

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

4th-5th grade



Read each statement and fill in whether it shows a fixed mindset or a growth mindset:

Fixed Mindset

When you think you can't get better at something

Growth Mindset

When you believe you can improve

"Intelligence is something you're born with and can't change."

Fixed Mindset

Growth Mindset

"Challenges help me grow."

Fixed Mindset

Growth Mindset

"When I fail, it's because I'm not good enough."

Fixed Mindset

Growth Mindset

"Feedback helps me improve."

Fixed Mindset

Growth Mindset

"If I have to work hard at something, I must not be naturally good at it."

Fixed Mindset

Growth Mindset

"I can train my brain like a muscle."

Fixed Mindset

Growth Mindset

Building Resilience



Change each sentence from a fixed mindset to a growth mindset:

(A) "I'm terrible at fractions." _____

(B) "I'll never be good at public speaking." _____

(C) I can't code. _____



Think about a time you faced a challenge or made a mistake. Fill in the reflection:


What was the mistake?

How did you feel?

What did you learn?

How will you use what you've learned in the future?

Developing Awareness

 Fill out the sections for each scenario:

Scenario 1:
You get a low score on a math test

Fixed Mindset:

Think: _____

Feel: _____

Do: _____

Growth Mindset:

Think: _____

Feel: _____

Do: _____


Scenario 2:
Your friend says, "I'm just not a math person. I'll never understand geometry."

What could you say to help them develop a growth mindset?

Scenario 3:
Your class partner wants to quit the science project because it's too difficult.

How could you encourage them?

Supporting Others

 Choose one area where you want to apply a growth mindset (example: math, sports, homework, friends, etc.):

Growth Mindset Area:

My current ability level (1-10):

My Goal:

Three steps I'll take to reach my goal:

1.

2.

3.

How I'll track my progress:

How I'll celebrate growth (not just the end result):

Additional Notes:
