

# Growth Mindset





**On some days when you come to school you might feel really excited and happy to be here. On other days, you might feel nervous and unsure of yourself. It's okay to have these different feelings.**





**This is Toya and she is feeling frustrated because math is really hard for her. She wants to quit and put her head down. She knows she can't, so instead of quitting, she is going to keep trying.**



**This is Steven and he is unable to read his book. Steven's teacher shows him some tricks. Now Steven knows that even if the book is hard and that it may take some time, with effort he will get it.**





**This is Michelle and she lost her turn on the tablet. She made a mistake and didn't follow the rules. Then, she thought, "Mistakes help me learn." Michelle apologized and got the tablet back.**



**This is Brandon and Marcus. Brandon was upset that Marcus could draw a dog and he couldn't. Then, Brandon thought, "I can learn from my friend, Marcus." Now Brandon can draw a dog, too.**





**At school, we will have times that we get upset, frustrated or sad. However, we do not have to keep those thoughts. We can have a growth mindset and change those thoughts into positives.**