SEL · GROWTH MINDSET · GRADES 1–5

Growth Mindset Challenge Board

Sixteen growth mindset challenges, from trying a new food to asking for feedback. Check them off and try for four in a row.



Name: _____ **Date:** _____

Check off each challenge when you do it. Can you get four in a row?

Try a new food ☐	Ask a question in class ☐	Practice something for 10 minutes ☐	Read a harder book ☐
Fix a mistake ☐	Learn a new word ☐	Help a friend learn ☐	Try a new game ☐
Say "I can't do it yet" ☐	Draw something hard ☐	Keep going when you are stuck ☐	Ask for feedback ☐
Teach someone a skill ☐	Try a different strategy ☐	Write a goal ☐	Share a mistake you learned from ☐

The hardest challenge was: _____

What I learned: _____

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