

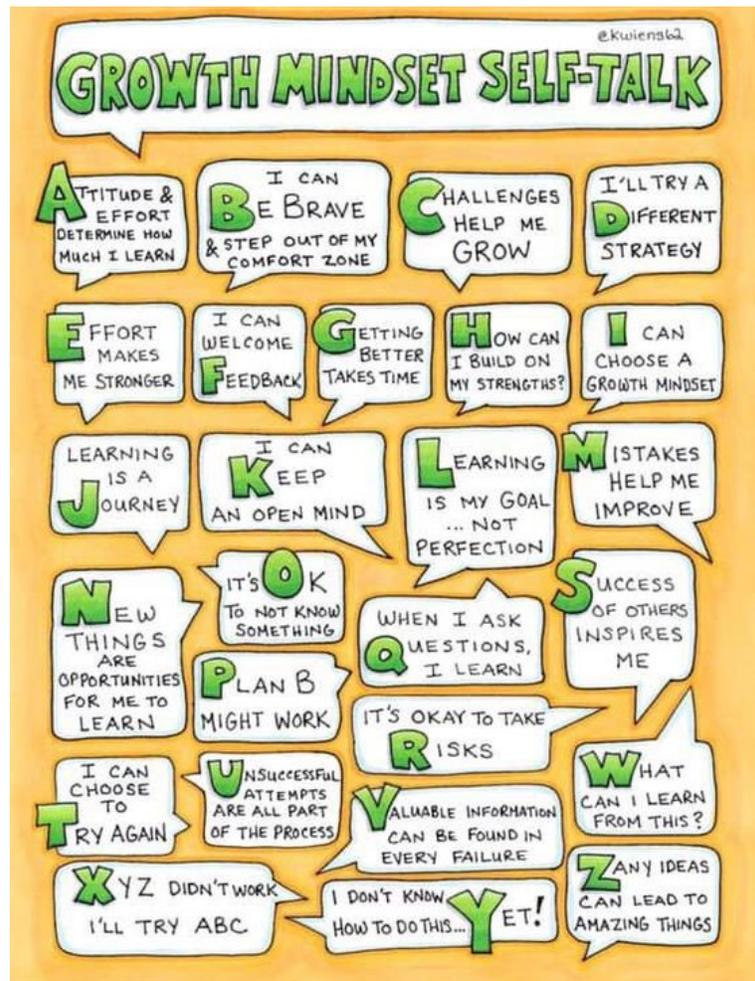


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Growth Mindset

What is a Growth Mindset? We used to think intelligence was fixed- you were either smart or you weren't, but scientists have proven again and again that simply isn't true. Your brain acts like a muscle the more and more you use it the stronger and smarter it becomes. Having a growth mindset may look like: embracing challenges, giving your best effort, learning from feedback, becoming inspired by other people's successes, believing your intelligence can improve if you work hard, and so on. This is a simple lesson to look at your own self more deeply to understand how your mindset influences your everyday interactions with school, family, friends, sports, clubs, etc and how you can easily alter those everyday interactions to have a more positive experience.

Materials: Journal, Pen/Pencil (both are not necessary to complete this activity)



Instructions:

Set apart 3 to 5 minutes each day to visualize your day and how you will practice having a growth mindset. It may help if you keep a journal and write down your reflections each day or as needed. Here is a sheet to help you practice having a growth mindset.



Reflection:

How has changing your mindset helped you develop in a positive way? Have you been able to see a difference in your work ethic or relationships with family and friends? Will you continue trying to develop a growth mindset from now on?