

Changing to a **GROWTH MINDSET** with words

Fixed Mindset

I'm rubbish at this



I give up



This is good enough



I can't do this



I might fail if I try



This is easy



This is hard



I'm not good at this



I am great at this



They are better than me



What's the point?



I might make a mistake



GROWTH MINDSET

I can learn ways to get better

This might take some time and effort

Can I do better?

I can ask for help and learn

If I fail I can try again until I succeed

How can I make this more challenging?

Challenges make me stronger

I'm not good at this YET!

I practised and learnt how to do it

It's about being MY best not the best

I am open minded to trying new things

When I make a mistake I can try again