

Brain Builders




What is a Growth Mindset?

A growth mindset means believing you can get better at something if you keep trying, even when it's hard.

Growth Mindset Worksheet

2nd-3rd grade

 Draw a line to match each thought with either "Fixed Mindset" or "Growth Mindset":

"I'm not good at math."

"I can get better if I practice."

"This is too hard for me."

"Mistakes help me learn."

"I give up easily."


"I'll try a different way."

Growth Mindset

When you believe you can improve

Fixed Mindset

When you think you can't get better at something


 Draw a picture of your brain when:

You learn something new

You make a mistake

You solve a hard problem

Growing my Skills

 Change these fixed mindset sentences into growth mindset sentences by adding "YET" and more positive words:

Example: "I can't read this book." —————→ I can't read this book **YET**, but I will keep practicing."

(A) "I'm not good at spelling." _____

(B) "I can't solve this math problem." _____

(C) "I don't understand science." _____

 Choose something you want to get better at. Fill in the steps to help you improve:

I want to get better at:

Step 1. _____

Step 2. _____

Step 3. _____

When I'll Practice:

Social Awareness & Relationships



When a friend is having trouble learning something new, what could you say to help them have a growth mindset? Write two encouraging sentences:

1.

2.



Think of someone who showed a growth mindset (kept trying even when something was hard). Write about what they did:

Responsible Decision Making

☐ Circle what you would do in each situation:

You can't solve a math problem.

Give up and say "I'm just not good at math"

Try a different strategy or ask for help

You're learning to play soccer but keep missing the goal.

Quit the team because you're "not athletic"

Practice every day after school

You made a mistake on your art project.

Throw it away and say you hate art

See if you can fix it or make it into something new

One thing I learned about growth mindset today is:

This week, I will use a growth mindset when I: