

Name: \_\_\_\_\_

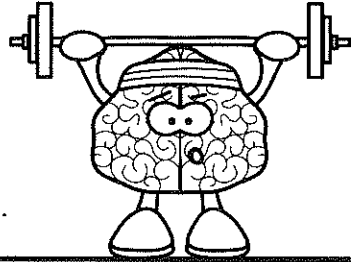
Date: \_\_\_\_\_

## Week 1: Growth Mindset and Fixed Mindset

### Growth Mindset:

The belief that you can get smarter when you work hard.

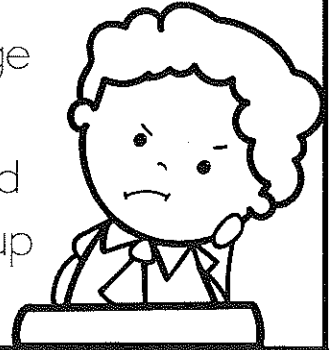
Even if something is really difficult, you keep trying.



### Fixed Mindset:

The belief that a person can't change their intelligence.

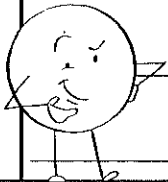
People with a fixed mindset might give up more easily.



## What DO YOU Think?

Do you believe that you are smart? Why or why not?

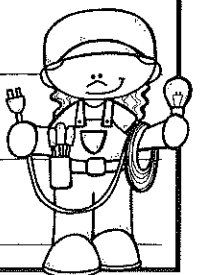
MONDAY



## Write About It

If you could be anything when you grow up, what would you be? Why?

TUESDAY

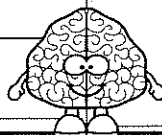


# Week 2: The Brain

## MY BEST MEMORY

WEDNESDAY

Your brain helps you remember things. What is your BEST memory? Why? Illustrate it.

## THIS IS HOW I FEEL

THURSDAY

Color the face that matches how you feel about each statement below.



I like to read.			
I spend a lot of time watching television.			
I can find things to do when I get bored.			
I know how to exercise my brain.			

## MOVE, MOVE, MOVE...

FRIDAY

Your brain helps you move. What is your favorite physical activity? Why? Illustrate it.