

Growth Mindset Activities Week 1



Make a list of fixed mindset phrases
and growth mindset phrases

Growth Mindset

Fixedmindset

Make leaflet to explain to an alien what a fixed mindset and a growth mindset is

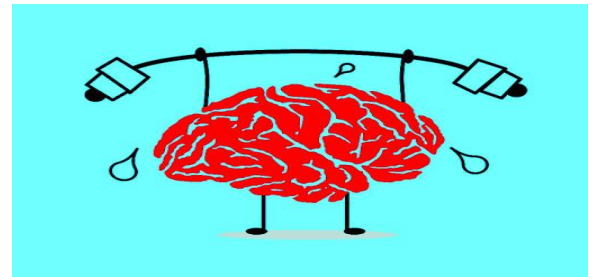


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The brain is made of plastic.
True or false?

Research about brain plasticity

Draw a brain and explain your findings



Practice Gratitude

The 7 day gratitude challenge

1. Thank someone you are grateful for
2. Think about some place you love
3. Say thank you for the food you eat
4. Think about your favourite smell
5. Say thank you for being safe
6. Think about the last person you helped
7. Sing a song that makes you happy

Growth Mindset videos

<https://ideas.classdojo.com/b/growth-mindset>

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

<https://www.simplykinder.com/growth-mindset-videos/>

Growth Mindset? Guide for parents

PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal
www.biglifejournal.com

PRAISE
FOR:
EFFORT
STRATEGIES
PROGRESS
HARD WORK
PERSISTENCE
RISING TO A CHALLENGE
LEARNING FROM A MISTAKE

NOT FOR:
BEING SMART
BORN GIFTED
TALENT
FIXED ABILITIES
NOT MAKING MISTAKES

SAY:
"YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
"WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

THE POWER OF "NOT YET"
SAY:
"YOU CAN'T DO IT YET."
"YOU DON'T KNOW IT YET."
"BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

GROWTH MINDSET
YOU CAN GROW YOUR INTELLIGENCE

VS

FIXED MINDSET
YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH

BRAIN CAN GROW
SAY:
"YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

FAILURES AND MISTAKES = LEARNING
SAY:
"YOU CAN LEARN FROM YOUR MISTAKES."
"MISTAKES HELP YOU IMPROVE."
"LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

ASK
"WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
"WHAT NEW STRATEGIES DID YOU TRY?"
"WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
"WHAT DID YOU TRY HARD AT TODAY?"

RECOGNIZE YOUR OWN MINDSET
BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"