

# 10 Growth Mindset Statements



What can I say to myself?



INSTEAD OF:

TRY THINKING:

I'm not good at this.

I'm awesome at this.

I give up.

This is too hard.

I can't make this any better.

I just can't do Math.

I made a mistake.

She's so smart. I will never be that smart.

It's good enough.

Plan "A" didn't work.

1 What am I missing?

2 I'm on the right track.

3 I'll use some of the strategies we've learned.

4 This may take some time and effort.

5 I can always improve so I'll keep trying.

6 I'm going to train my brain in Math.

7 Mistakes help me to learn better.

8 I'm going to figure out how she does it.

9 Is it really my best work?

10 Good thing the alphabet has 25 more letters!

(Original source unknown)

@sylvia Duckworth



# F.A.I.L.

First Attempt In Learning

## Activity 1

•Can you think of a time when you have tried to do something and failed?

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•What did you do next?

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## Activity 2

What would you do if...?

Answer for the following scenarios

1) If you had the chance to go sky diving

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•Why did you give this answer?

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•If you attempt it, what could be:

–The best outcome?

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–The worst outcome?

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2) If you had the chance to perform live on stage at Glastonbury

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•Why did you give this answer?

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•If you attempt it, what could be:

–The best outcome?

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–The worst outcome?

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## Activity 3

•Think of something that you would really like to achieve, what is it?

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•What has stopped you from trying?

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•What could happen if you do try?

–Best outcome

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–Worst outcome

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•What are you going to do?

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