SEL · GROWTH MINDSET · GRADES 3–5

Effort Praise or Talent Praise?

Circle effort or talent for ten compliments, then turn a talent compliment into one that praises effort and strategies.

Name: _____ **Date:** _____



Praise for **effort** notices how hard you worked, the strategies you used and how you kept going. Praise for **talent** says you were just born good at something. Effort praise helps a growth mindset grow.

Circle Effort or Talent for each compliment.

You worked so hard on that story!	Effort	Talent
You're a natural at soccer.	Effort	Talent
I can tell you practiced your spelling words.	Effort	Talent
You're so smart, you didn't even have to try.	Effort	Talent
You tried a new strategy when you got stuck.	Effort	Talent
Some people are just good at math, like you.	Effort	Talent
You kept going even when it got tough.	Effort	Talent
You were born to be an artist.	Effort	Talent
Your drawing shows how carefully you added details.	Effort	Talent
Wow, that's so easy for you!	Effort	Talent

Turn "You're a natural at soccer" into effort praise: _____

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ANSWER KEY · GROWTH MINDSET · GRADES 3–5

Answer Key: Effort Praise or Talent Praise?

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



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You're a natural at soccer.	Effort	**Talent**
I can tell you practiced your spelling words.	**Effort**	Talent
You're so smart, you didn't even have to try.	Effort	**Talent**
You tried a new strategy when you got stuck.	**Effort**	Talent
Some people are just good at math, like you.	Effort	**Talent**
You kept going even when it got tough.	**Effort**	Talent
You were born to be an artist.	Effort	**Talent**
Your drawing shows how carefully you added details.	**Effort**	Talent
Wow, that's so easy for you!	Effort	**Talent**

Turn "You're a natural at soccer" into effort praise: You practiced a lot to get that good at soccer!

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