SEL · GROWTH MINDSET · GRADES 1–4

Change Your Words

Rewrite six stuck thoughts like “I can’t do this” into growth mindset words like “I can’t do this yet.”

Name: _____ **Date:** _____



Change each stuck thought into growth mindset words.

Instead of…	I can say…
“I can’t do this.”	_____
“I made a mistake.”	_____
“This is too hard.”	_____
“I give up.”	_____
“I’m not good at this.”	_____
“It’s good enough.”	_____

My favorite growth mindset words: _____

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ANSWER KEY · GROWTH MINDSET · GRADES 1–4

Answer Key: Change Your Words

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Change each stuck thought into growth mindset words.

Instead of…	I can say…
"I can't do this."	"I can't do this yet."
"I made a mistake."	"Mistakes help me learn."
"This is too hard."	"This will take time and effort."
"I give up."	"I will try a different way."
"I'm not good at this."	"I am getting better at this."
"It's good enough."	"Is this really my best work?"

My favorite growth mindset words: _____

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