

# GROWTH MINDSET

LET'S MAKE LEARNING CHALLENGES AN OPPORTUNITY TO GROW. SAY IT WITH US:

"I'LL GET BETTER WITH PRACTICE."

"MISTAKES TEACH ME NEW LESSONS."

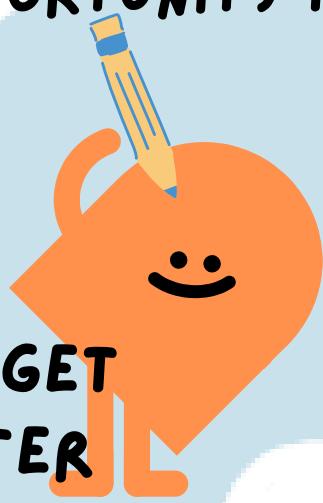
"MY CLASSMATES INSPIRE ME TO STUDY WELL."

"THERE'S

ALWAYS ROOM TO IMPROVE!"



"CHALLENGES ALLOW ME TO GROW."



# GROWTH MINDSET

## ACTIVITIES!



Print some goals that your child wants to achieve and put them around the crown. This is reminder to children that goals can be achieved. They just haven't got there yet!



### LOVE MYSELF

Building high self-esteem by encouraging your child to say or write positive statements about themselves.



Building up a strong vocabulary of positive mindset phrases. I CAN do this, I'll try again tomorrow. I CAN learn anything!

**I CAN!**  
EDUCATION



### KINDNESS CHALLENGE!

Acts of kindness go along way. Keeping a journal of daily kind acts helps children appreciate the world beyond material or personal achievements!



### BREATHWORK

Not everything can go right all the time, so having some coping strategies, breathwork patterns and calming places can support. Build a den together or learn a breathwork technique.