

Growth Mindset

Growth Mindset Talk What can I say to myself?

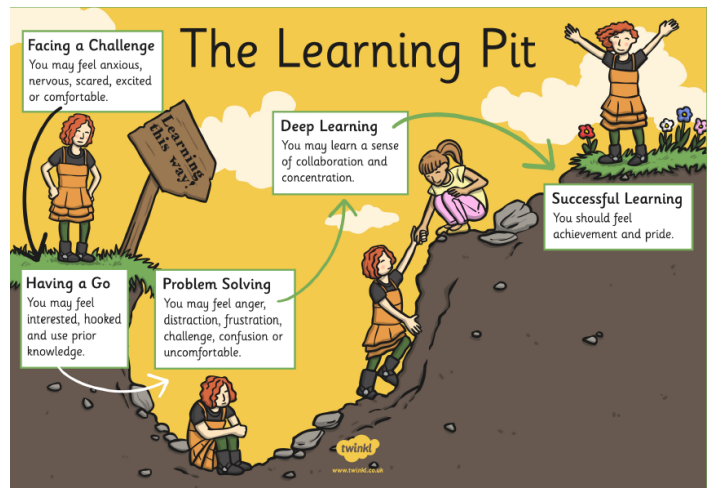
1. I'm not good at this.....I can't do this yet.
2. I give up.....I'll use some of the strategies I have learnt.
3. It's good enough.....Is this my best work yet?
4. I made a mistake.....This was my first attempt in learning.
5. This is too hard.....If something is hard, it means I'm learning!
6. I'm really good at maths..... I understand this because I have been practising.
7. I will never be as clever as them.....I'm going to find out how they do that.
8. I can't do this.....This is going to take time and effort to master.
9. I can't make this any better.....Improvements can always be made.
10. They can't do it.....How can I help them to understand this?

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Can you change what you say?



Have you been in the pit with your learning today?



1. What did you do today that made you think hard?
2. What happened today that made you keep on going?
3. What can you learn from this?
4. What mistake did you make that taught you something?
5. What did you try hard at today?
6. What strategy are you going to try now?
7. What will you do to challenge yourself today?
8. What will you do to improve your work?
9. What will you do to improve your talent?
10. What will you do to solve this problem?

