



Hi there, I'm **Ashley**
I'm an Elementary School Counselor,
Curriculum Author, Blogger, and
Boy mama. I specialize in all
things Counseling & SEL.



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SPOT THE GROWTH MINDSET

Session Objective:

*Students will understand and apply growth mindset strategies by recognizing that effort, practice, and learning from mistakes help them improve.

I Can...Statement

I can use a growth mindset when learning.

Materials:

- Board Game
- Task Cards
- Task Card Boxes (optional)

Guiding Questions:

*How can using a growth mindset help me learn and grow when things feel challenging?

Instructions

-Preparation: Print out and laminate the game board (it will last longer this way). Keep in mind if you purchase the other "Spot" task cards, they all use the same game board, so no need to print it again if you already have. Print out the game cards front-to-back, I would laminate these too. You may need to test your printer first to make sure it aligns correctly. Once printed, cut them out and store them in a task card box (or zip lock bag etc.).

-If playing solo: Select a card and answer it. Write your answer on the task card responses paper. Flip the card to see if you got it correct. If correct, move your game piece one spot. Write a checkmark next to that one on the task card responses paper. If incorrect, do not move your game piece and write an X on the task card responses paper with the correct answer. Select another card. If you land on a spot with a ladder, move in the direction of the arrow shown. If you land on a spot with a slide, slide down following the direction of the arrow. Continue until you reach the finish line or you have gone through all the cards. Optional alternate idea: Print the game board in black and white, and have the student use Dot Markers to track their progress.

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ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

*Behavior: Social Skills: Leadership and teamwork skills to work effectively in diverse groups (B-SS 7)

SEL Competencies:

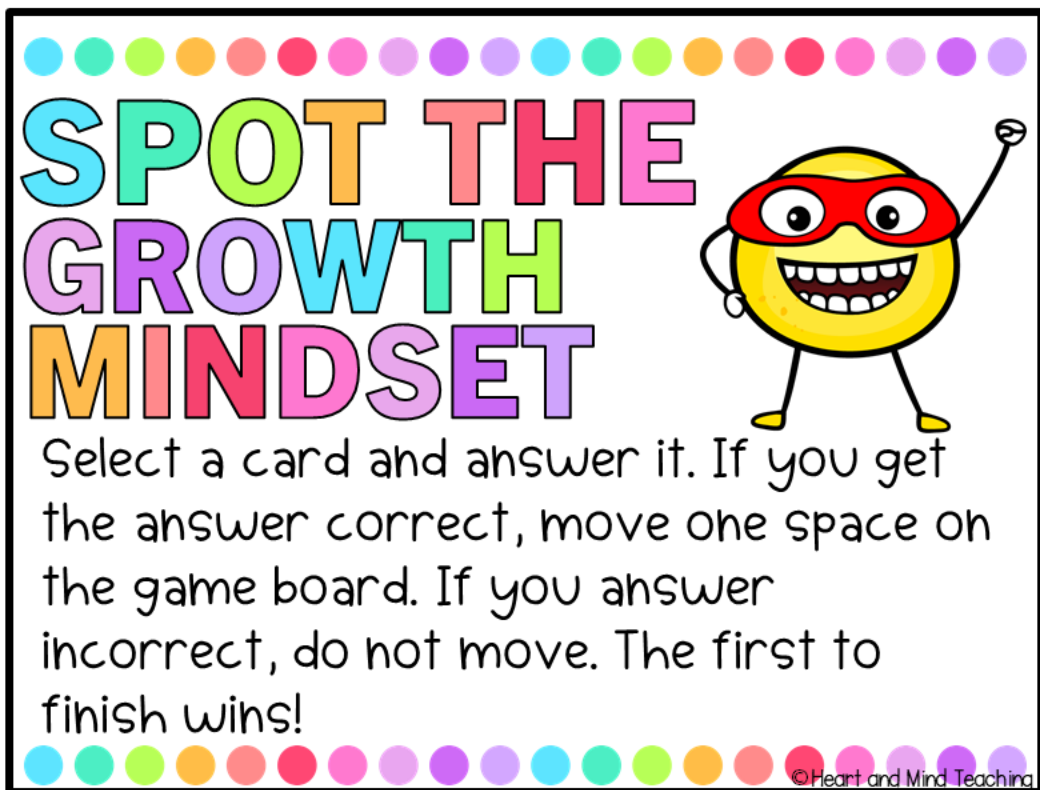
*Self-Awareness: Identifying Emotions.

*Responsible Decision-Making: Analyzing situations.

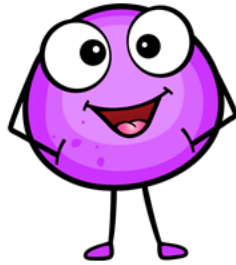
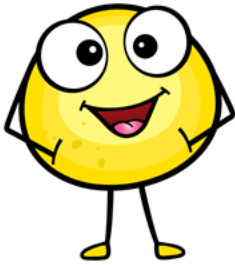
Tape to the top of the task card box.



Tape to the inside top of the task card box.



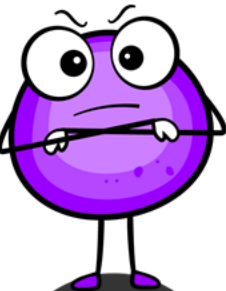
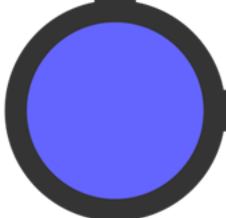
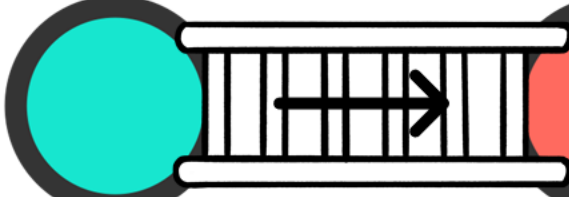
Game Pieces



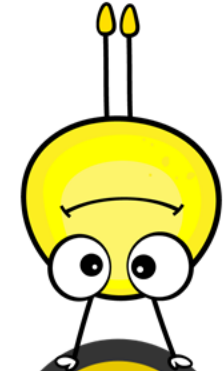
START



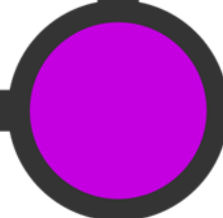
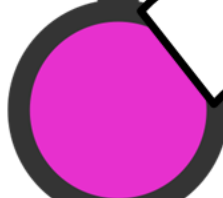
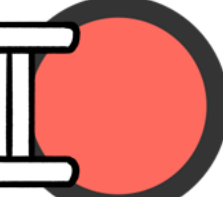
Move ahead two



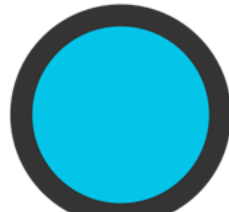
Lose a turn!



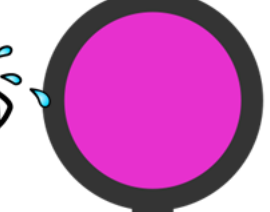
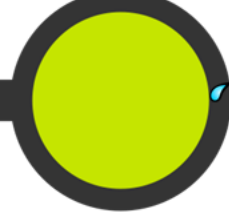
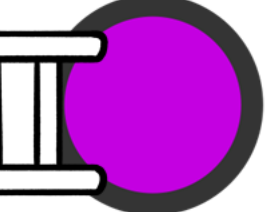
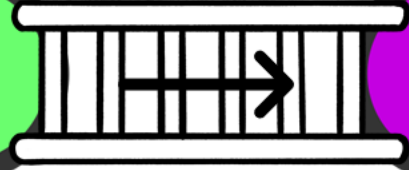
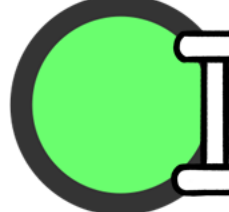
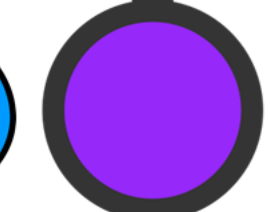
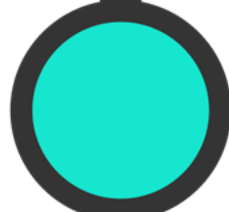
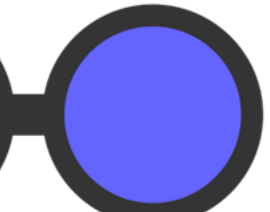
Move back two



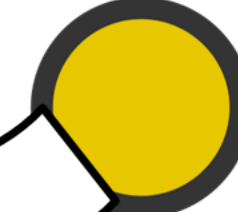
Move back two



Move ahead two

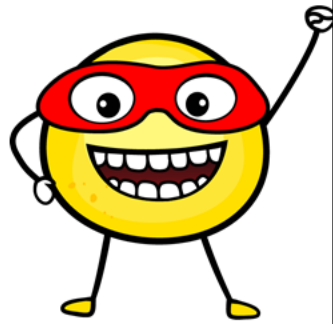


Lose a turn!



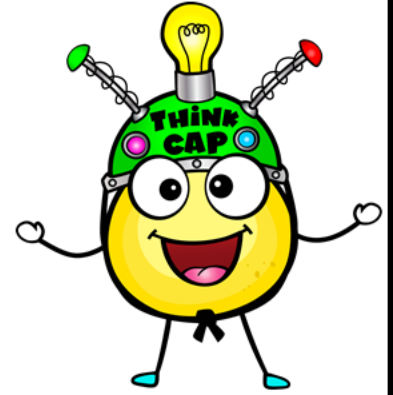
FINISH

What is a growth mindset?



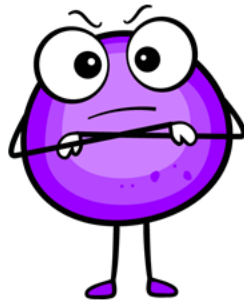
1

Which phrase shows a growth mindset?



2

What should you do when work feels hard?



3

What helps your brain grow?



4

What happens when you give up right away?



5

What does the word "yet" mean in growth mindset thinking?



6

"I can't do this yet."

2

Believing you
can learn and
improve with
effort.

1

Practice and
effort.

4

Keep trying and
ask for help.

3

You are still
learning.

6

You stop learning.

5

True or False: Your brain can grow when you practice.



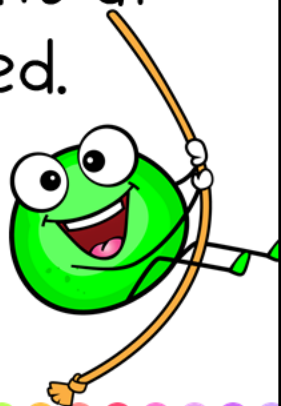
7

True or False: Mistakes mean you are not smart.



8

True or False: Everyone learns at the same speed.



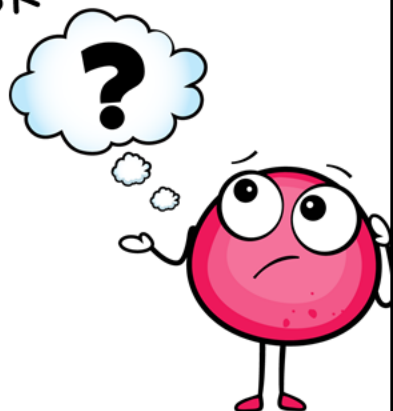
9

True or False: Trying your best helps you learn.



10

True or False: It's okay to ask for help.



11

True or False: People are born good at everything.



12

False

8

True

7

True

10

False

9

False

12

True

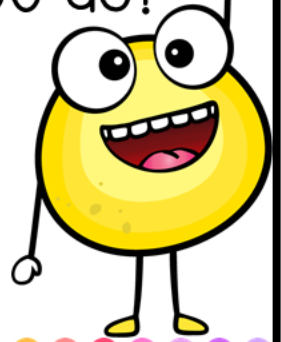
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You don't understand a math problem right away. What is a growth mindset choice?



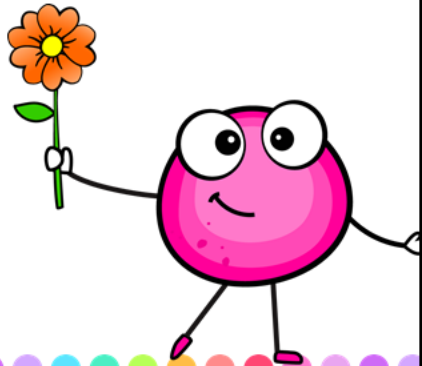
13

You make a mistake while reading out loud. What should you do?



14

A friend says, "I'm bad at spelling." What could you say to help?



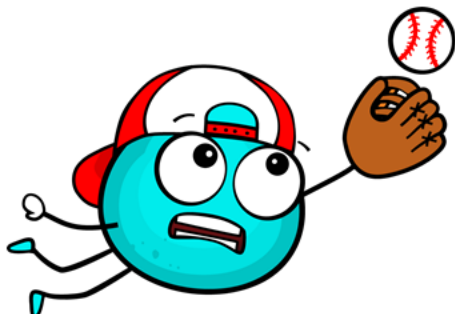
15

You feel frustrated during homework. What is a growth mindset response?



16

You lose a game and feel upset. What thought shows growth mindset?



17

You are learning something new, and it feels tricky. What should you do?



18

Keep going and
learn from it.

14

Try again or ask
for help.

13

Take a break
and try again.

16

"You can get
better with
practice."

15

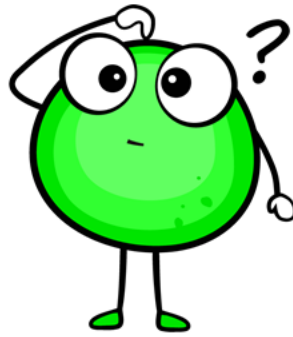
Keep practicing.

18

"I can practice
and improve."

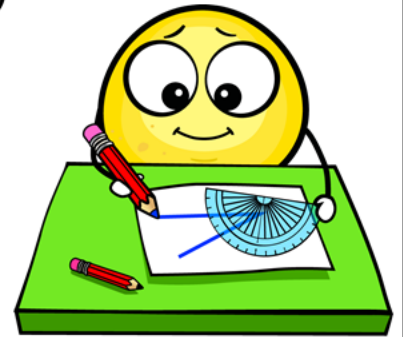
17

You get feedback from a teacher. What should you do with it?



19

A classmate is faster than you at math. What is a healthy thought?



20

You didn't do well on a test. What is a growth mindset step?



21

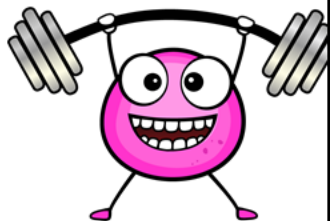
You are nervous to try something new. What is the best choice?



22

Which type of praise supports a growth mindset?

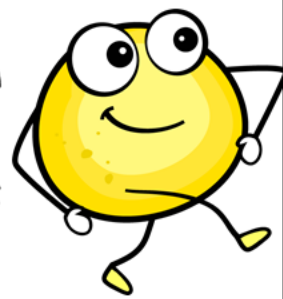
- A. "You're so smart."
- B. "You didn't need to try."
- C. "You worked hard and didn't give up."
- D. "That was easy for you."



23

What is the best reason to challenge yourself with harder work?

- A. To finish faster
- B. To avoid mistakes
- C. To help your brain grow stronger
- D. To impress others



24

"I can learn at my own pace."

20

Use it to improve.

19

Try it anyway and learn.

22

Review mistakes and practice.

21

C) To help your brain grow stronger

24

C) "You worked hard and didn't give up."

23

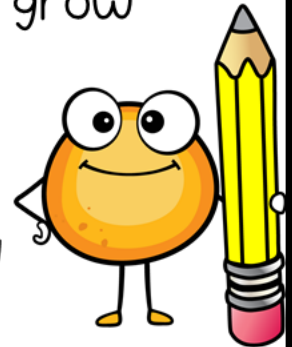
What can you say instead of "I can't"?



25

What does a growth mindset mean?

- A. You are born smart
- B. You can learn and grow with effort
- C. You never make mistakes
- D. You give up easily



26

What should you do when something feels hard?

- A. Quit
- B. Get angry
- C. Keep trying and ask for help
- D. Ignore it



27

What helps your brain grow?

- A. Giving up
- B. Practice and effort
- C. Avoiding challenges
- D. Luck



28

What do mistakes help you do?

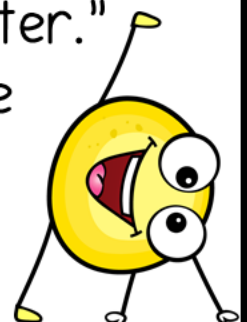
- A. Feel bad forever
- B. Learn and improve
- C. Stop trying
- D. Get in trouble



29

Which thought shows a growth mindset?

- A. "I'm just not smart."
- B. "I'll never get better."
- C. "Mistakes help me learn."
- D. "I should quit."



30

B) You can learn and grow with effort

26

"I can't yet."

25

B) Practice and effort

28

C) Keep trying and ask for help

27

C) "Mistakes help me learn."

30

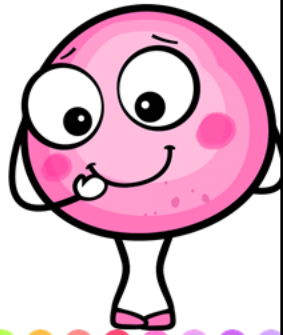
B) Learn and improve

29

What should you do after making a mistake?

- A. Hide your work
- B. Give up
- C. Learn from it and try again
- D. Blame someone else

31



Which action shows a growth mindset at school?

- A. Avoiding hard work
- B. Practicing something difficult
- C. Copying answers
- D. Quitting early

32



What does the word "yet" mean?

- A. Never
- B. Always
- C. Still learning
- D. Already done

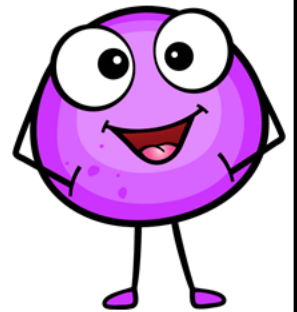
33



Why is trying new things important?

- A. It helps your brain grow
- B. So you never fail
- C. It makes work easier
- D. It avoids mistakes

34



What should you tell yourself when you feel frustrated while learning something new?

- A. "I should quit."
- B. "I'm not good at this."
- C. "This is hard, but I can keep trying."
- D. "I will never learn."

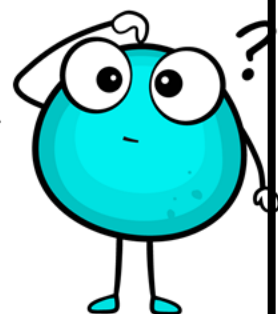
35



Which action shows a growth mindset during class?

- A. Giving up when work is challenging
- B. Asking for help and practicing
- C. Avoiding difficult tasks
- D. Saying "I can't"

36



B) Practicing something difficult

32

C) Learn from it and try again

31

A) It helps your brain grow

34

C) Still learning

33

B) Asking for help and practicing

36

C) "This is hard, but I can keep trying."

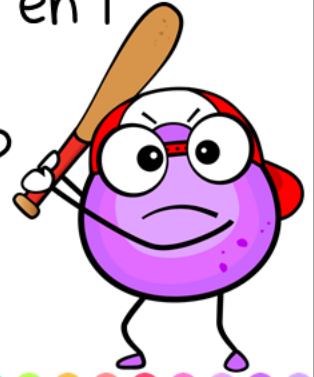
35

You study hard for a spelling test but don't get every word right. What is a growth mindset way to think?



37

You try a new sport and feel nervous because you aren't good yet. What should you do?



38

You feel frustrated when building something that keeps falling apart. What is a growth mindset response?



39

You see a classmate finish their work faster than you. What is a healthy growth mindset thought?



40

Keep practicing and learning.

38

I can practice the words I missed and improve.

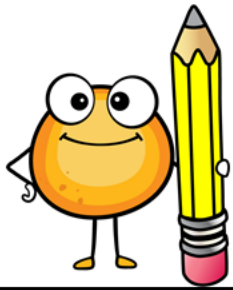
37

I can learn at my own pace and keep trying.

40

Try again using a new strategy.

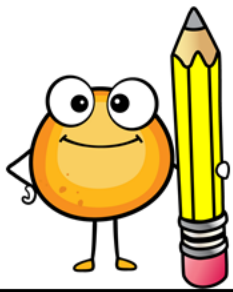
39



Name: _____

TASK CARD RESPONSES

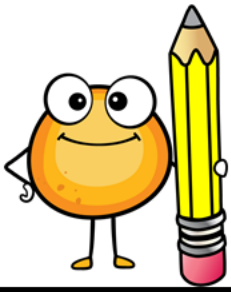
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| 16 | |



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 17 | |
| 18 | |
| 19 | |
| 20 | |
| 21 | |
| 22 | |
| 23 | |
| 24 | |
| 25 | |
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| 28 | |
| 29 | |
| 30 | |
| 31 | |
| 32 | |



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 33 | |
| 34 | |
| 35 | |
| 36 | |
| 37 | |
| 38 | |
| 39 | |
| 40 | |

SPOT THE GROWTH MINDSET

TASK CARD ANSWER KEY

| | |
|-----------|--|
| 1 | Believing you can learn and improve with effort. |
| 2 | "I can't do this yet." |
| 3 | Keep trying and ask for help. |
| 4 | Practice and effort. |
| 5 | You stop learning. |
| 6 | You are still learning. |
| 7 | True |
| 8 | False |
| 9 | False |
| 10 | True |
| 11 | True |
| 12 | False |
| 13 | Try again or ask for help. |
| 14 | Keep going and learn from it. |
| 15 | "You can get better with practice." |
| 16 | Take a break and try again. |

SPOT THE GROWTH MINDSET

TASK CARD ANSWER KEY

| | |
|-----------|--|
| 17 | "I can practice and improve." |
| 18 | Keep practicing. |
| 19 | Use it to improve. |
| 20 | "I can learn at my own pace." |
| 21 | Review mistakes and practice. |
| 22 | Try it anyway and learn. |
| 23 | C) "You worked hard and didn't give up." |
| 24 | C) To help your brain grow stronger |
| 25 | "I can't yet." |
| 26 | B) You can learn and grow with effort |
| 27 | C) Keep trying and ask for help |
| 28 | B) Practice and effort |
| 29 | B) Learn and improve |
| 30 | C) "Mistakes help me learn." |
| 31 | C) Learn from it and try again |
| 32 | B) Practicing something difficult |

SPOT THE GROWTH MINDSET

TASK CARD ANSWER KEY

| | |
|-----------|--|
| 33 | C) Still learning |
| 34 | A) It helps your brain grow |
| 35 | C) "This is hard, but I can keep trying." |
| 36 | B) Asking for help and practicing |
| 37 | I can practice the words I missed and improve. |
| 38 | Keep practicing and learning. |
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| 40 | I can learn at my own pace and keep trying. |

Black and
white
version

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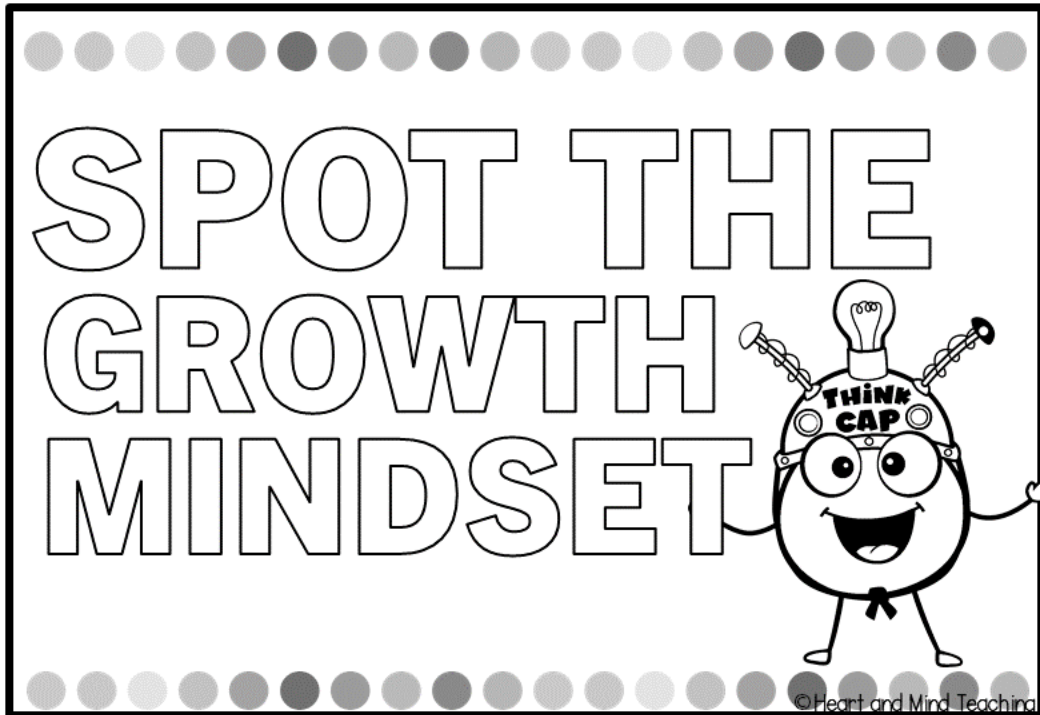
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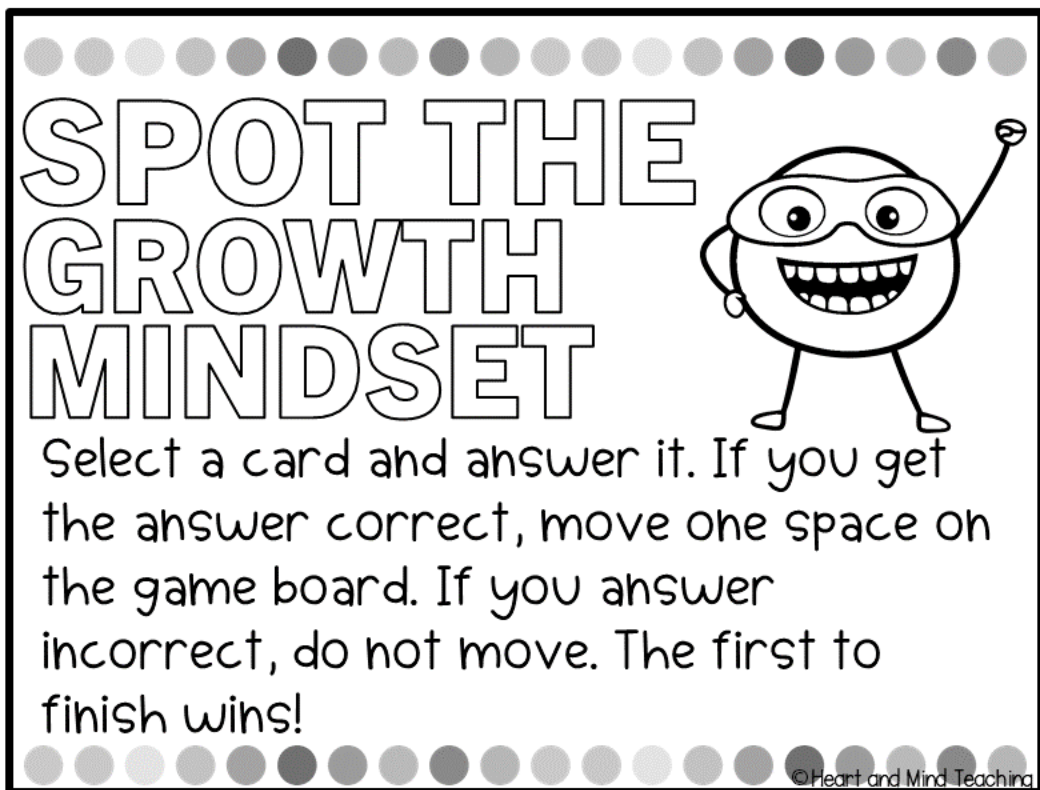
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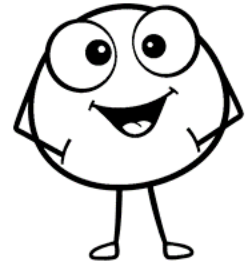
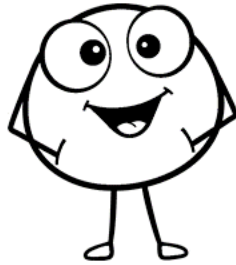
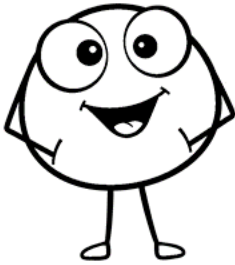
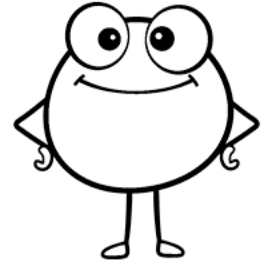
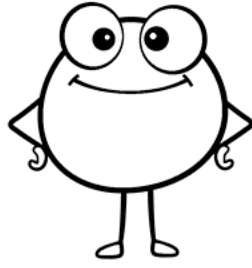
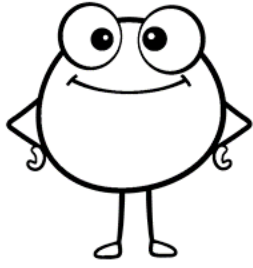
Tape to the top of the task card box.



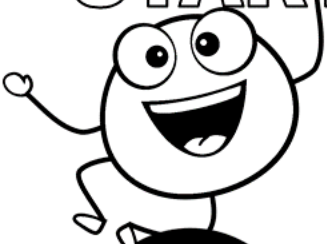
Tape to the inside top of the task card box.



Game Pieces

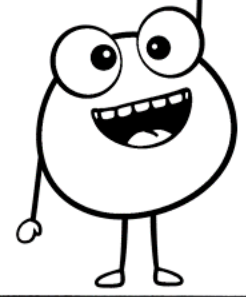


START

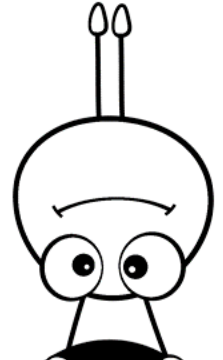


Move ahead two

Move ahead two



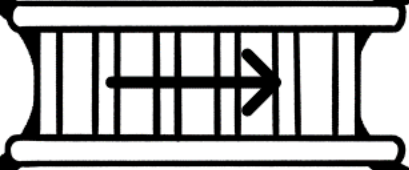
Move back two



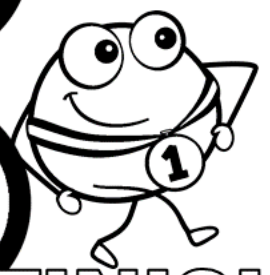
Lose a turn!



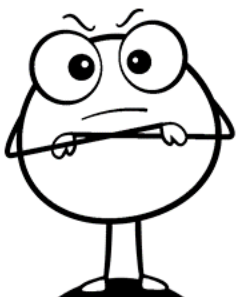
→



FINISH



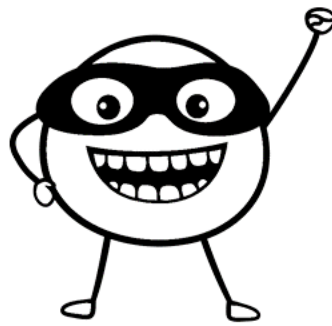
Lose a turn!



Move back two

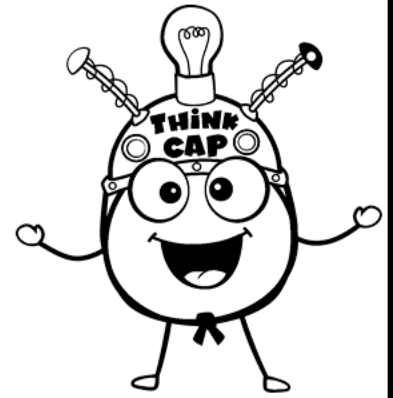


What is a growth mindset?



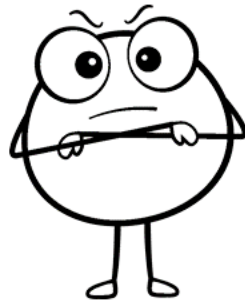
1

Which phrase shows a growth mindset?



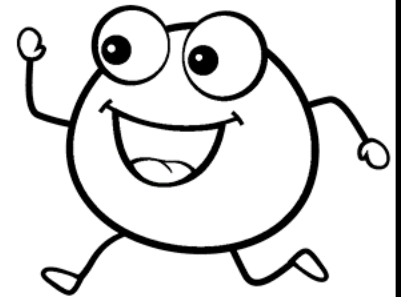
2

What should you do when work feels hard?



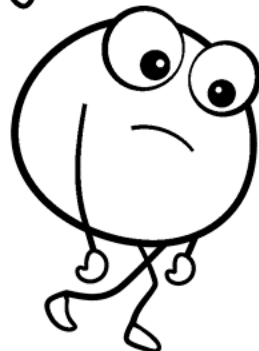
3

What helps your brain grow?



4

What happens when you give up right away?



5

What does the word "yet" mean in growth mindset thinking?



6

"I can't do this yet."

2

Believing you
can learn and
improve with
effort.

1

Practice and
effort.

4

Keep trying and
ask for help.

3

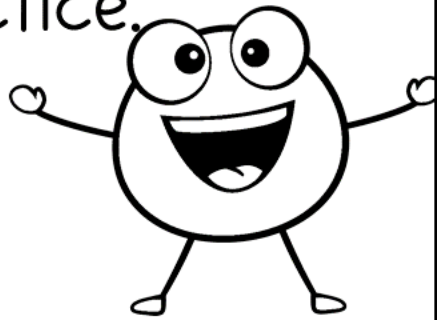
You are still
learning.

6

You stop learning.

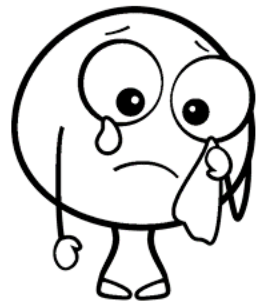
5

True or False: Your brain can grow when you practice.



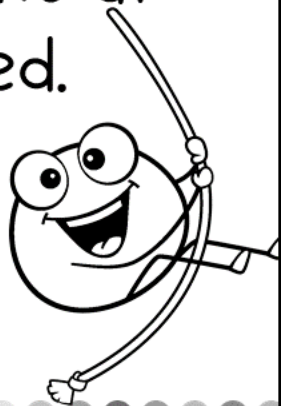
7

True or False: Mistakes mean you are not smart.



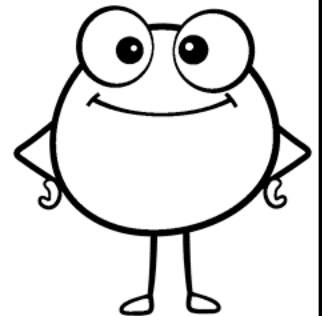
8

True or False: Everyone learns at the same speed.



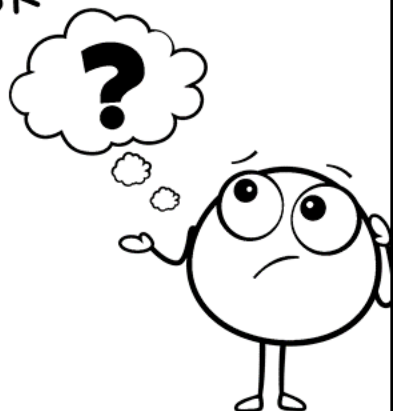
9

True or False: Trying your best helps you learn.



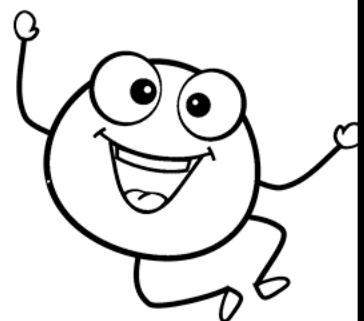
10

True or False: It's okay to ask for help.



11

True or False: People are born good at everything.



12

False

8

True

7

True

10

False

9

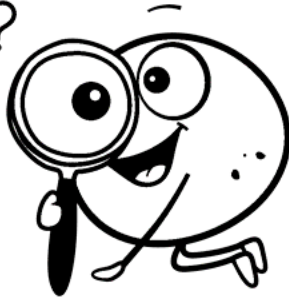
False

12

True

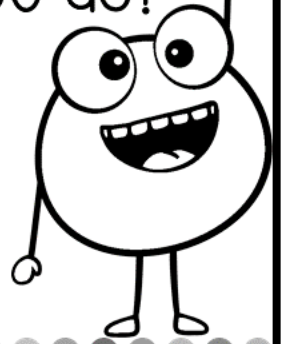
11

You don't understand a math problem right away. What is a growth mindset choice?



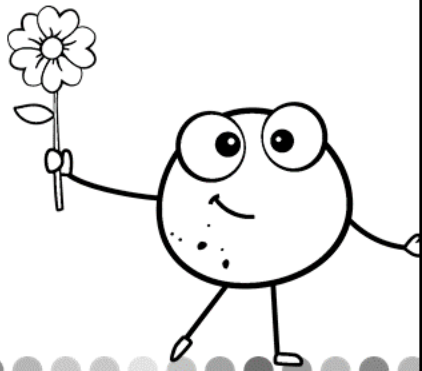
13

You make a mistake while reading out loud. What should you do?



14

A friend says, "I'm bad at spelling." What could you say to help?



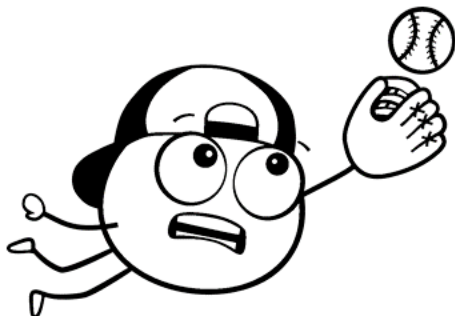
15

You feel frustrated during homework. What is a growth mindset response?



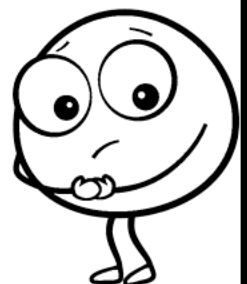
16

You lose a game and feel upset. What thought shows growth mindset?



17

You are learning something new, and it feels tricky. What should you do?



18

Keep going and
learn from it.

14

Try again or ask
for help.

13

Take a break
and try again.

16

"You can get
better with
practice."

15

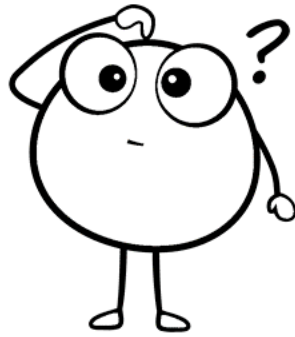
Keep practicing.

18

"I can practice
and improve."

17

You get feedback from a teacher. What should you do with it?



19

A classmate is faster than you at math. What is a healthy thought?



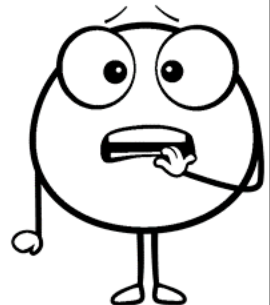
20

You didn't do well on a test. What is a growth mindset step?



21

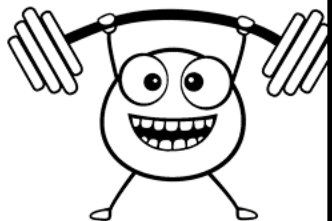
You are nervous to try something new. What is the best choice?



22

Which type of praise supports a growth mindset?

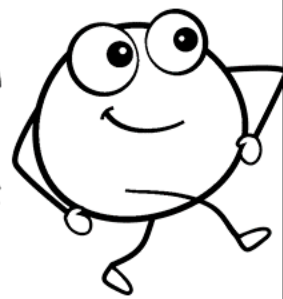
- A. "You're so smart."
- B. "You didn't need to try."
- C. "You worked hard and didn't give up."
- D. "That was easy for you."



23

What is the best reason to challenge yourself with harder work?

- A. To finish faster
- B. To avoid mistakes
- C. To help your brain grow stronger
- D. To impress others



24

"I can learn at my own pace."

20

Use it to improve.

19

Try it anyway and learn.

22

Review mistakes and practice.

21

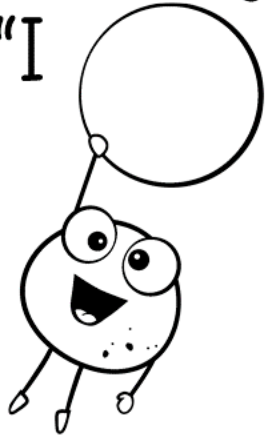
C) To help your brain grow stronger

24

C) "You worked hard and didn't give up."

23

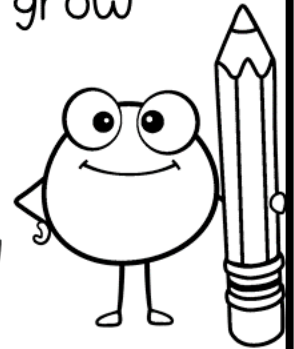
What can you say instead of "I can't"?



25

What does a growth mindset mean?

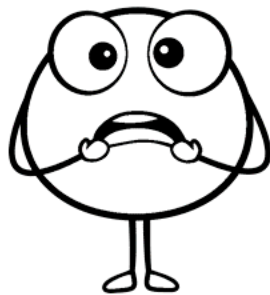
- A. You are born smart
- B. You can learn and grow with effort
- C. You never make mistakes
- D. You give up easily



26

What should you do when something feels hard?

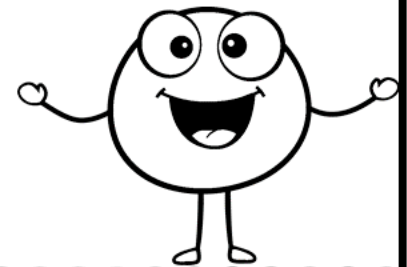
- A. Quit
- B. Get angry
- C. Keep trying and ask for help
- D. Ignore it



27

What helps your brain grow?

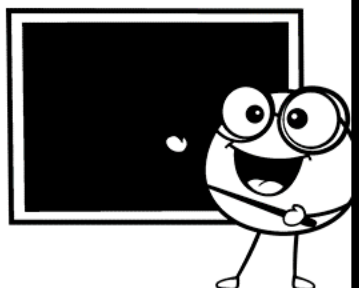
- A. Giving up
- B. Practice and effort
- C. Avoiding challenges
- D. Luck



28

What do mistakes help you do?

- A. Feel bad forever
- B. Learn and improve
- C. Stop trying
- D. Get in trouble



29

Which thought shows a growth mindset?

- A. "I'm just not smart."
- B. "I'll never get better."
- C. "Mistakes help me learn."
- D. "I should quit."



30

B) You can learn and grow with effort

26

"I can't yet."

25

B) Practice and effort

28

C) Keep trying and ask for help

27

C) "Mistakes help me learn."

30

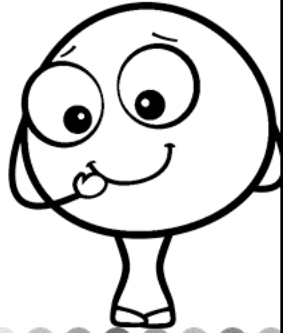
B) Learn and improve

29

What should you do after making a mistake?

- A. Hide your work
- B. Give up
- C. Learn from it and try again
- D. Blame someone else

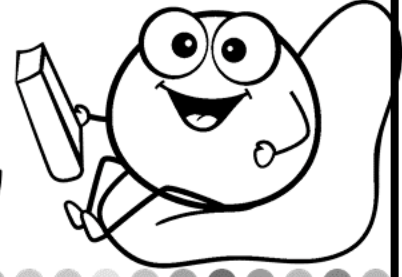
31



Which action shows a growth mindset at school?

- A. Avoiding hard work
- B. Practicing something difficult
- C. Copying answers
- D. Quitting early

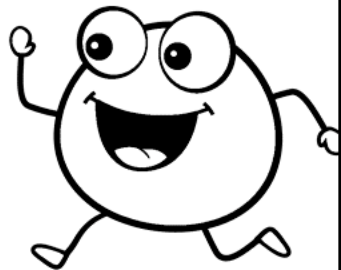
32



What does the word "yet" mean?

- A. Never
- B. Always
- C. Still learning
- D. Already done

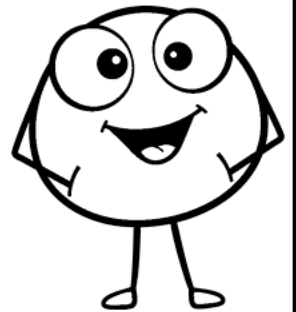
33



Why is trying new things important?

- A. It helps your brain grow
- B. So you never fail
- C. It makes work easier
- D. It avoids mistakes

34



What should you tell yourself when you feel frustrated while learning something new?

- A. "I should quit."
- B. "I'm not good at this."
- C. "This is hard, but I can keep trying."
- D. "I will never learn."

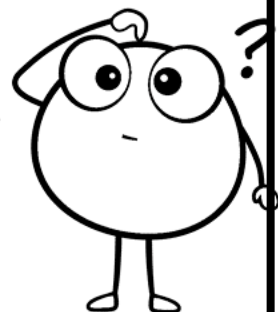
35



Which action shows a growth mindset during class?

- A. Giving up when work is challenging
- B. Asking for help and practicing
- C. Avoiding difficult tasks
- D. Saying "I can't"

36



B) Practicing something difficult

32

C) Learn from it and try again

31

A) It helps your brain grow

34

C) Still learning

33

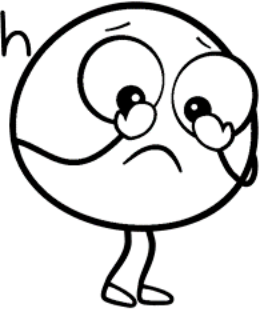
B) Asking for help and practicing

36

C) "This is hard, but I can keep trying."

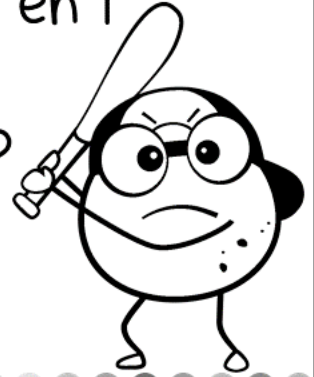
35

You study hard for a spelling test but don't get every word right. What is a growth mindset way to think?



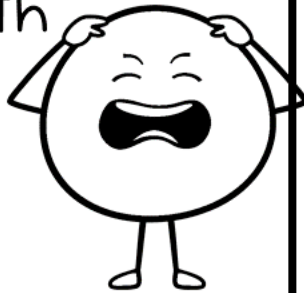
37

You try a new sport and feel nervous because you aren't good yet. What should you do?



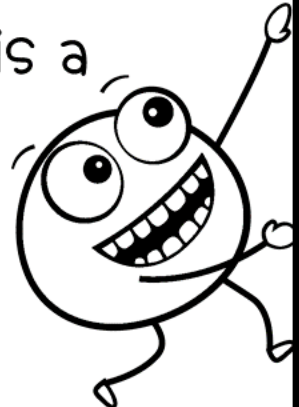
38

You feel frustrated when building something that keeps falling apart. What is a growth mindset response?



39

You see a classmate finish their work faster than you. What is a healthy growth mindset thought?



40

Keep practicing and learning.

38

I can practice the words I missed and improve.

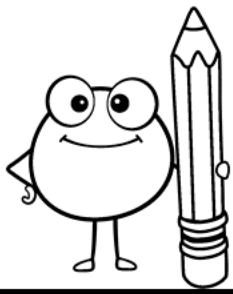
37

I can learn at my own pace and keep trying.

40

Try again using a new strategy.

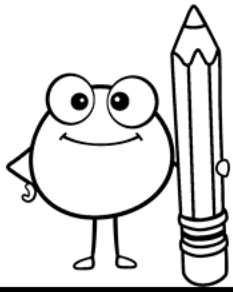
39



Name: _____

TASK CARD RESPONSES

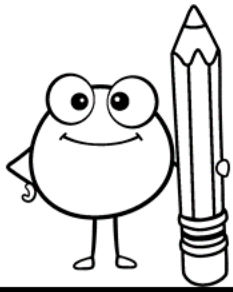
| | |
|-----------|--|
| 1 | |
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| 16 | |



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 17 | |
| 18 | |
| 19 | |
| 20 | |
| 21 | |
| 22 | |
| 23 | |
| 24 | |
| 25 | |
| 26 | |
| 27 | |
| 28 | |
| 29 | |
| 30 | |
| 31 | |
| 32 | |



Name: _____

TASK CARD RESPONSES

| | |
|-----------|--|
| 33 | |
| 34 | |
| 35 | |
| 36 | |
| 37 | |
| 38 | |
| 39 | |
| 40 | |

SPOT THE GROWTH MINDSET

TASK CARD ANSWER KEY

| | |
|-----------|--|
| 1 | Believing you can learn and improve with effort. |
| 2 | "I can't do this yet." |
| 3 | Keep trying and ask for help. |
| 4 | Practice and effort. |
| 5 | You stop learning. |
| 6 | You are still learning. |
| 7 | True |
| 8 | False |
| 9 | False |
| 10 | True |
| 11 | True |
| 12 | False |
| 13 | Try again or ask for help. |
| 14 | Keep going and learn from it. |
| 15 | "You can get better with practice." |
| 16 | Take a break and try again. |

SPOT THE GROWTH MINDSET

TASK CARD ANSWER KEY

| | |
|-----------|--|
| 17 | "I can practice and improve." |
| 18 | Keep practicing. |
| 19 | Use it to improve. |
| 20 | "I can learn at my own pace." |
| 21 | Review mistakes and practice. |
| 22 | Try it anyway and learn. |
| 23 | C) "You worked hard and didn't give up." |
| 24 | C) To help your brain grow stronger |
| 25 | "I can't yet." |
| 26 | B) You can learn and grow with effort |
| 27 | C) Keep trying and ask for help |
| 28 | B) Practice and effort |
| 29 | B) Learn and improve |
| 30 | C) "Mistakes help me learn." |
| 31 | C) Learn from it and try again |
| 32 | B) Practicing something difficult |

SPOT THE GROWTH MINDSET

TASK CARD ANSWER KEY

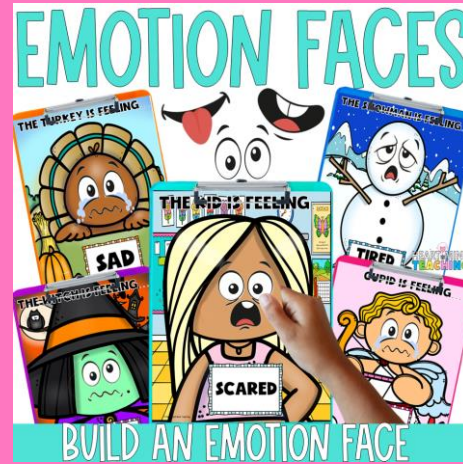
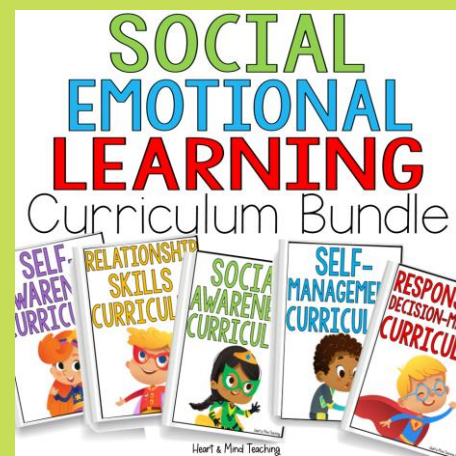
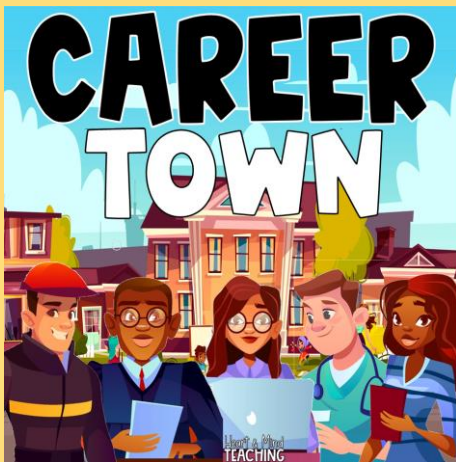
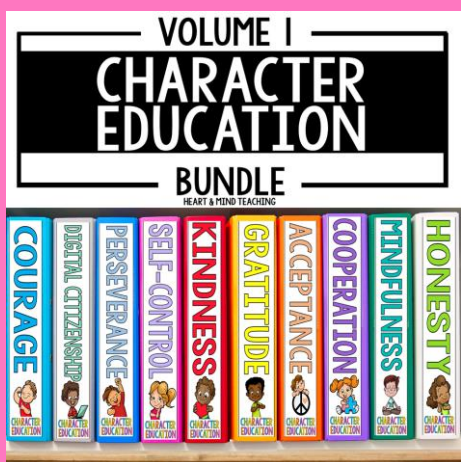
| | |
|-----------|--|
| 33 | C) Still learning |
| 34 | A) It helps your brain grow |
| 35 | C) "This is hard, but I can keep trying." |
| 36 | B) Asking for help and practicing |
| 37 | I can practice the words I missed and improve. |
| 38 | Keep practicing and learning. |
| 39 | Try again using a new strategy. |
| 40 | I can learn at my own pace and keep trying. |



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