

Helping Kids to Develop a Growth Mindset

Mistakes help me learn and grow.

I am on the right track.

I try things that are sometimes hard for me.

I stick with things and don't give up.

I cheer myself up when things get hard.

I am a problem solver!

I always try new things.

Learning is one of my superpowers!

I am always brave enough to try.

I get better at things when I practice.

When I don't succeed right away, I try again.

I ask for help when I need it.

I learn from my mistakes.

I don't compare myself to others.

When I don't succeed, I say, "I can't do it YET, but I'll keep trying."



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Mistakes help me learn and grow.

What mistakes have you made?

How did they help you grow as a person?

I am on the right track.

How do you know when you are on the right path?

I try things that are sometimes hard for me.

What is something new you have tried that was hard for you?

I stick with things and don't give up.

What is something you have stuck with, and you didn't give up?



I cheer myself
up when
things get hard.

How do you cheer yourself up when things get hard?



I am
a
problem solver!

How do you show you are a problem solver?



I always
try
new things.

What new things do you like to try?



Learning
is one of my
superpowers!

What other superpowers do you have?

I am
always
brave enough
to try.

When have you had to be brave?

I get better
at things
when I
practice.

What things are you better at with practice?

When I don't
succeed
right away,
I try again.

What have you tried many many times before you could do it?

I ask for
help when I
need it.

When have you asked for help?



I learn
from
my mistakes.

What mistakes have you made? What did you learn from these mistakes?



I don't compare
myself
to others.

Why do you think comparing yourself with others is not such a good thing to do?



When I don't succeed,
I say,
"I can't do it YET,
but I'll keep trying."

What is something you haven't been able to do yet, but you keep on trying?

