

5-DAY GROWTH MINDSET CHALLENGE

To complete this challenge choose a challenge buddy and go through activities together. Once you complete each activity, put a tick next to it below!

MY NAME IS _____ MY CHALLENGE BUDDY IS _____

We began this challenge on (date) _____

When we complete this challenge we will celebrate by _____

- ☐  Day 1 I Can Change My Mindset!
- ☐  Day 2 My Word Search
- ☐  Day 3 FIXED or GROWTH Mindset
- ☐  Day 4 My Power of YET!
- ☐  Day 5 5 Things I Can Tell Myself

I CAN CHANGE MY MINDSET!

Cut out the pieces below.
Match the **FIXED** mindset quote with the **GROWTH** mindset quote. Fill in the blank cards to make your own pieces!

**FIXED
MINDSET**

**GROWTH
MINDSET**

I am not
that good
at this.

Mistakes
help me
to learn.

It'll
do.

This may
take
some time
and effort.

I can't
make this
any
better.

I am not
good at
this
YET!

I
give
up.

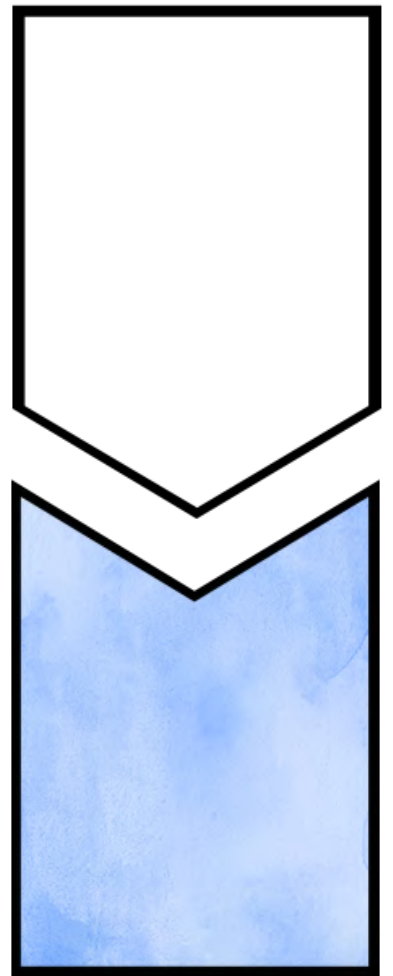
Is this
really my
best work?

This is
too
difficult.

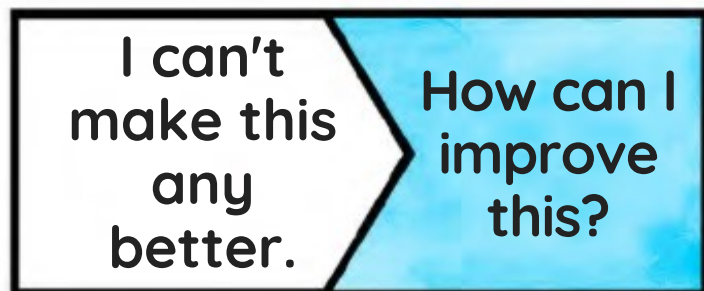
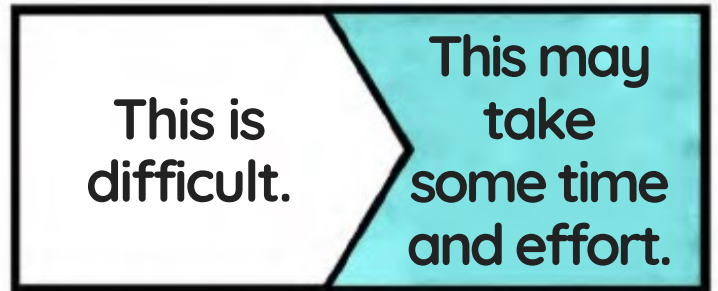
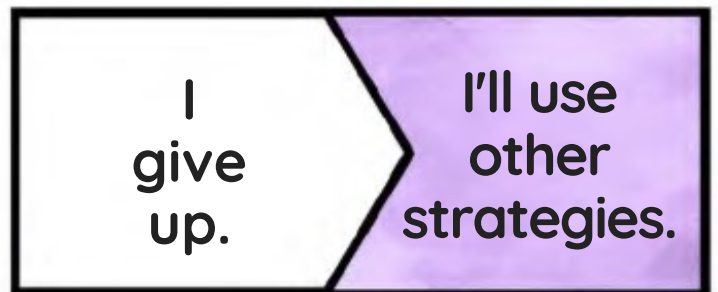
I'll use
other
strategies.

I made a
mistake.

How can I
improve
this?



ANSWER SHEET



MY WORD SEARCH PUZZLE

MY NAME _____

Complete one or both word puzzles below. Find and circle the **growth mindset words** inside each box. The hidden words can run across, up, down, or diagonally. The words may also overlap.

- 1
- BRAVE COURAGE LEARN GOALS
EFFORT IMPROVE GROWTH POSITIVE

- 2
- OPTIMISTIC CHALLENGES PRACTICE
MOTIVATION RESILIENCE IMPROVEMENT
REFLECTION DISCOVERIES PERSISTENCE

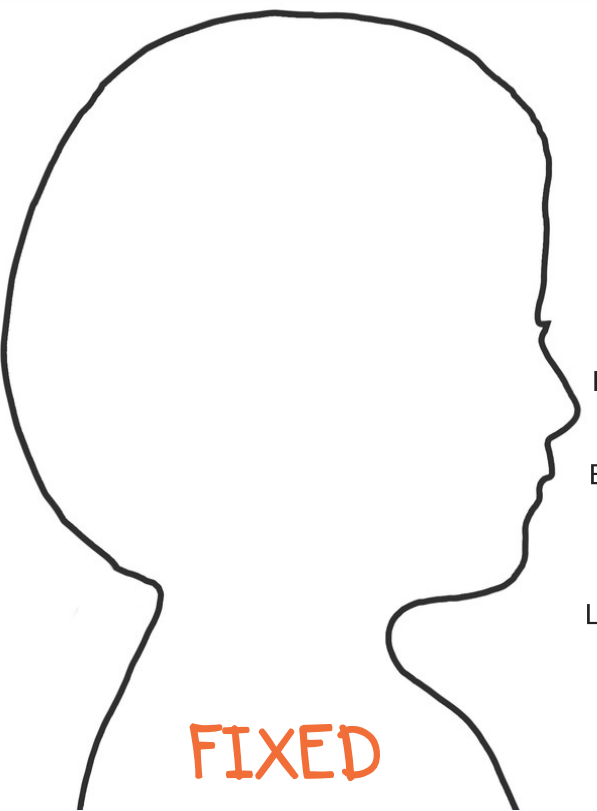
F	G	O	A	L	S	A	D
P	C	O	U	R	A	G	E
Z	F	L	P	O	H	F	B
X	G	E	O	T	W	I	R
Z	R	A	S	E	J	M	A
K	O	R	I	F	F	P	V
K	W	N	T	F	A	R	E
F	T	R	I	O	E	O	D
W	H	L	V	R	N	V	A
S	A	Q	E	T	P	E	S

K	W	O	A	R	E	F	L	E	C	T	I	O	N	P	K	E
I	D	M	N	D	L	S	V	P	I	D	Q	E	F	E	C	V
B	I	F	X	Q	L	N	H	O	H	O	T	T	Y	V	H	Q
E	C	M	D	R	S	L	P	P	Z	W	X	R	J	Z	A	Q
T	C	H	E	D	X	H	T	T	A	P	S	G	D	M	L	O
V	S	V	N	T	J	J	C	I	S	E	Z	F	F	Q	L	L
N	C	R	X	Q	O	Q	J	M	E	R	S	P	V	J	E	H
W	T	C	Q	L	G	W	U	I	W	S	S	L	C	U	N	C
B	R	K	R	I	A	V	H	S	O	I	P	B	K	U	G	J
G	G	E	E	S	M	S	D	T	Y	S	L	I	K	R	E	O
P	G	U	S	J	J	P	G	I	E	T	O	Y	V	X	S	P
D	W	P	M	I	O	G	R	C	I	E	J	A	C	N	P	F
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N	P	R	A	C	T	I	C	E	V	C	S	A	O	U	M	W
Y	J	M	T	Z	G	Q	E	B	O	E	O	P	I	A	U	G
F	L	S	S	U	I	F	K	N	V	K	M	S	T	O	C	T
U	K	H	B	F	F	D	I	S	C	O	V	E	R	I	E	S
O	W	X	E	C	S	Y	W	P	G	E	L	Y	N	U	H	D
I	C	M	D	B	M	K	B	S	Q	J	M	K	K	T	X	C
F	J	B	E	L	V	W	J	F	M	X	D	V	Y	E	F	T
U	I	K	F	F	L	P	G	I	X	O	G	T	Z	P	X	U
Z	K	M	O	T	I	V	A	T	I	O	N	O	J	H	L	J

FIXED OR GROWTH?

MY NAME _____

Read the sayings below and determine whether they belong in a **FIXED** or **GROWTH MINDSET**. Write the answers inside each silhouette. Add some of your own!



FIXED

- DOESN'T TRY
- PUTS IN EFFORT
- AVOIDS CHALLENGES
- IGNORES FEEDBACK
- LEARNS FROM FAILURES
- MISTAKES ARE BAD
- EMBRACES CHALLENGES
- KEEPS GOING
- GIVES UP EASILY
- LEARNS FROM FEEDBACK



GROWTH

MY POWER OF YET!

Before you knew how to do something, you didn't know how to do it YET.

Draw something you can do really well.

MY NAME

Draw or paste a picture of YOU below.

How did you become good at it?



When you think you can't do something, add the word "YET" at the end of your sentence.

I can't do that... YET!

Write your sentence below:

I CAN'T

YET!

I DON'T KNOW

YET!

5 THINGS I CAN TELL MYSELF

Imagine you're working on something very difficult. A challenging puzzle, for example. It's not easy but you don't want to give up! What can you tell yourself to **keep going**?

MY NAME _____

I'm on the right track!

Draw yourself here:

I can do difficult things!