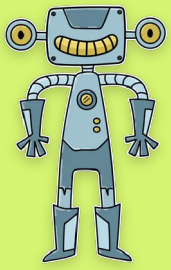
SEL · GROWTH MINDSET · GRADES 2–5

Fixed or Growth Mindset?

Read ten thoughts and sort each into fixed mindset or growth mindset.

Name: _____ **Date:** _____



A **fixed mindset** thinks "I can't get better at this." A **growth mindset** knows your brain gets stronger when you practice, try new ways and learn from mistakes.

Circle Fixed or Growth for each thought.

I'm just not a math person.	Fixed	Growth
Mistakes help me learn.	Fixed	Growth
I can't do it yet, but I will keep practicing.	Fixed	Growth
This is too hard, so I quit.	Fixed	Growth
She is smart. I will never be that smart.	Fixed	Growth
If I have to try hard, I must be bad at it.	Fixed	Growth
I will try a different way.	Fixed	Growth
Hard work makes my brain stronger.	Fixed	Growth
I can ask for help when I am stuck.	Fixed	Growth
I only like doing things I already know.	Fixed	Growth

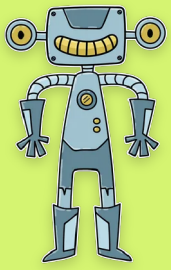
Something I am working hard to get better at:

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ANSWER KEY · GROWTH MINDSET · GRADES 2–5

Answer Key: Fixed or Growth Mindset?

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



A **fixed mindset** thinks "I can't get better at this." A **growth mindset** knows your brain gets stronger when you practice, try new ways and learn from mistakes.

Circle Fixed or Growth for each thought.

I'm just not a math person.	**Fixed**	Growth
Mistakes help me learn.	Fixed	**Growth**
I can't do it yet, but I will keep practicing.	Fixed	**Growth**
This is too hard, so I quit.	**Fixed**	Growth
She is smart. I will never be that smart.	**Fixed**	Growth
If I have to try hard, I must be bad at it.	**Fixed**	Growth
I will try a different way.	Fixed	**Growth**
Hard work makes my brain stronger.	Fixed	**Growth**
I can ask for help when I am stuck.	Fixed	**Growth**
I only like doing things I already know.	**Fixed**	Growth

Something I am working hard to get better at:

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