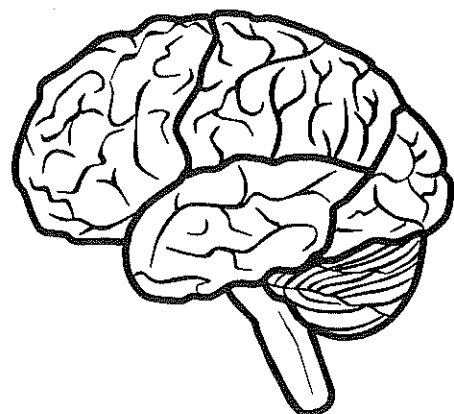


# Growth Mindset and Fixed Mindset

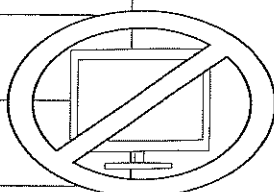
## The Brain:

Your brain helps you feel, see, hear, think, move, and experience the world. The brain is an organ that lives inside your skull. You can help your brain grow and stretch! Practicing difficult tasks and learning new things will help your brain get stronger.



## What DO YOU Think?

Watching Television: Watching television or playing video games does not exercise your brain. Make a list of 5 things you can do instead of sitting in front of a screen. Illustrate a picture of yourself enjoying one of those activities.

## Write About It

Write about something that you must practice in order to improve. Draw a picture.




# Growth Mindset and Fixed Mindset

## What WOULD YOU DO?

Illustrate and describe what you do when something is hard for you.

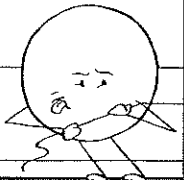
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## THIS IS HOW I FEEL

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



I can get smarter if I work hard.			
I am smart.			
I am good at many things.			
I can do hard things.			

## REFLECT ON THIS

Write 8 adjectives that describe you.

THIS IS ME!

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