

Developing A Growth Mindset

Having a **growth mindset** means that when you make mistakes, or when things aren't going right, you are able to stay positive and remind yourself to keep going and try to improve. You believe that you can grow to be successful! A **fixed mindset** means that you think you can't improve or get better. You might say things such as "I'm just not good at this" or "This is too hard!"

Read the examples below and match the **fixed mindset** statements with their **growth mindset** alternatives.

Fixed Mindset

Growth Mindset

I'm not good at this.



I can't do this yet.

I give up.



I am good at this because I have been practicing.

I can't do this.



I will find out how he/she does that, and work hard at it.

I hate making mistakes.



If something is hard, it means I am learning and my brain is growing.

This is too hard.



I'm just naturally really good at maths.



I'll try a different strategy.

I will never be as clever as him/her.



This might take some time and effort to master.

They can't do it as well as me.



How can I help them to understand this?



I will learn and grow from my mistakes.