



GROWTH MINDSET TIPS

Do you ever feel a bit... stuck? Do you ever think that you'll never get the hang of something? Here are my suggestions for turning those feelings into positive ones. You are fantastic and you can do ANYTHING!

When you feel like saying:

Instead, say:

Oh dear, I can't do this!



How can I learn to do it?

I'm annoyed because this is very difficult!



With more practise, this will get easier!

I don't like challenges...



Challenges help me to get stronger!

I feel cross because my friend can do something better than I can



How can I learn from her? And what can I teach her in return?

I can't believe I made a mistake!



Mistakes help me learn.

Grrr. I give up.



I know, I'll try a different way!