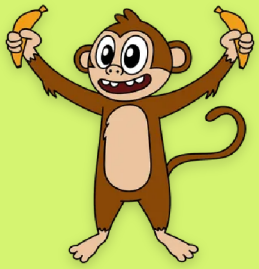
SEL · GROWTH MINDSET · GRADES 1–4

Talk Back to a Fixed Thought

Four comic panels where a character says a fixed mindset thought. Write a growth mindset talk-back in each empty bubble.



Name: _____ **Date:** _____

Each character has a fixed mindset thought. Write a growth mindset talk-back in the empty bubble.

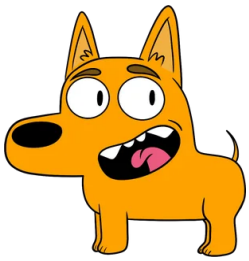


"I'm not good at drawing."

My talk-back:

_____

_____



"Everyone gets it but me."

My talk-back:

_____

_____

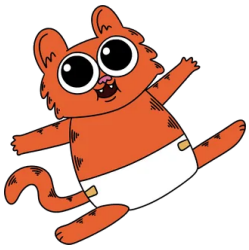


"I made a mistake, so I quit."

My talk-back:

_____

_____



"This is too hard for me."

My talk-back:

_____

_____

A fixed thought I sometimes have: _____

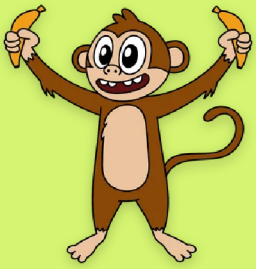
My talk-back: _____

Art © Kevin Coulston

ANSWER KEY · GROWTH MINDSET · GRADES 1–4

Answer Key: Talk Back to a Fixed Thought

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



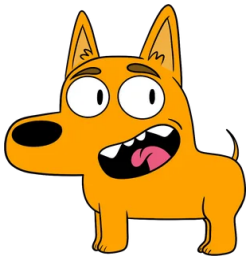
Each character has a fixed mindset thought. Write a growth mindset talk-back in the empty bubble.



"I'm not good at drawing."

My talk-back:

I can get better with practice.



"Everyone gets it but me."

My talk-back:

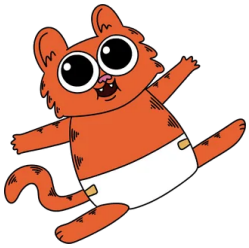
I learn at my own speed. I can ask for help.



"I made a mistake, so I quit."

My talk-back:

Mistakes help my brain grow. I will try again.



"This is too hard for me."

My talk-back:

This is hard right now, but I can do hard things.

A fixed thought I sometimes have: _____

My talk-back: _____

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