

# Brain Builders



## What is a Growth Mindset?

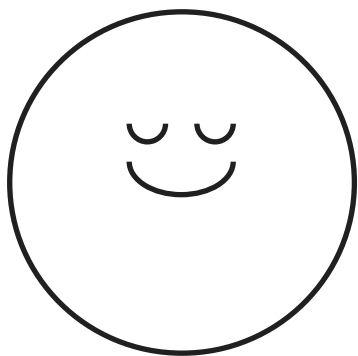
A growth mindset means believing you can get better at something if you keep trying, even when it's hard.

## Growth Mindset Worksheet

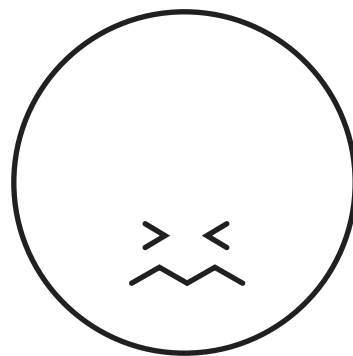
K-1st grade



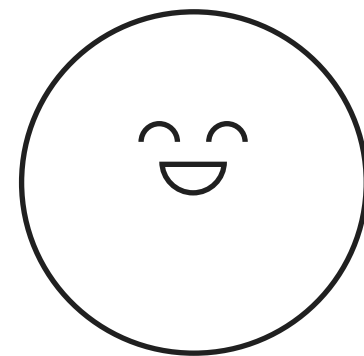
Color each face to show how you feel when:



You learn something new



Something is hard to do



You keep trying even when it's hard



Draw a line to match the growth mindset words with the pictures:



I can practice!



I can try!



I can learn!

# My Brain Gets Stronger

☐ Circle what makes your brain grow stronger:



**Giving Up**

Or



**Trying Again**



**I Can Do It!**

Or



**I Can't Do It**




**Trying Hard Things**

Or



**Avoiding Hard Things**

# My Learning Journey

 Draw a picture of something that was hard for you at first, but now you can do it!

What did you do to learn this? Color your answers:

I practiced

I asked for help

I kept trying

I made mistakes and learned

 Draw a picture of someone who helps you learn new things: