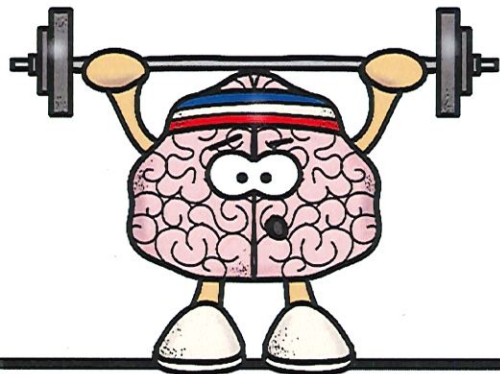


Growth Mindset & Fixed Mindset

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Growth Mindset:

The belief that you can get smarter when you work hard. Even if something is really difficult, you keep trying.



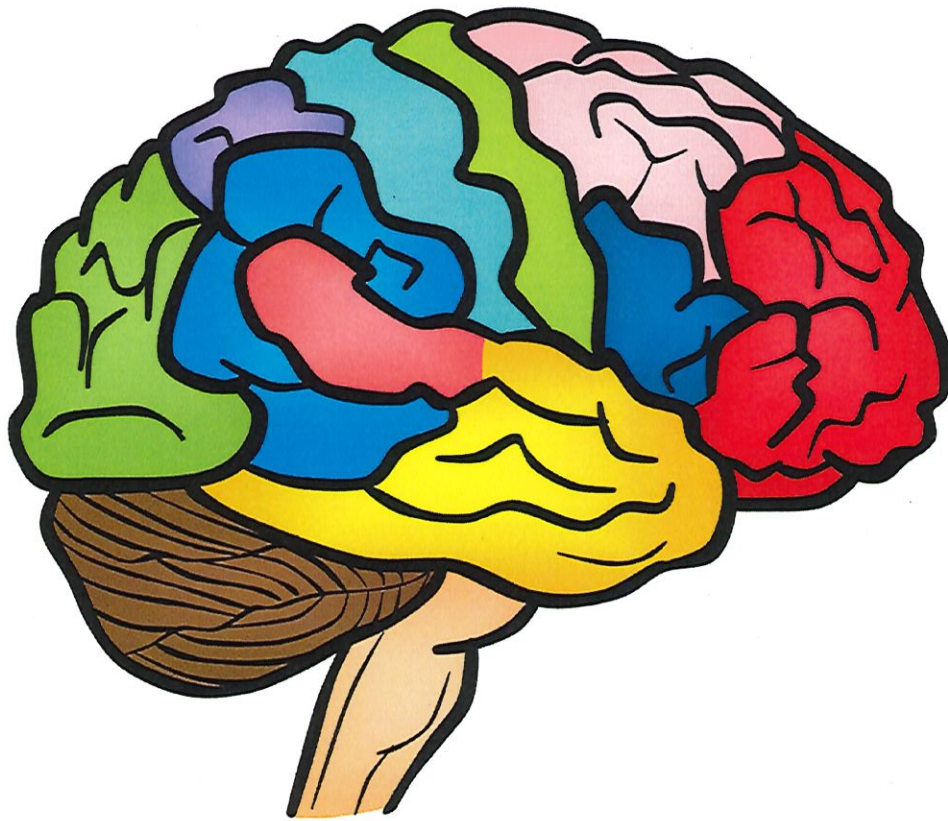
Fixed Mindset:

The belief that a person can't change their intelligence. People with a fixed mindset might give up more easily.



The Brain

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The Brain

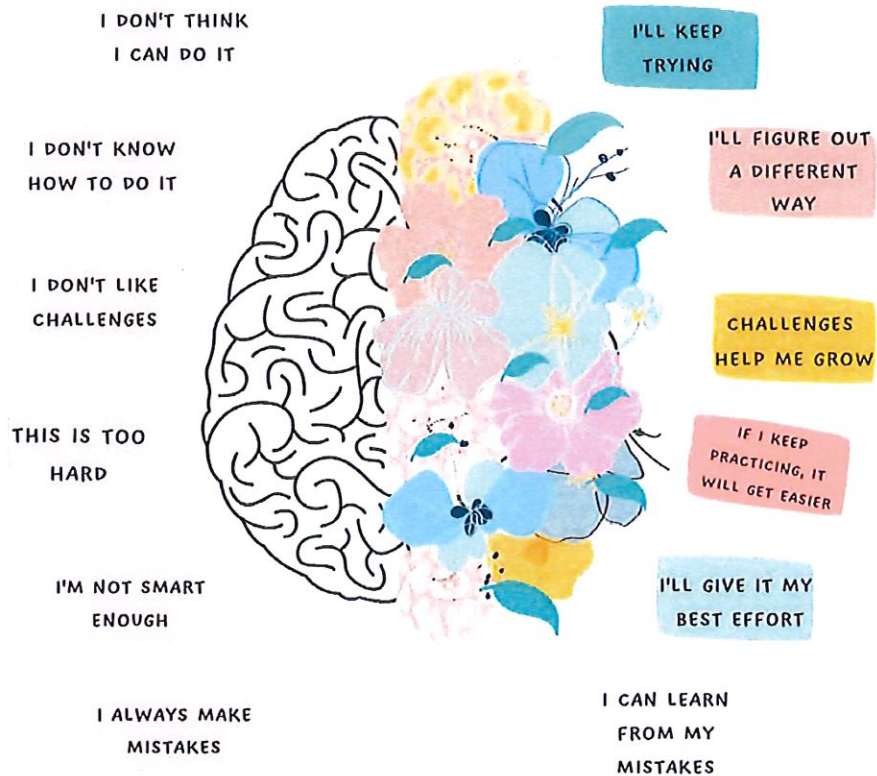
Your brain helps you feel, see, hear, think, move, and experience the world. The brain is an organ that lives inside your skull. You can help your brain grow and stretch! Practicing difficult tasks and learning new things will help your brain get stronger.

GROWTH MINDSET

Change your mindset - change your life

FIXED

FLEXIBLE



@kwiens62

GROWTH MINDSET SELF-TALK

ATTITUDE & EFFORT DETERMINE HOW MUCH I LEARN

BE BRAVE & STEP OUT OF MY COMFORT ZONE

CHALLENGES HELP ME GROW

I'LL TRY A **D**IFFERENT STRATEGY

EFFORT MAKES ME STRONGER

I CAN WELCOME **F**EEDBACK

GETTING BETTER TAKES TIME

HOW CAN I BUILD ON MY STRENGTHS?

I CAN CHOOSE A GROWTH MINDSET

LEARNING IS A **J**OURNEY

I CAN **K**EEP AN OPEN MIND

LEARNING IS MY GOAL ... NOT PERFECTION

MISTAKES HELP ME IMPROVE

NEW THINGS ARE OPPORTUNITIES FOR ME TO LEARN

IT'S **O**K TO NOT KNOW SOMETHING

WHEN I ASK **Q**UESTIONS, I LEARN

SUCCESS OF OTHERS INSPIRES ME

PLAN B MIGHT WORK

IT'S OKAY TO TAKE **R**ISKS

I CAN CHOOSE TO **T**RY AGAIN

UNSUCCESSFUL ATTEMPTS ARE ALL PART OF THE PROCESS

VALUABLE INFORMATION CAN BE FOUND IN EVERY FAILURE

WHAT CAN I LEARN FROM THIS?

XYZ DIDN'T WORK I'LL TRY ABC

I DON'T KNOW **Y**ET! HOW TO DO THIS...

ZANY IDEAS CAN LEAD TO AMAZING THINGS