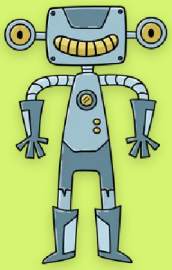
SEL · GROWTH MINDSET · GRADES 1–5

Practice Makes Progress

Pick one skill, practice it for five days and log what you did, then rate how much you improved. Practice makes progress.

Name: _____ **Date:** _____



A skill I want to get better at: _____

Practice for five days. Fill in a row each day.

Day	What I practiced	Minutes	How it went
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			

How much better am I now?

◯ the same ◯ a little ◯ a lot ◯ so much!

What helped me get better?

_____

_____

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