

THANK YOU FOR YOUR PURCHASE!



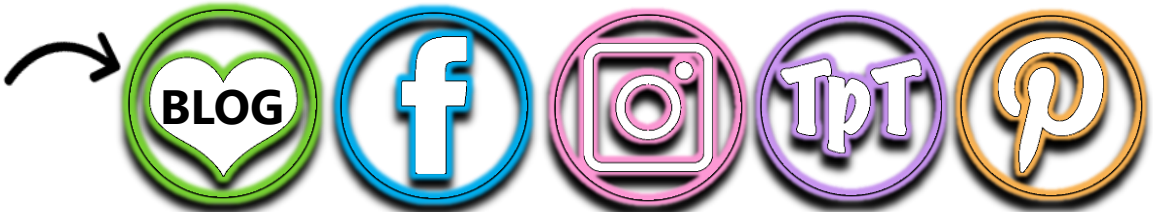
Did you know that when you leave feedback on TPT you earn credits towards future purchases?

★★★★★ Extremely satisfied

I truly appreciate your feedback to help my little store grow.

LET'S BE FRIENDS

Access my
Freebie
Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

♥
Ashley

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  [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 \(youtube video\)](#)

SEL IN A SNAP

Growth Mindset

Session Objective:

*Students will identify the ways to show a growth mindset.

Materials:

*Handouts, scissors, pencils, stapler.

Guiding Questions:

- *What are some positive traits that show a growth mindset?
- *How can having a growth mindset help you succeed?

ASCA Standards Alignment:

- *Mindset: Self-confidence in ability to succeed. (M 4)
- *Behavior: Learning Strategies: Self-motivation and self-direction for learning. (B-LS 9)

SEL Competencies:

- *Self-awareness: Self-confidence.
- *Self-management: Self-motivation.

Session Details

- *Prepare the workbook in advance. Print all pages and cut down the middle, in half, then put the pages back to back and staple them together forming the workbook for each student. Based on how much time you have, or the developmental level of your students, you may want to leave out a few and focus on the ones you find most important.
- *Say "Today we are going to be learning about having a growth mindset. Growth Mindset means viewing intelligence, abilities, and talents as learnable and capable of improvement through effort. People with a growth mindset believe that their abilities and intelligence are not fixed traits but can be developed over time. They see potential for improvement and growth in themselves." "Let's look at your workbook, you will see on the third and fourth pages, positive traits associated with having a growth mindset and mindset beliefs that help foster a growth mindset." Go through each page that has a different concept that is part of growth mindset. "The first concept that is important to know about Growth Mindset is being optimistic." Go through what optimism is and how it helps. On the next page, have students reflect on a time that they showed optimism and how optimism looks/feels to them. You can have students draw or write here based on their developmental level. Go through the rest of the growth mindset concepts.

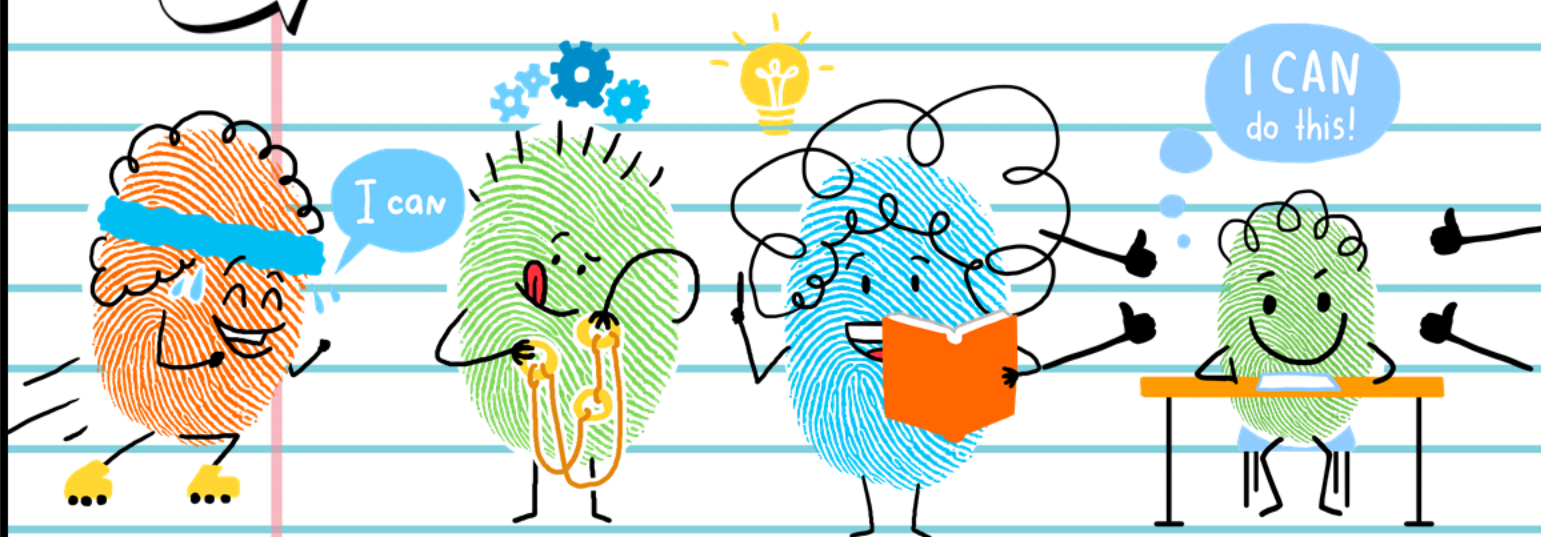
Growth Mindset

Viewing intelligence, abilities, and talents as learnable and capable of improvement through effort.





Growth Mindset



Name: _____

© Heart & Mind Teaching

Growth Mindset:

Viewing intelligence, abilities, and talents as learnable and capable of improvement through effort.



Why is it important?

People with a growth mindset often achieve more than those with a fixed mindset. Their willingness to embrace challenges, learn from failures, and put in effort leads to greater accomplishments in various areas of life.

© Heart & Mind Teaching



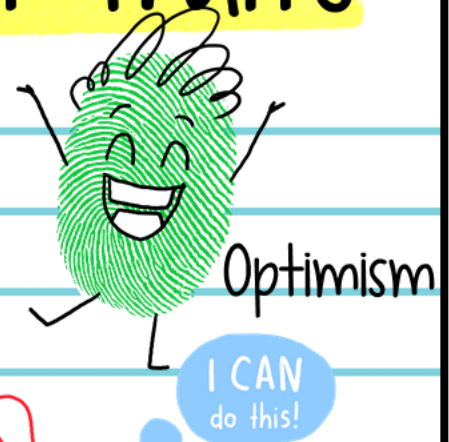
Growth Mindset Traits



Perseverance



Determined



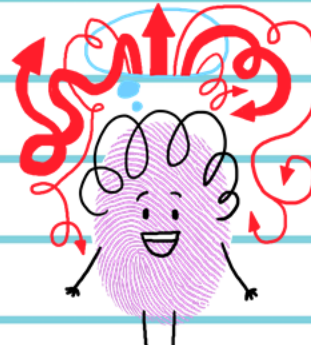
Optimism



Confident



Hard work



Adaptability



Resilience

© Heart & Mind Teaching



Growth Mindset Beliefs



Open to feedback



Embrace new learning



Learn from failure



Embracing Challenges



Belief in growth



Inspired by others



Power of YET



Effort



Practice helps me improve

$$2+2=4$$

$$1+8=$$

© Heart & Mind Teaching

Growth Mindset



Optimism



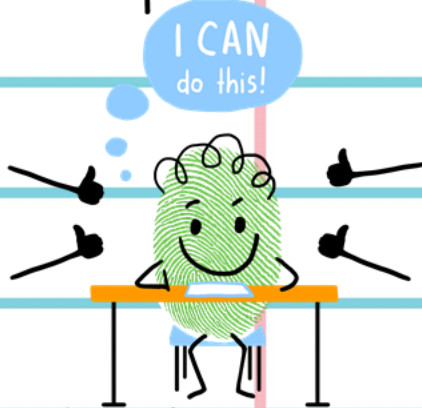
Perseverance



Power of YET



Effort



Resilience



Adaptability



Learn from failure



Embracing Challenges



Determined



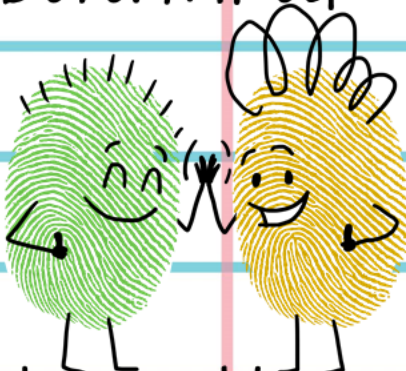
Belief in growth



Hard Work



Confident



Inspired by others



Open to feedback



Embrace new learning



Practice helps me improve



Growth Mindset

OPTIMISM

How does it help?

Optimism can foster resilience. Even in difficult times, optimistic people feel capable of bouncing back and handling adversity.



What is it? Optimism is characterized by a hopeful and positive outlook, even in the face of challenges. Optimistic people believe that things will get better. Optimistic individuals believe in their ability to overcome obstacles.



OPTIMISM

Think of a time that you showed optimism. Explain what happened.

Optimism looks/feels like this to me:





Growth Mindset

PERSEVERANCE

How does it help?

It is essential for achieving long-term goals and allows you to stay committed and work diligently even when progress is slow or setbacks occur.



What is it? Perseverance is persisting in a course of action despite facing obstacles, difficulties, or failures. It involves determination, tenacity, and the willingness to keep moving forward toward a goal, even when it becomes challenging.



I can

PERSEVERANCE

Think of a time that you showed perseverance.
Explain what happened.

Perseverance looks/feels like this to me:





Growth Mindset

RESILIENCE

How does it help?

Resilient people are better equipped to adapt to change. Overcoming difficulties also enhances self-esteem. It builds a belief in one's ability to handle future challenges.



What is it? Resilience is the ability to adapt and bounce back from adversity, challenges, or difficult situations. It involves the capacity to withstand stress, recover from setbacks, and grow stronger in the face of adversity.

I CAN do this!



RESILIENCE

Think of a time that you showed resilience. Explain what happened.

Resilience looks/feels like this to me:





Growth Mindset

POWER OF YET

How does it help?

Using "YET" helps to view failure as a stepping stone to success rather than a permanent setback. This can reduce the fear of failure and encourage risk-taking.



What is it? Adding the word "yet" to acknowledge that a skill, goal, or accomplishment has not been achieved, but there is potential for growth in the future. For example, saying "I don't understand this" can be reframed as "I don't understand this YET."



POWER OF YET

Think of a time that you used the Power of YET.
Explain what happened.

The power of YET looks/feels like this to me:





Growth Mindset

EMBRACE CHALLENGES

How does it help?

Challenges provide opportunities to develop new skills and enhance existing ones. When you tackle difficult tasks, you expand your knowledge and abilities.

What is it? Embracing challenges is the act of willingly and actively facing difficult or demanding situations, tasks, or problems with a positive and open mindset. Embracing challenges as opportunities for growth and learning.



EMBRACE CHALLENGES

Think of a time that you embraced a challenge.
Explain what happened.

Embracing challenges looks/feels like this to me:





Growth Mindset

EFFORT

How does it help?

Effort is a crucial factor in achieving success and personal growth. When you put in the necessary effort, you can accomplish more in less time.



What is it? Effort refers to the amount of physical or mental energy exerted to achieve a goal, complete a task, or overcome an obstacle. It involves hard work, dedication, and a commitment to investing time and resources into an endeavor.



EFFORT

Think of a time that you showed effort. Explain what happened.

Effort looks/feels like this to me:





Growth Mindset

ADAPTABILITY

How does it help?

Being adaptable reduces the stress associated with change. It allows individuals to respond to unexpected events with a more balanced and composed mindset.



What is it? Adaptability is the ability to adjust to new conditions, environments, situations, or changes effectively. It involves being open to change, flexible in your thinking, and responsive to unexpected challenges.



ADAPTABILITY

Think of a time that you showed adaptability.
Explain what happened.

Adaptability looks/feels like this to me:

SCHEDULE

1
2
3
4





Growth Mindset

BELIEF IN GROWTH

How does it help?

Believing in growth encourages persistence and determination. You are more likely to persevere through difficulties, setbacks, or failures because they understand that progress often comes with continued effort.

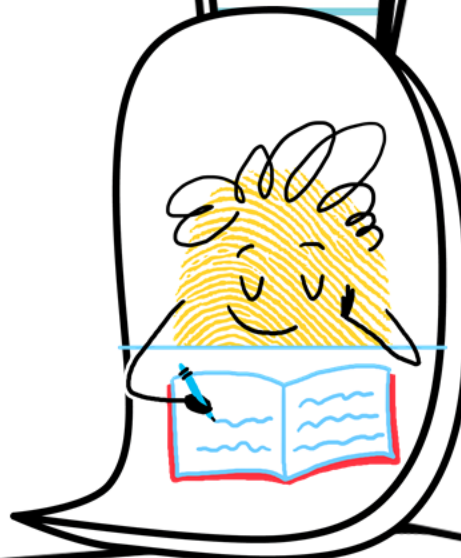
What is it? Belief in growth refers to the mindset or belief system that one's abilities, talents, intelligence, and qualities can be developed and improved through dedication, effort, learning, and perseverance.



BELIEF IN GROWTH

Think of a time that you showed belief in your growth. Explain what happened.

Belief in growth looks/feels like this to me:



LEARN FROM FAILURE

Growth Mindset

How does it help?

It helps you to reflect on your actions, leading to self-awareness and self-improvement. Analyzing failure helps you make better decisions in the future.



What is it? Gaining knowledge, insights, and personal growth from your past mistakes, setbacks, or unsuccessful experiences. It involves making an effort to understand what went wrong and how you can use that to improve future decisions.



LEARN FROM FAILURE

Think of a time that you learned from failure. Explain what happened.

Learning from failure looks/feels like this to me:





Growth Mindset

DETERMINED

How does it help?

It can lead to greater success and growth, as it empowers individuals to overcome obstacles and achieve their aspirations

What is it? Having a strong and unwavering commitment to achieving a specific goal or overcoming obstacles, often in the face of challenges. It drives us to persist in our efforts, maintain a focused mindset, and stay dedicated.



© Heart & Mind Teaching

DETERMINED

Think of a time that you showed determination.
Explain what happened.

Determination looks/feels like this to me:



© Heart & Mind Teaching

INSPIRED BY OTHERS

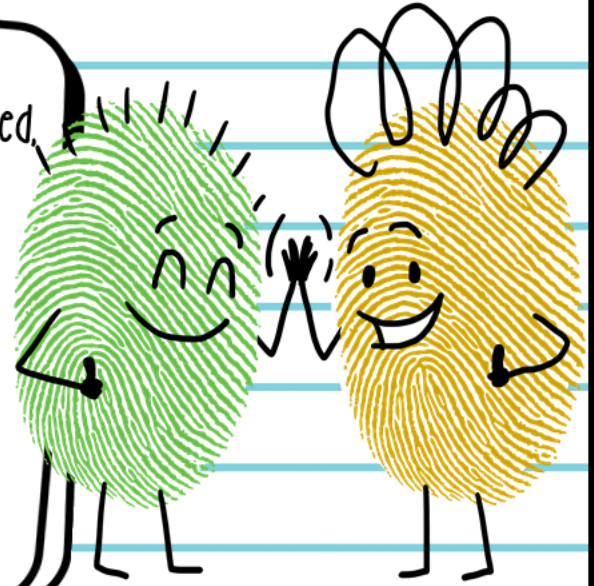
Growth Mindset

How does it help?

It can encourage, inspire, and motivate your personal growth, and drive you to pursue your own aspirations and goals.



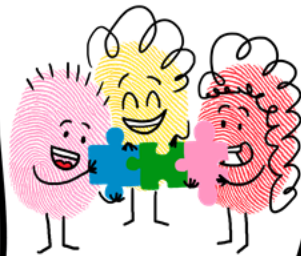
What is it? You are deeply moved, motivated, or influenced by the actions, achievements, qualities, or values of another person. Inspiration from others often leads to a heightened sense of motivation.



INSPIRED BY OTHERS

Think of a time where you were inspired by someone else. Explain what happened.

Being inspired by others looks/feels like this to me:



EMBRACE NEW LEARNING

Growth Mindset

How does it help?

It can help you become a more well-rounded and capable individual, both personally and academically.



What is it? To welcome opportunities to acquire new knowledge, skills, perspectives, or experiences. It starts with having an open mind. It means being receptive to ideas, information, and experiences that may be different from what you already know.

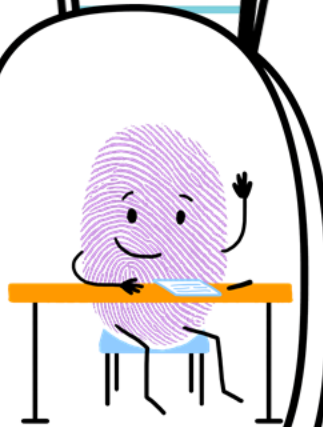


© Heart & Mind Teaching

EMBRACE NEW LEARNING

Think of a time that you embraced learning something new. Explain what happened.

Embracing new learning looks/feels like this to me:



© Heart & Mind Teaching



Growth Mindset

CONFIDENCE

How does it help?
It gives you assurance that you have the competence to succeed, it helps you have courage to take risks and bounce back from failure.

What is it? Having confidence means possessing a belief in your own abilities, judgment, and self-worth. It's a state of self-assuredness that enables you to approach tasks, challenges, and life in general with a positive and assertive attitude.



© Heart & Mind Teaching

CONFIDENCE

Think of a time that you showed confidence.
Explain what happened.

Confidence looks/feels like this to me:



© Heart & Mind Teaching



Growth Mindset

OPEN TO FEEDBACK

How does it help?
When you focus on understanding the message rather than immediately defending your actions, you can allow for self-improvement.

What is it? Being willing to receive and consider input, criticism, or advice from others regarding your actions, performance, behavior, or work. It is a mindset and attitude that embraces constructive feedback as an opportunity for growth and improvement.

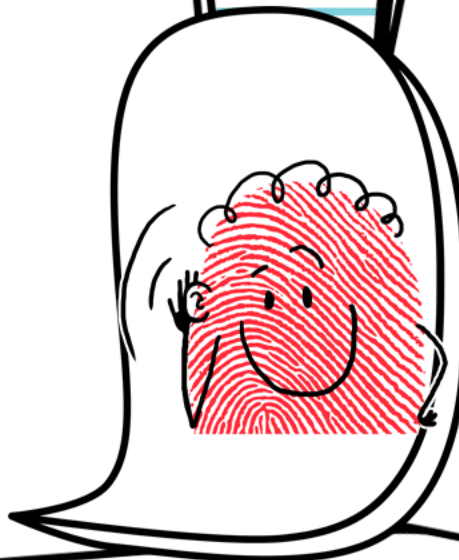


© Heart & Mind Teaching

OPEN TO FEEDBACK

Think of a time that you were open to feedback. Explain what happened.

Being open to feedback looks/feels like this to me:



© Heart & Mind Teaching



Growth Mindset

PRACTICE

How does it help?

Practicing (or studying) a skill, sport, or activity helps you make progress, reach your goals, and achieve mastery in a given area.

What is it? The act of engaging in a repetitive and deliberate effort to improve or master a skill, acquire knowledge, or develop a particular ability. It involves consistent, focused, and often structured activities aimed at achieving specific goals.

$$2 + 2 = 4$$

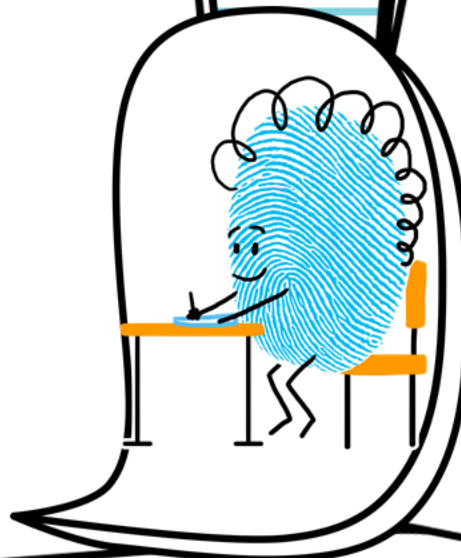
$$1 + 8 =$$



PRACTICE

Think of a time that you practiced a skill you wanted to improve. Explain what happened.

Practicing looks/feels like this to me:





Growth Mindset

HARD WORK

How does it help?

It often leads to greater success because it implies a dedication to achieving a specific goal through consistent and persistent effort.

What is it? Constant, focused, and diligent effort over a period of time. It often implies a strong commitment to a task or goal and the willingness to put in the necessary time and energy to achieve it.



HARD WORK

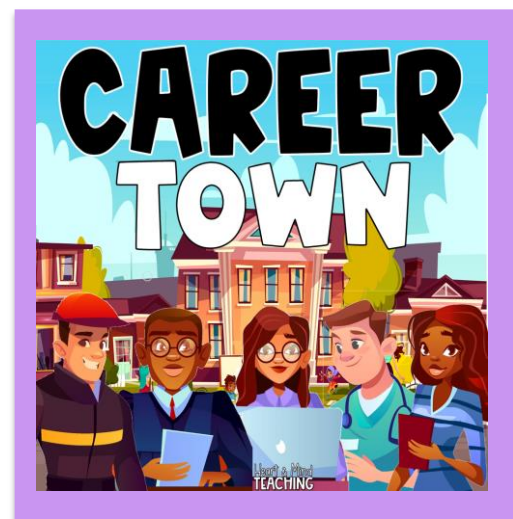
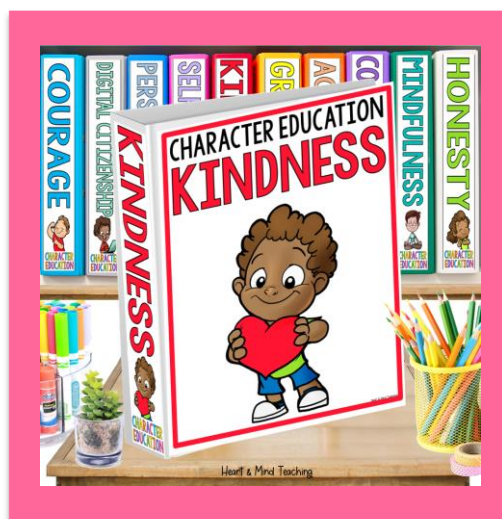
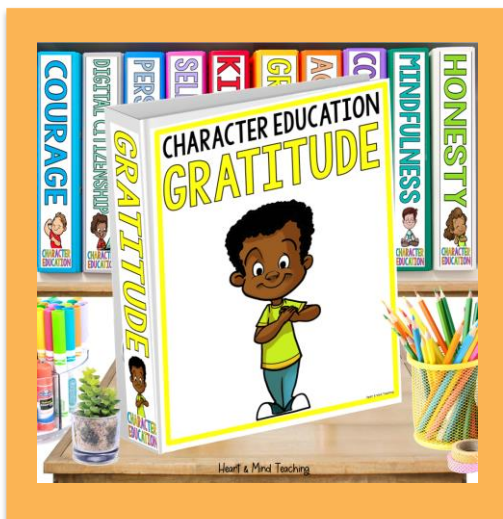
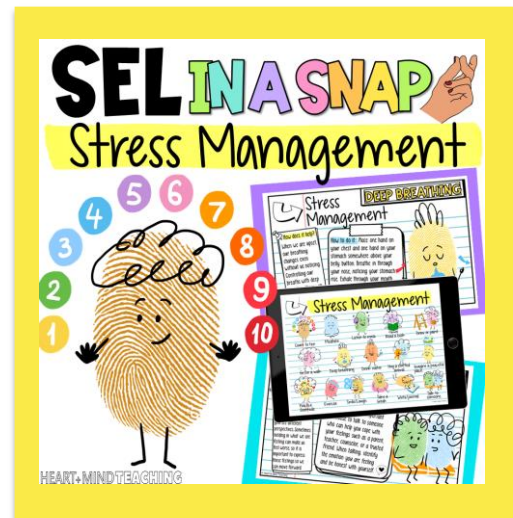
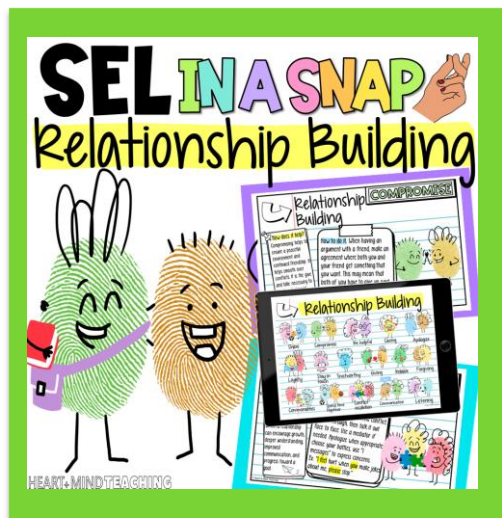
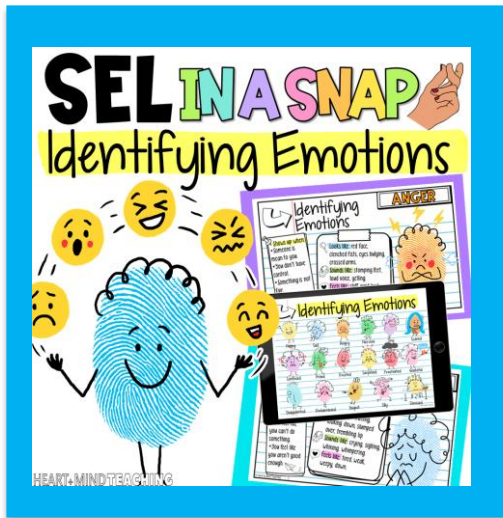
Think of a time that you worked hard. Explain what happened.

Hard work looks/feels like this to me:



CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR
Collab
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER PERKS

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
- ♥ No contracts, cancel anytime.



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.

LET'S BE FRIENDS

Ashley

Access my
Freebie
Library



FOLLOW FOR EXCLUSIVE SAVINGS

New products are 50% off for 24hrs.

CLICK HERE

★ HOW CAN YOU EARN TPT CREDITS? When you leave feedback, TpT rewards you with credits that you can use toward future purchases.

ACCESS MY FREEBIE LIBRARY

Join my Newsletter to be informed of all future added freebies.

I WANT FREEBIES

TERMS OF USE

© Heart and Mind Teaching, 2024. All rights reserved. Purchase of this item entitles the purchaser the right to reproduce for classroom, personal, and google classroom use only. Use in multiple classrooms, requires the purchase of additional licenses. Redistribution or duplication of this product is strictly forbidden without the written permission of the publisher. Copying any part of this product and placing it on a publicly accessible website is strictly forbidden and is a violation of the Digital Millennium Copyright Act (DMCA). You may post this for single-classroom use on a password protected student site such as google classroom. **You may NOT post my products on any public, for-profit, or commercial websites or entities, such as Outschool.** Please do not sell or distribute any part of this as your own. Thank you for abiding by universally accepted codes of professional ethics while using this product.



If you have any questions or concerns please email me at:

heartandmindteaching@gmail.com

CREDITS

