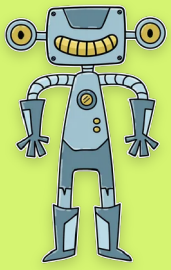
SEL · GROWTH MINDSET · GRADES 2–5

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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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.”	_____

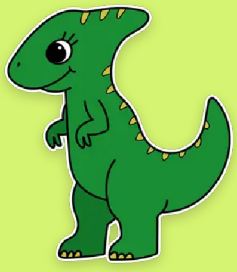
My favorite growth mindset words: _____

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SEL · GROWTH MINDSET · GRADES K–2

Look How I Have Grown

Draw something you could not do as a baby, something you can do now and something you will learn next.



Name: _____ **Date:** _____

As a baby, I could not...

Now I can...

Next, I will learn...

Trace the sentence.

I keep growing!

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SEL · GROWTH MINDSET · GRADES 1–3

Growth Mindset Power Words

Fill in the six power words, yet, practice, mistakes, try, help and brain, then pick your favorite.

Name: _____ **Date:** _____



Word bank

yet | practice | mistakes | try | help | brain

Write the missing power word.

1. I can't ride a bike _____.
2. _____ helps me get better.
3. _____ help me learn.
4. If it doesn't work, I will _____ again.
5. When I am stuck, I can ask for _____.
6. My _____ grows when I learn something hard.

Draw yourself using your favorite power word.

My favorite power word is _____ because...

_____

_____

_____

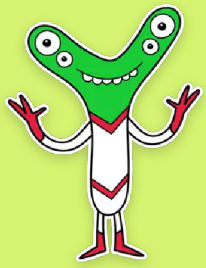
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SEL · GROWTH MINDSET · GRADES 3–5

Mistakes That Made Something Great

Match six real inventions, from Play-Doh to penicillin, to the mistake or surprise that led to them.

Name: _____ **Date:** _____



Draw a line from each invention to the mistake or surprise behind it.

Play-Doh	A glue came out too weak to stick for good, so it was used on notes.
penicillin	A spring fell off a shelf and kept "walking".
sticky notes	It started as a putty for cleaning wallpaper.
the Popsicle	A candy bar melted in an engineer's pocket near a radar machine.
the Slinky	Mold grew on a dish of germs that was left out, and the germs near it died.
the microwave oven	A boy left a cup of soda with a stick in it outside on a cold night.

A mistake I made that taught me something:

_____

_____

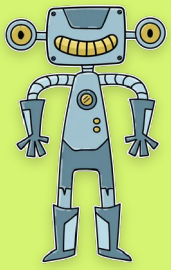
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ANSWER KEY · GROWTH MINDSET · GRADES 2–5

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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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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ANSWER KEY · GROWTH MINDSET · GRADES 1–3

Answer Key: Growth Mindset Power Words

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



Word bank

yet · practice · mistakes · try · help · brain

Write the missing power word.

1. I can't ride a bike **yet**.
2. **Practice** helps me get better.
3. **Mistakes** help me learn.
4. If it doesn't work, I will **try** again.
5. When I am stuck, I can ask for **help**.
6. My **brain** grows when I learn something hard.

Draw yourself using your favorite power word.

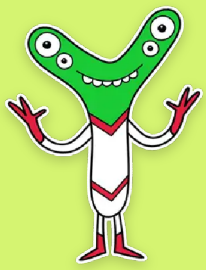
My favorite power word is _____ because…

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ANSWER KEY · GROWTH MINDSET · GRADES 3–5

Answer Key: Mistakes That Made Something Great

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



Draw a line from each invention to the mistake or surprise behind it.

Play-Doh	It started as a putty for cleaning wallpaper.
penicillin	Mold grew on a dish of germs that was left out, and the germs near it died.
sticky notes	A glue came out too weak to stick for good, so it was used on notes.
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the microwave oven	A candy bar melted in an engineer’s pocket near a radar machine.

A mistake I made that taught me something:

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