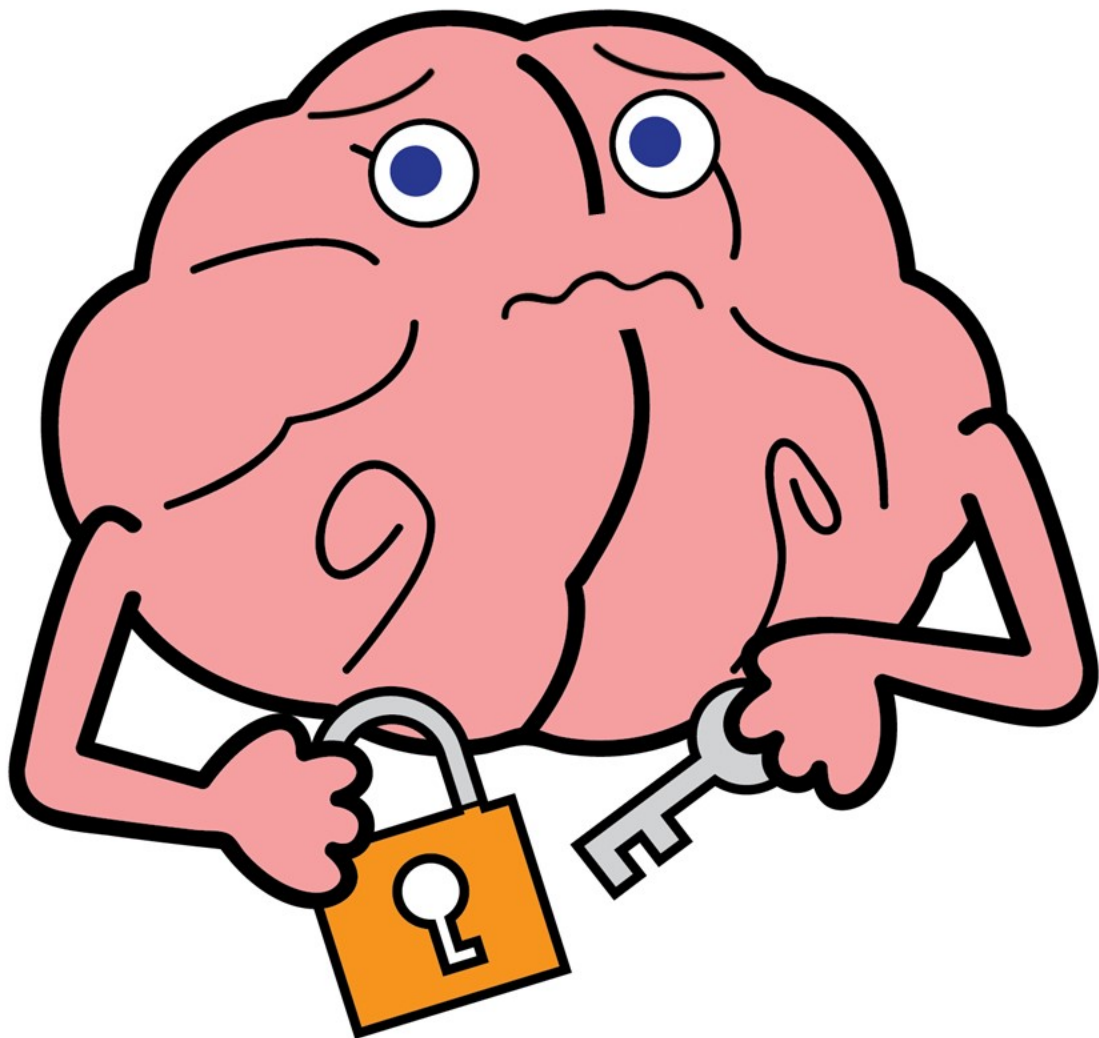
The belief that when we try our best, we can do anything we set our minds to! With effort, practice, and learning, we get better and better!





# What is FIXED MINDSET?

The belief that even when we try our best, we CAN'T get better at the things we want to do. We're born with certain abilities and can't grow or improve.



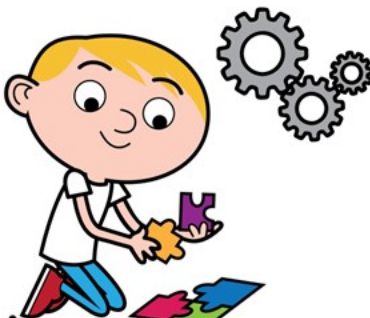
# GROWTH MINDSET

~sounds and feels like~

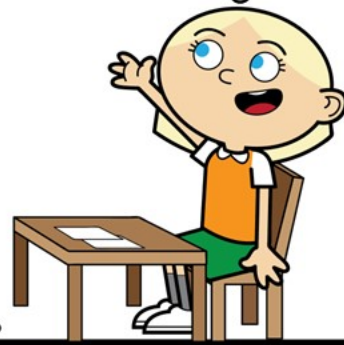
I can't do this YET, but I will soon!



I face challenges head on.



Mistakes help me learn and grow!



I won't give up!



I use my imagination!



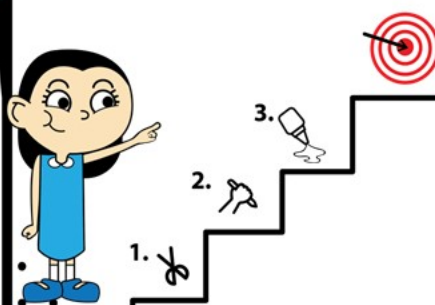
I can do anything I set my mind to!



Nothing can stop me! I've got this!



I can achieve my goals!



I am motivated!





# FIXED MINDSET

sounds and feels like:

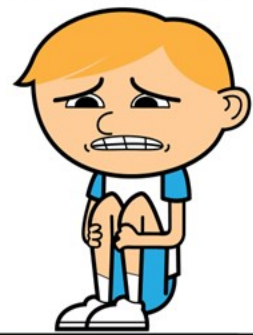
I'm just not good enough.



I avoid challenges — I'm afraid to fail!



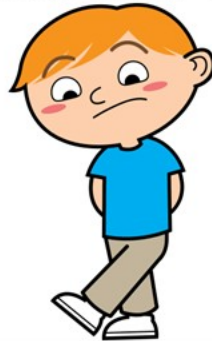
What if I make a mistake? I won't try!



This is too hard — I give up!



I stick to things I'm comfortable with.



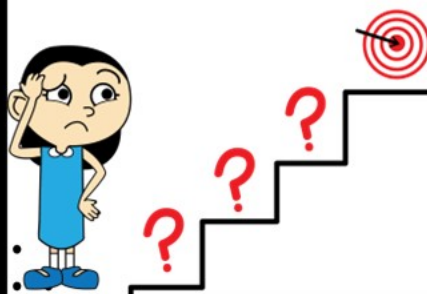
I'll never be able to do what they can.



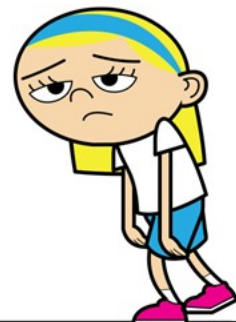
There's too many obstacles in my way!



I'll never achieve my goals.

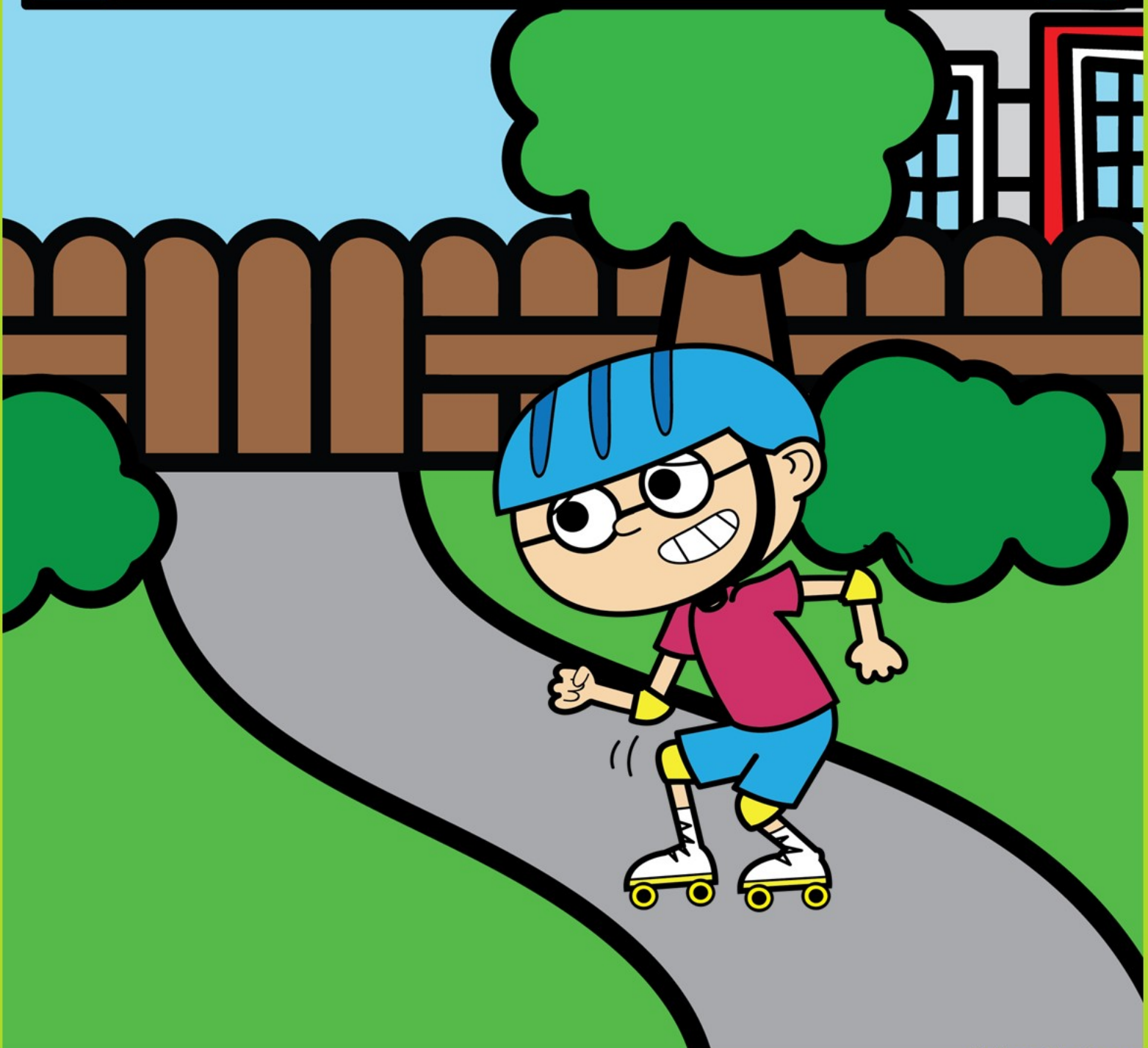


I don't have the energy to try.



# GROWTH MINDSET

I can't do this YET, but  
with practice, I will soon!

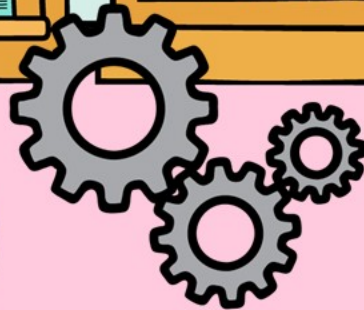




# GROWTH MINDSET

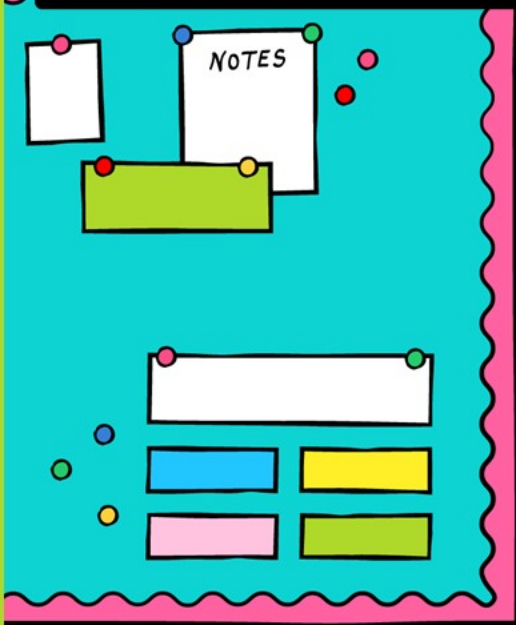
I face challenges head on  
so that I can learn and grow!

READ



# GROWTH MINDSET

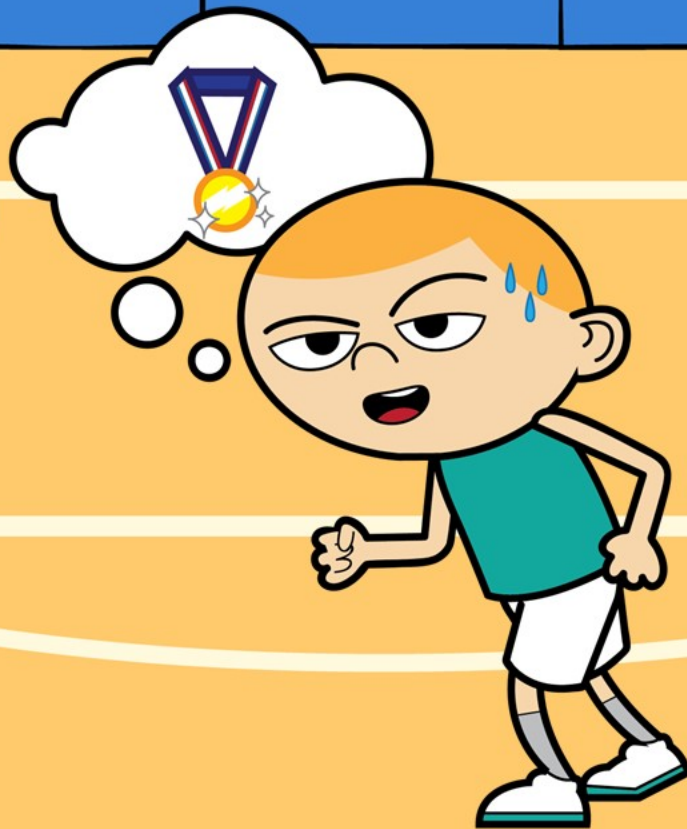
∴ Making mistakes helps  
me learn and grow! ∴





# GROWTH MINDSET

Even when things get hard, I won't give up! .:



# GROWTH MINDSET

I use my imagination to  
come up with new ideas!





# GROWTH MINDSET

∴ I can do anything I set  
my mind to! ∴



# GROWTH MINDSET

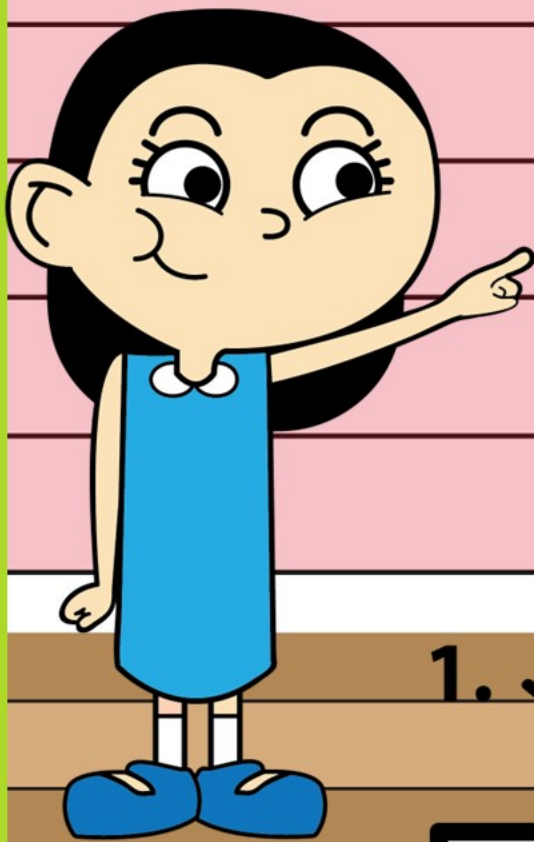
∴  
Nothing can stop me!  
I've got this! ∴





# GROWTH MINDSET

∴ I can achieve my goals with time and effort. ∴



1. ✂

2. ✎

3. 🖍



# GROWTH MINDSET

I'll keep trying and do my best work.

STEP 1 ✓  
STEP 2 ✓  
STEP 3 ✓





# GROWTH MINDSET

I feel motivated and energized to learn.



GROWTH

OR FIXED

MINDSET

CARDS



## GROWTH OR FIXED MINDSET?

I'm afraid  
to make a  
mistake.

## GROWTH OR FIXED MINDSET?

What if I  
fail?

## GROWTH OR FIXED MINDSET?

I'm just not  
good  
enough.

## GROWTH OR FIXED MINDSET?

Doing my  
best is what  
matters most.

## GROWTH OR FIXED MINDSET?

I can do  
anything I set  
my mind to.

## GROWTH OR FIXED MINDSET?

I'm not as  
good as  
she is.

## GROWTH OR FIXED MINDSET?

I can't do it  
YET, but I  
will soon!

## GROWTH OR FIXED MINDSET?

I back  
away from  
challenges.

## GROWTH OR FIXED MINDSET?

I face  
challenges  
head on.

## GROWTH OR FIXED MINDSET?

Mistakes  
help  
me learn.

## GROWTH OR FIXED MINDSET?

This is too  
hard! I give  
up.

## GROWTH OR FIXED MINDSET?

I won't  
give up! I'll  
keep trying.



## GROWTH OR FIXED MINDSET?

I stick to things I'm comfortable with.

## GROWTH OR FIXED MINDSET?

I believe in myself.

## GROWTH OR FIXED MINDSET?

I use my imagination.  
I am creative.

## GROWTH OR FIXED MINDSET?

I was born with certain strengths and can't learn or grow.

## GROWTH OR FIXED MINDSET?

Nothing can stop me! I've got this!

## GROWTH OR FIXED MINDSET?

I can achieve my goals.



## GROWTH OR FIXED MINDSET?

Why set goals? I won't achieve them.

## GROWTH OR FIXED MINDSET?

This isn't my best, but it's good enough.

## GROWTH OR FIXED MINDSET?

I put in my best effort in everything I do.

## GROWTH OR FIXED MINDSET?

I am motivated to learn and grow.

## GROWTH OR FIXED MINDSET?

I don't want to put in the effort it takes.

## GROWTH OR FIXED MINDSET?

I feel inspired when others are successful.

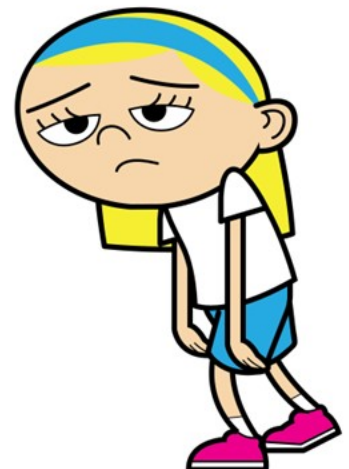
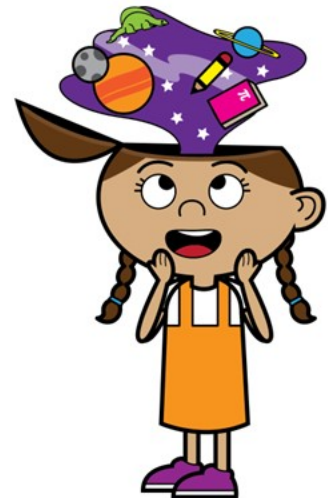
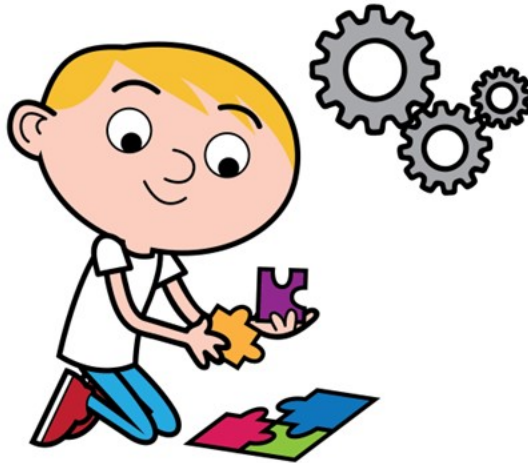
# WORKSHEETS



Name: \_\_\_\_\_

# GROWTH MINDSET

Circle the pictures that show growth mindset.

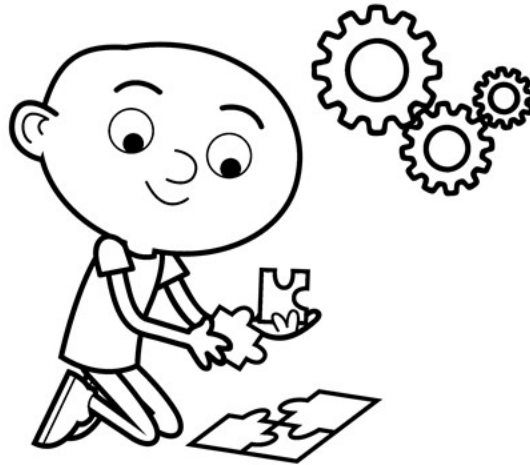




Name: \_\_\_\_\_

# GROWTH MINDSET

Color the pictures that show growth mindset.



Name: \_\_\_\_\_

# GROWTH MINDSET

Circle the thoughts that show growth mindset.

I believe  
in myself.

I'm too  
scared to try.

Mistakes help  
me grow.

I don't like to  
try new things.

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

I'm motivated  
to learn and  
improve.

I wish I could  
do what he can.

I give up!

I put in my  
best effort  
every day.

Name: \_\_\_\_\_

# GROWTH MINDSET

Color the thoughts that show growth mindset.

I believe  
in myself.

I'm too  
scared to try.

Mistakes help  
me grow.

I don't like to  
try new things.

I'm either  
good at it or  
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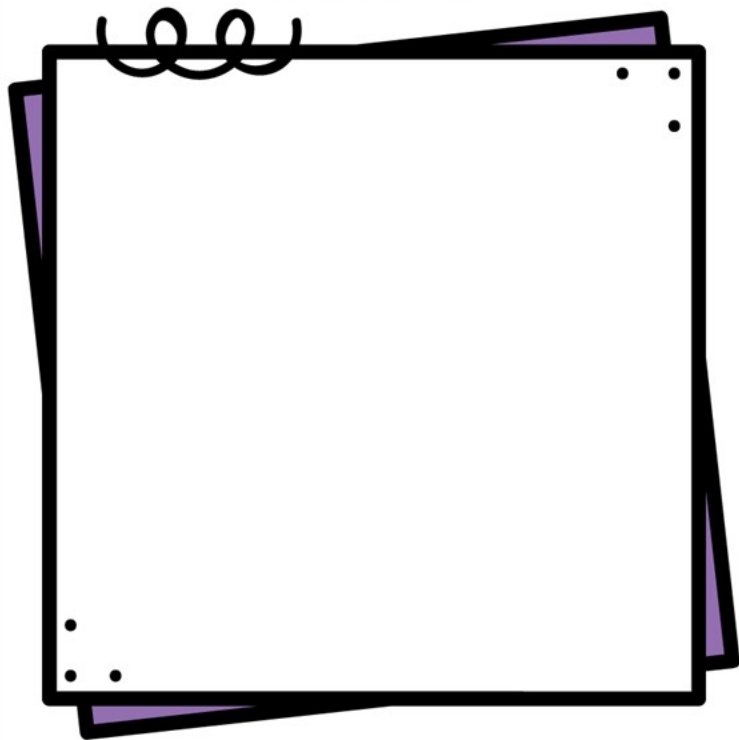


Name: \_\_\_\_\_

# GROWTH MINDSET

Growth mindset

looks like:

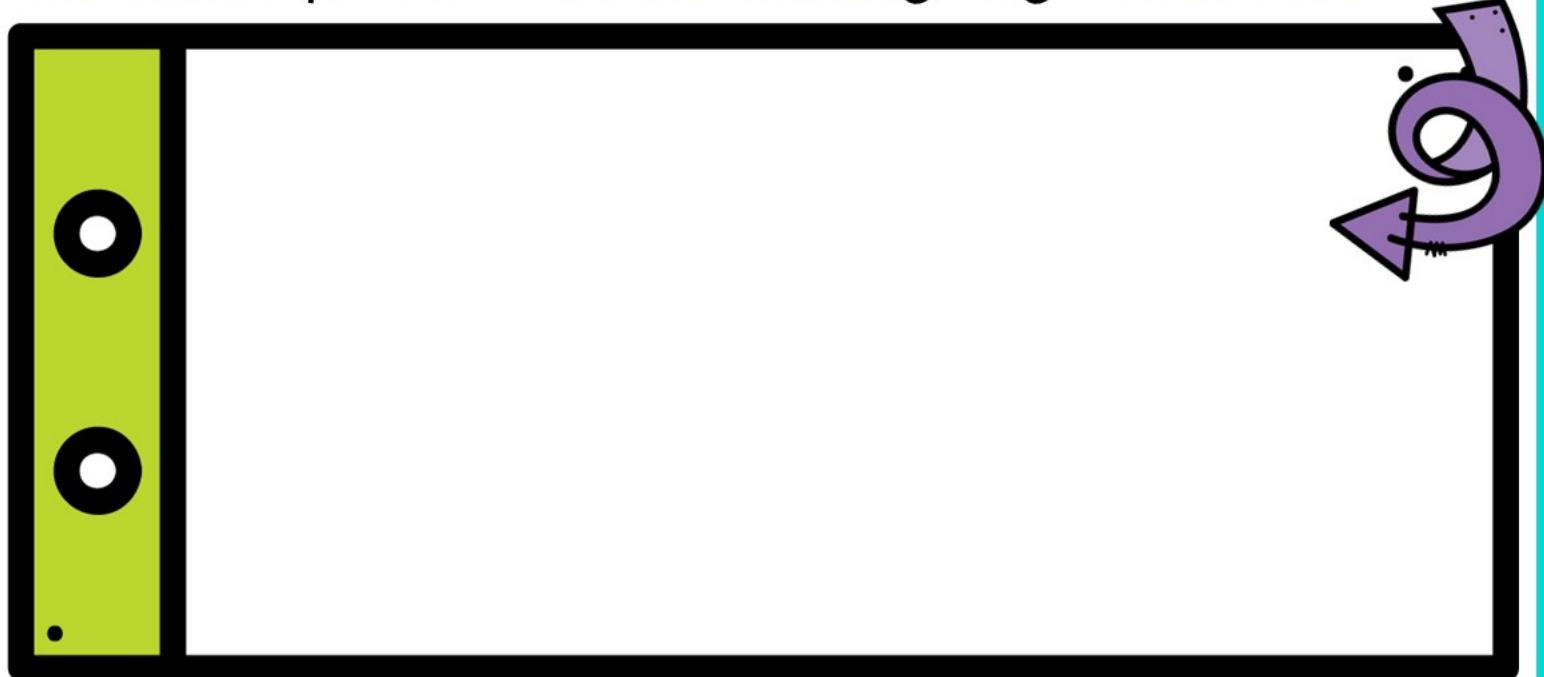


Growth mindset

sounds like:



Here is a picture of me having a growth mindset:

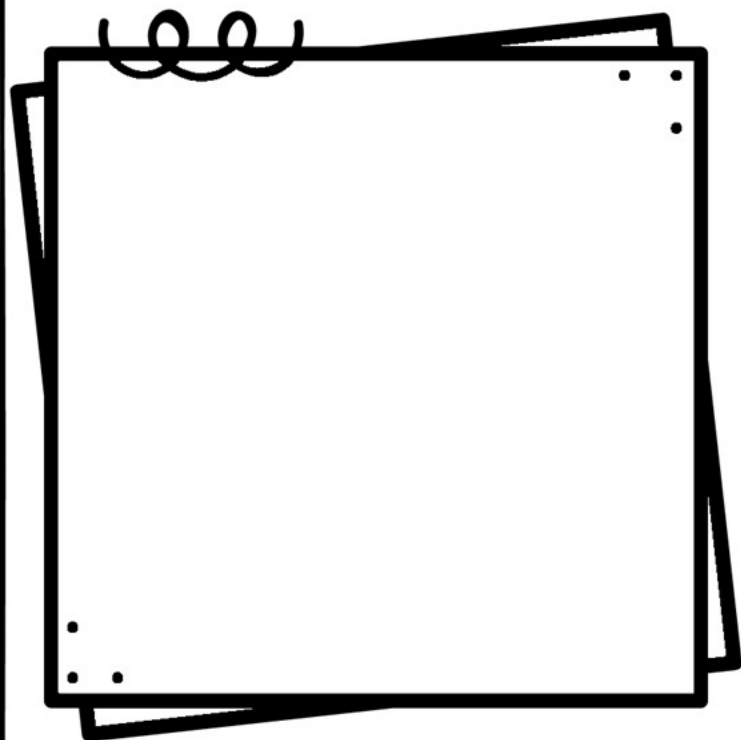


Name: \_\_\_\_\_

# GROWTH MINDSET

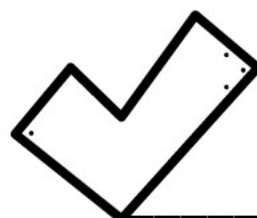
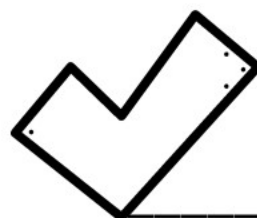
Growth mindset

looks like:

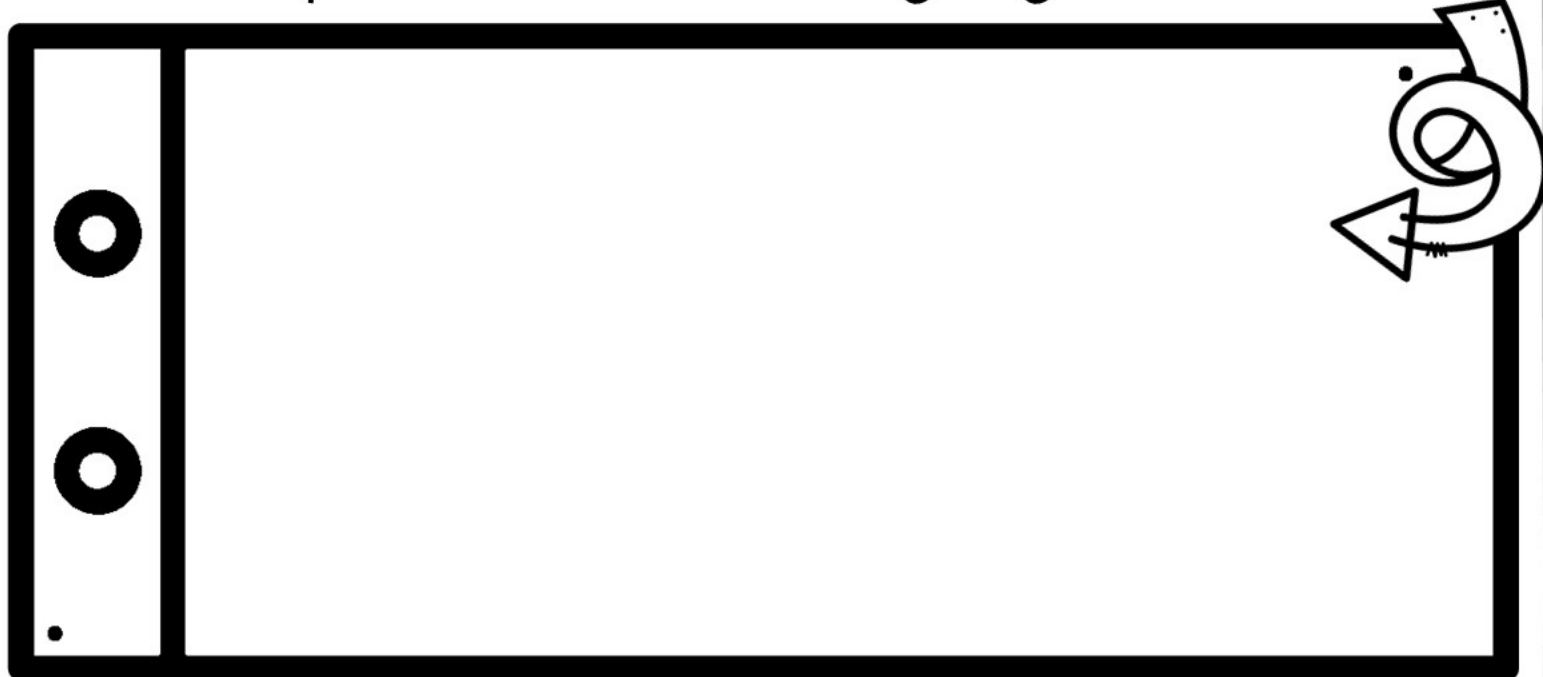


Growth mindset

sounds like:



Here is a picture of me having a growth mindset:

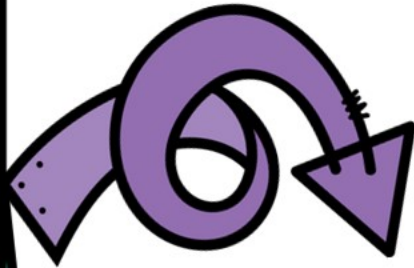


Name: \_\_\_\_\_

# GROWTH MINDSET

How can each student change their fixed mindset to a growth mindset?

I just can't do it!

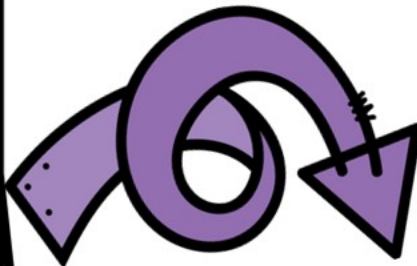
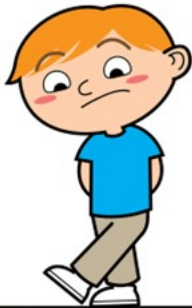


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I'll stick to what I'm comfortable with.

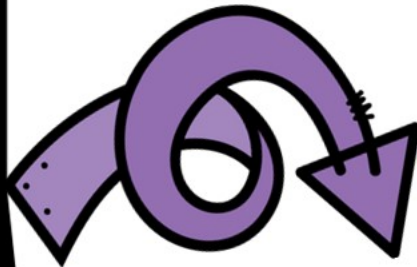


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I avoid challenges.



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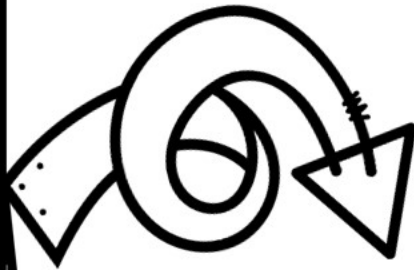


Name: \_\_\_\_\_

# GROWTH MINDSET

How can each student change their fixed mindset to a growth mindset?

I just can't do it!

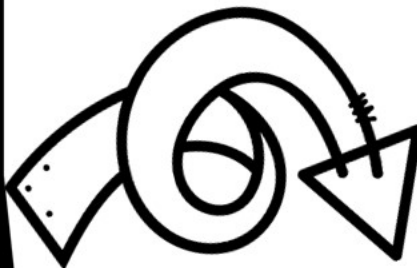


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I'll stick to what I'm comfortable with.

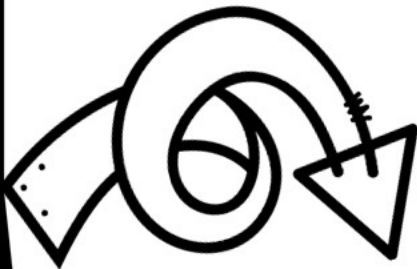


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I avoid challenges.



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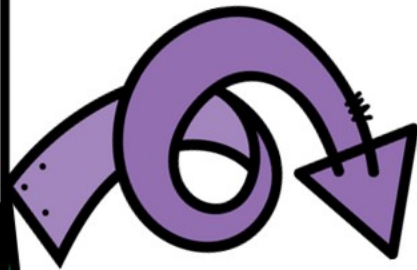
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Name: \_\_\_\_\_

# GROWTH MINDSET

How can each student change their fixed mindset to a growth mindset?

I'll never achieve my goals.



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This is good enough.

STEP 1 ✓  
STEP 2 ?  
STEP 3 ?

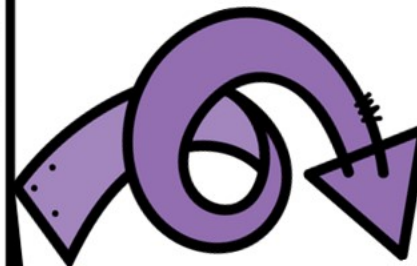
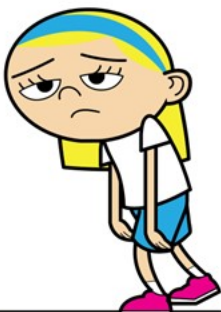


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I don't want to put in the effort to try.



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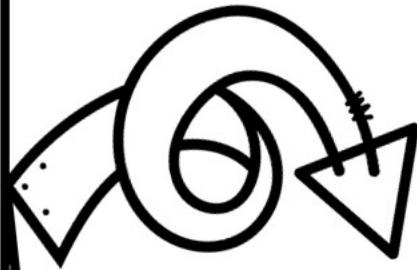
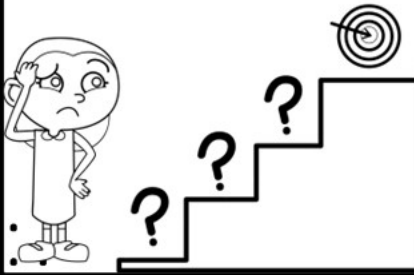
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Name: \_\_\_\_\_

# GROWTH MINDSET

How can each student change their fixed mindset to a growth mindset?

I'll never achieve my goals.

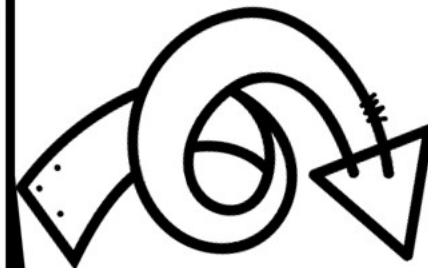



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This is good enough.

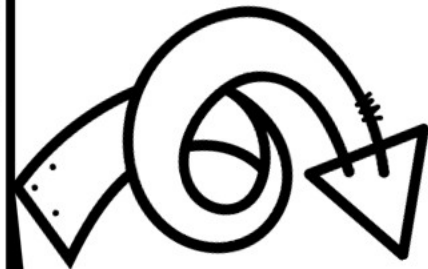
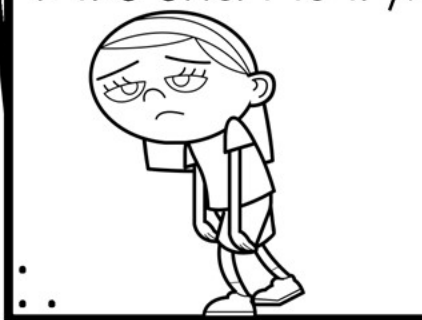



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I don't want to put in the effort to try.




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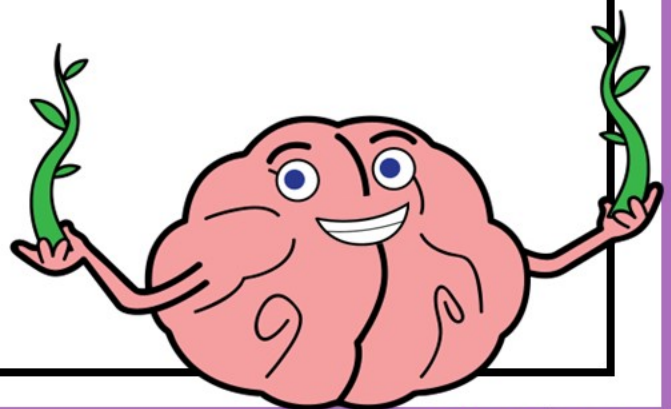
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Name: \_\_\_\_\_

# GROWTH MINDSET

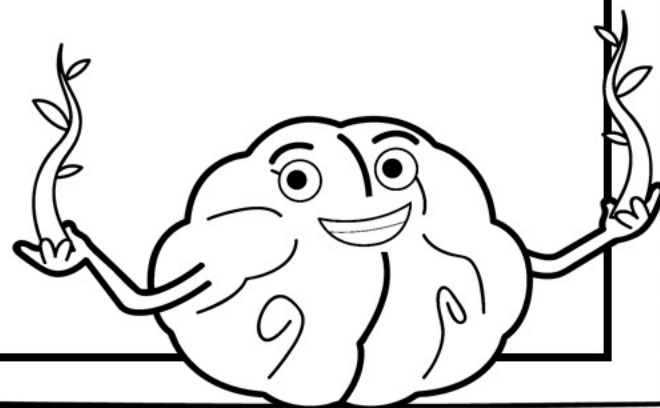
Write and draw about a time when you  
had a growth mindset.



Name: \_\_\_\_\_

# GROWTH MINDSET

Write and draw about a time when you  
had a growth mindset.



# COLORING PAGES



Name: \_\_\_\_\_

# GROWTH MINDSET

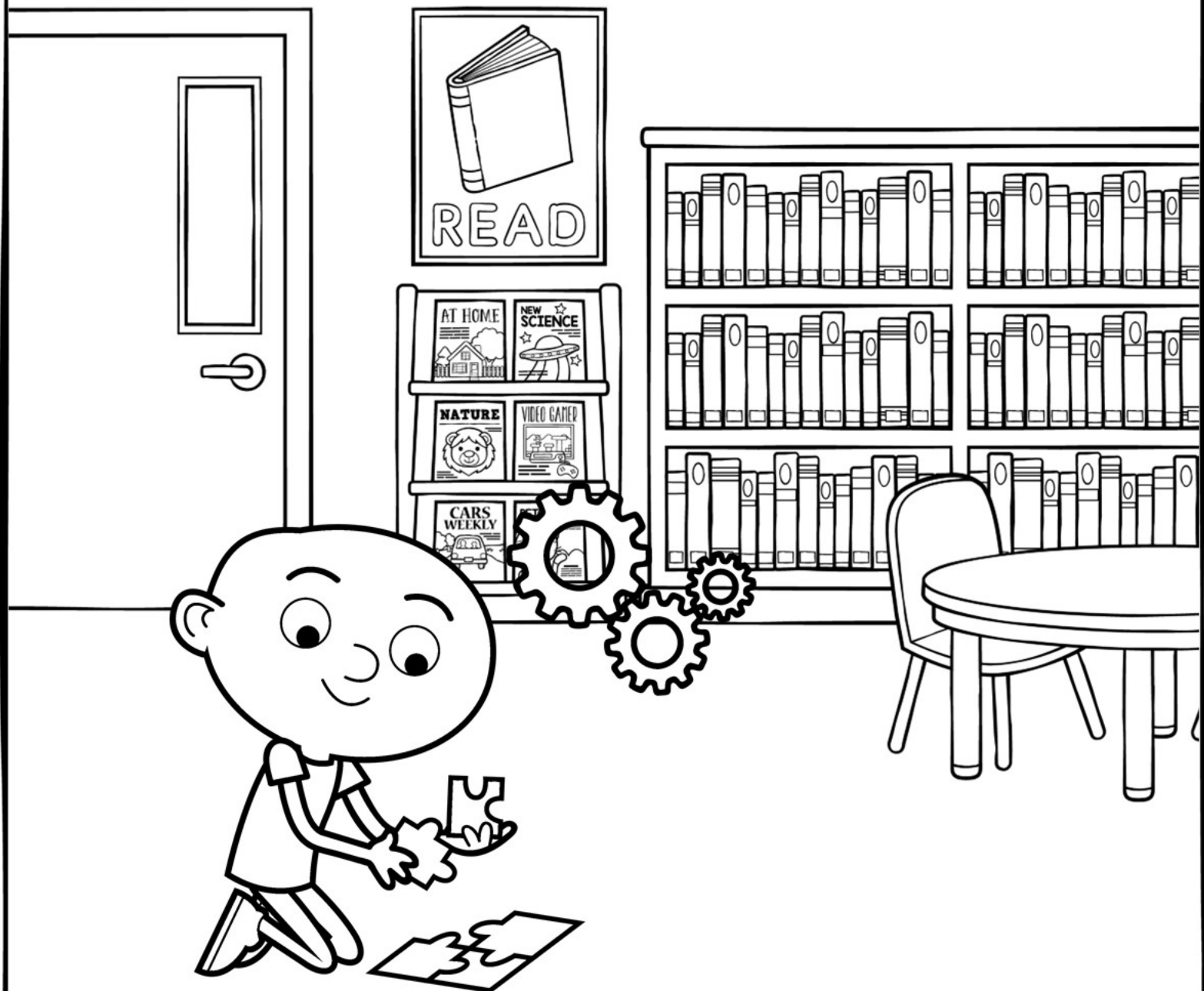
I can't do this YET, but with  
practice, I will soon!



Name: \_\_\_\_\_

# GROWTH MINDSET

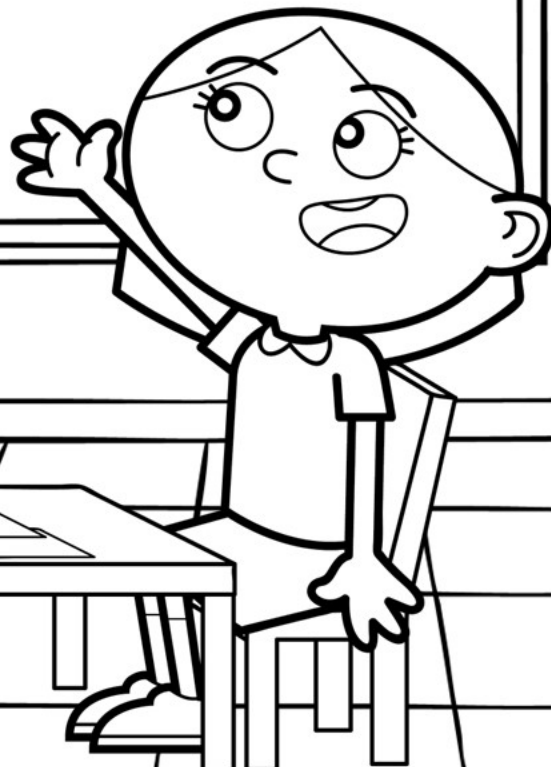
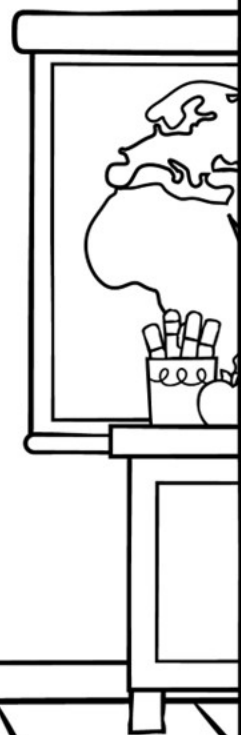
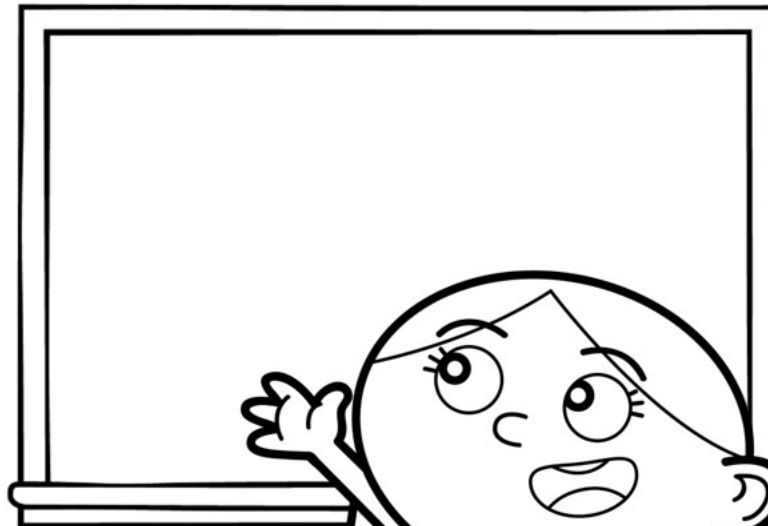
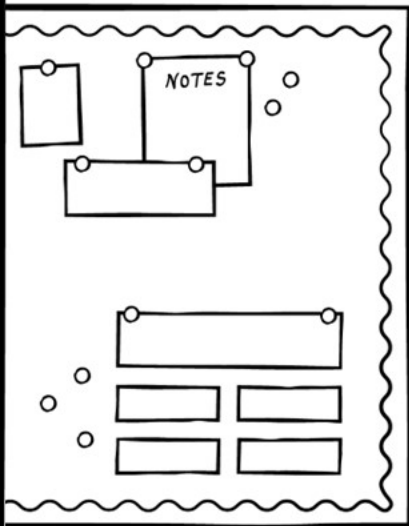
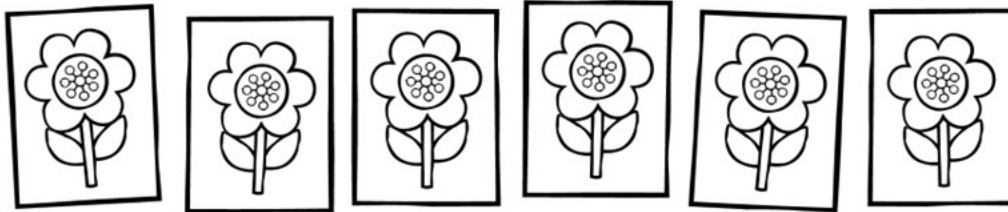
I face challenges head on  
so that I can learn and grow!



Name: \_\_\_\_\_

# GROWTH MINDSET

Making mistakes helps me  
learn and grow!

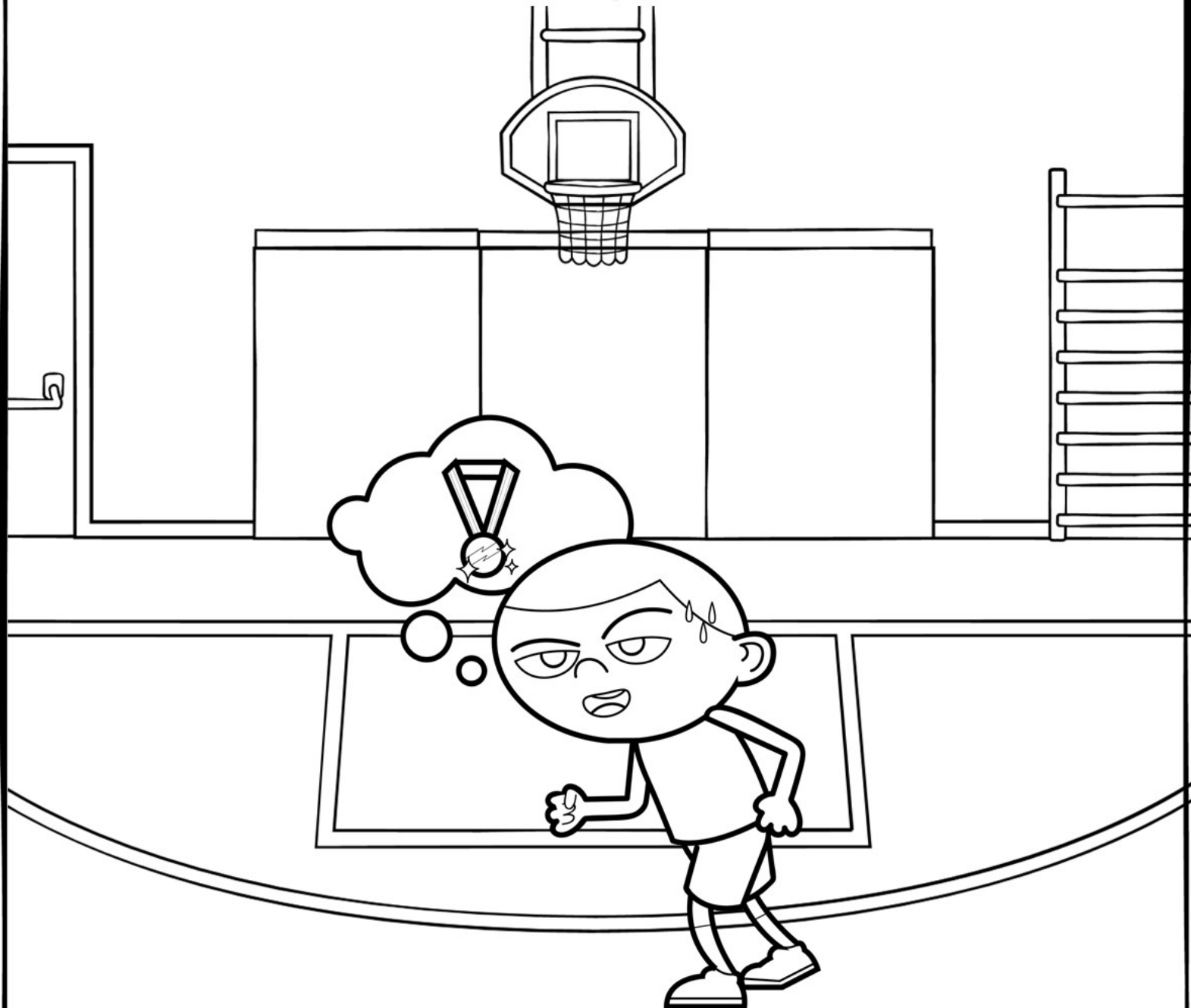




Name: \_\_\_\_\_

# GROWTH MINDSET

Even when things get hard,  
I won't give up!



Name: \_\_\_\_\_

# GROWTH MINDSET

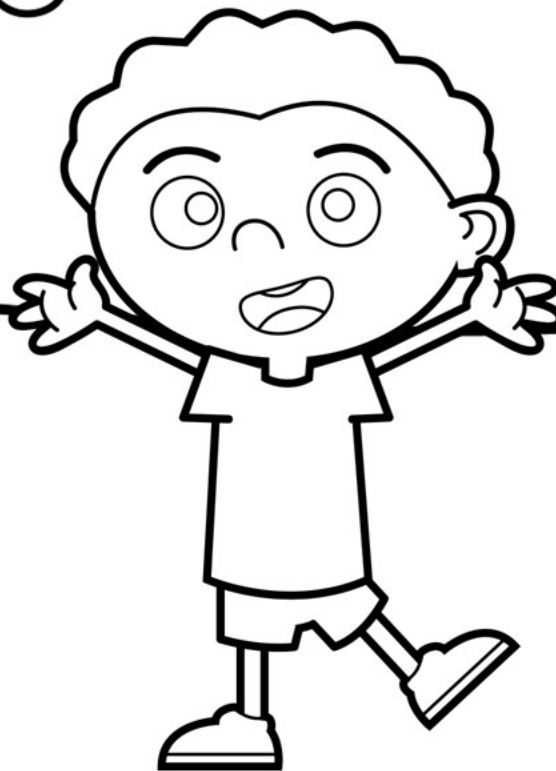
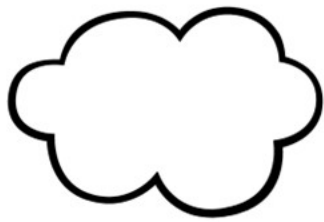
I use my imagination to come  
up with new ideas!



Name: \_\_\_\_\_

# GROWTH MINDSET

I can do anything I set  
my mind to!



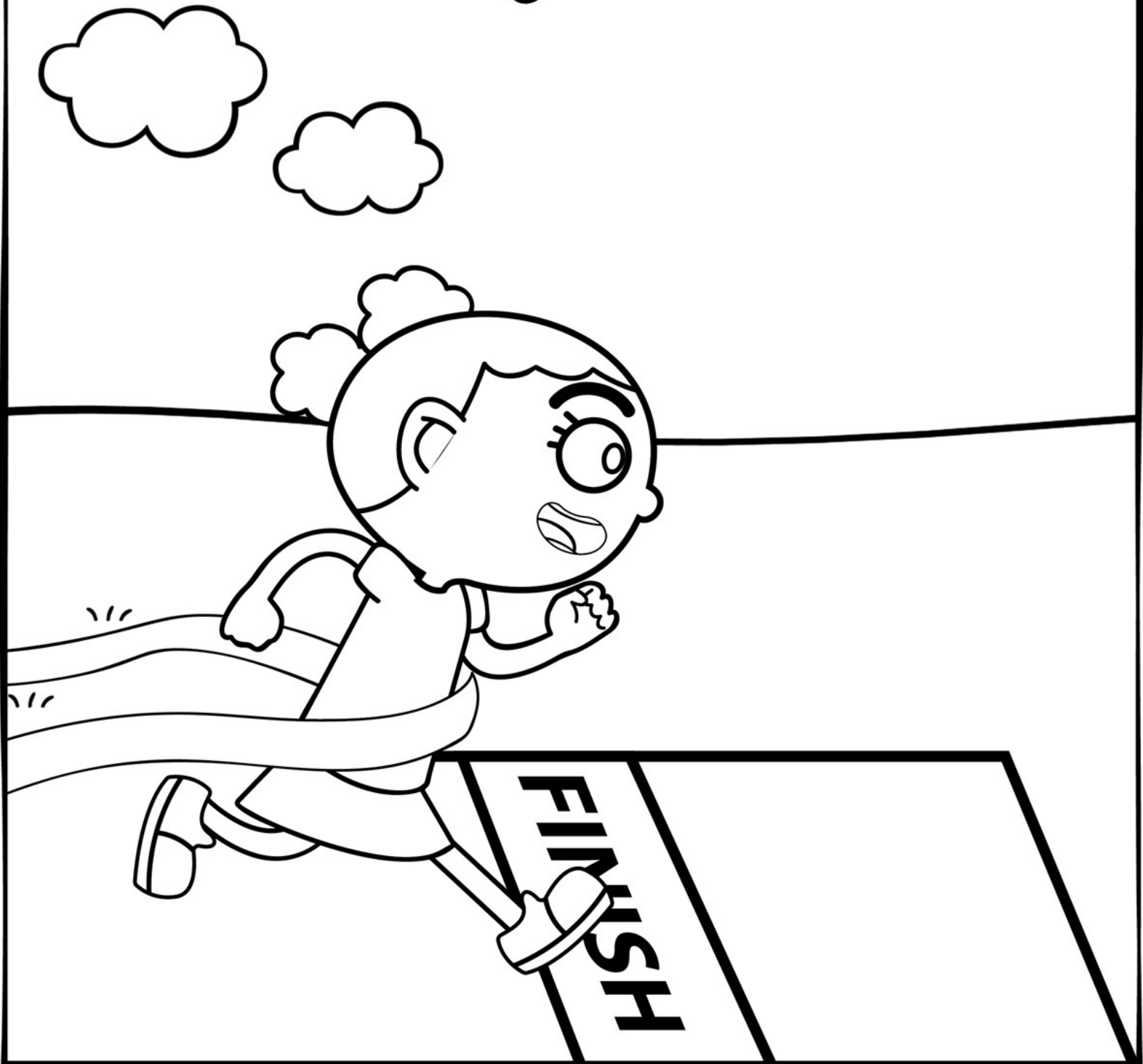


Name: \_\_\_\_\_

# GROWTH MINDSET

Nothing can stop me!

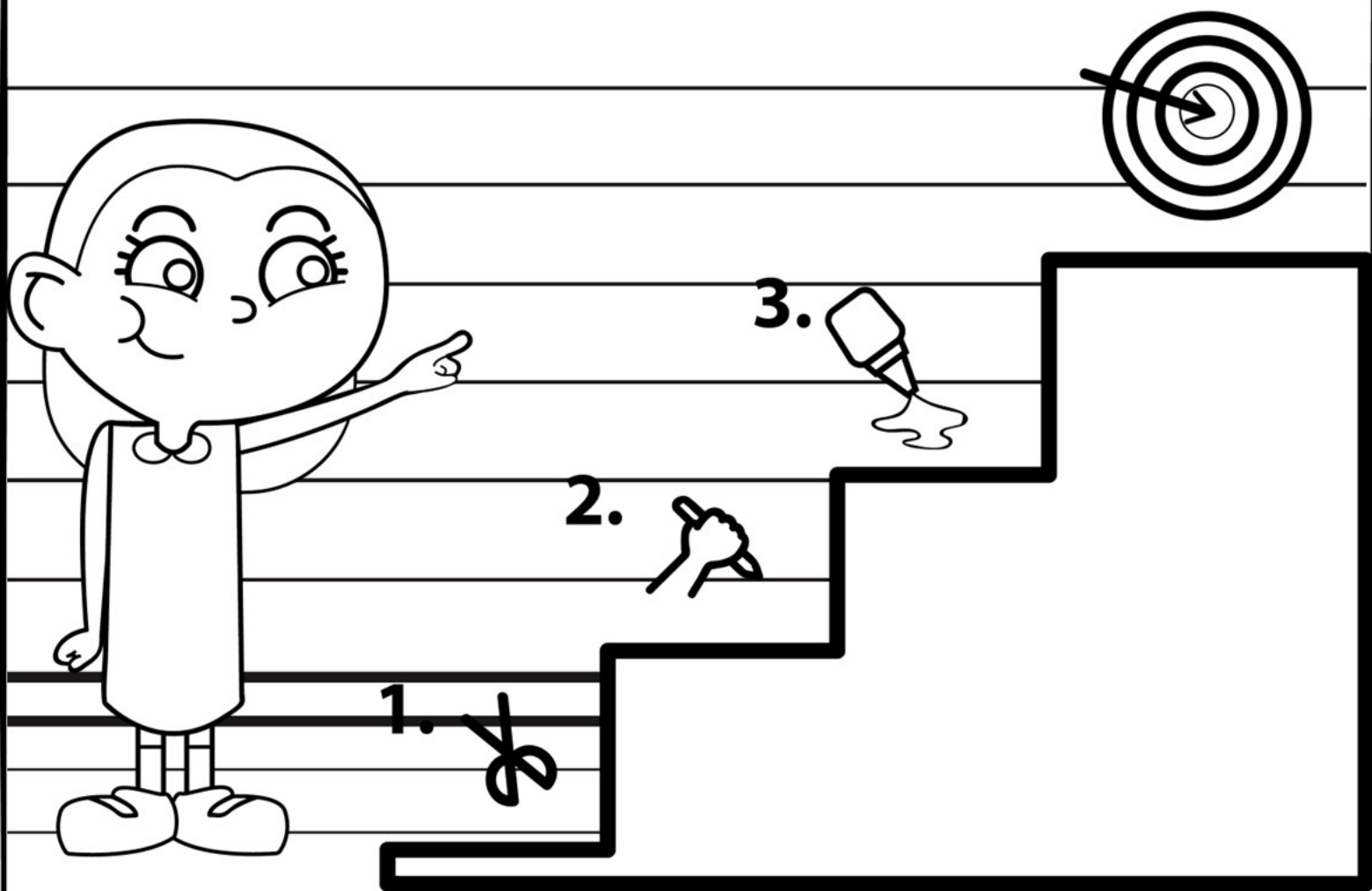
I've got this!



Name: \_\_\_\_\_

# GROWTH MINDSET

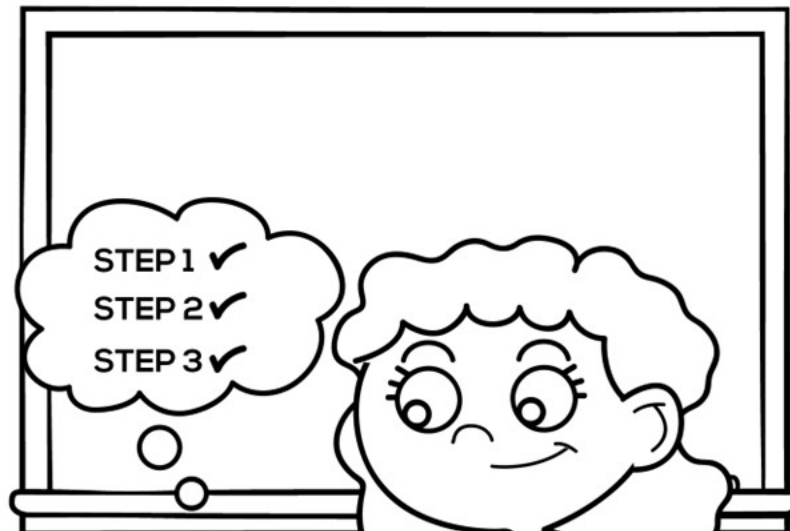
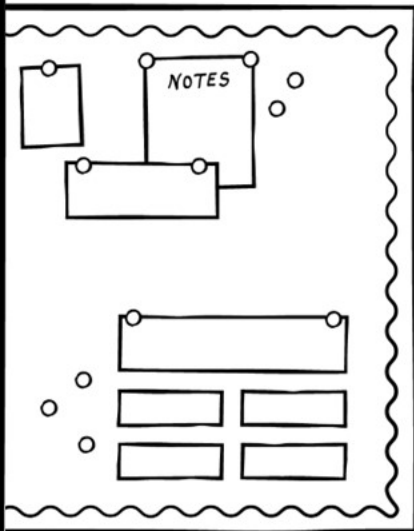
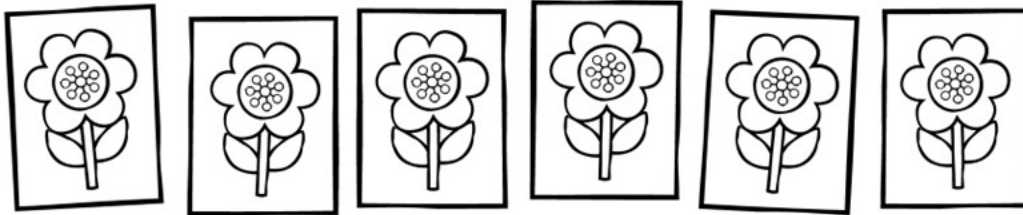
I can achieve my goals with  
time and effort.



Name: \_\_\_\_\_

# GROWTH MINDSET

I'll keep trying and do my  
best work.

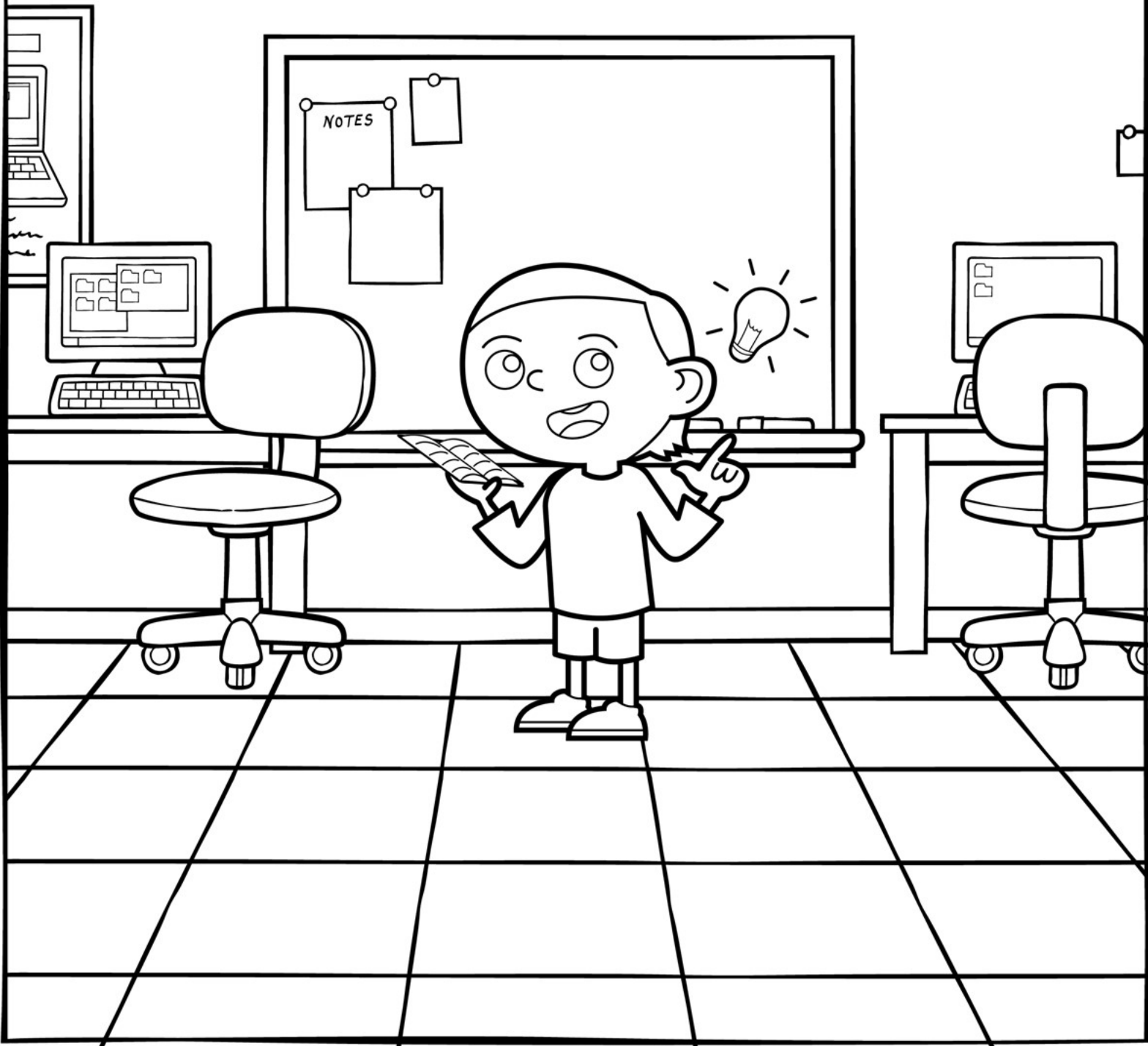




Name: \_\_\_\_\_

# GROWTH MINDSET

I feel motivated and  
energized to learn.



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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

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