



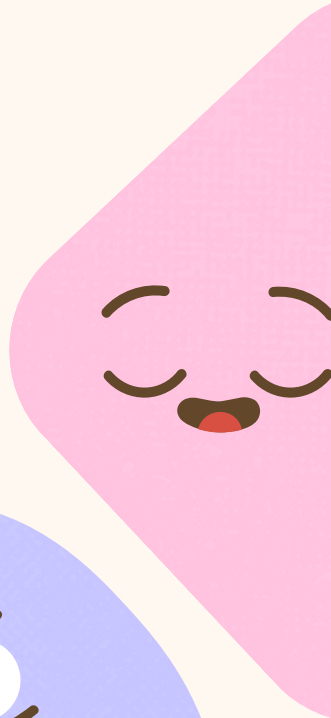
Growth Mindset Workbook

KEEP TRACK OF YOUR PROGRESS



Jibber Jabber
Phonics

**Strive for
progress.
NOT
perfection!**





Why practice growth mindset?

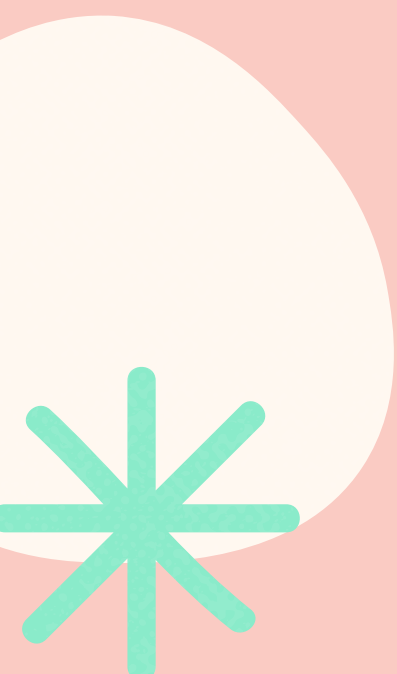
Children and young adults are not immune to stress and anxiety. Practicing growth mindset helps them manage their thoughts and feelings. It also helps them develop skills in problem solving and decision making.





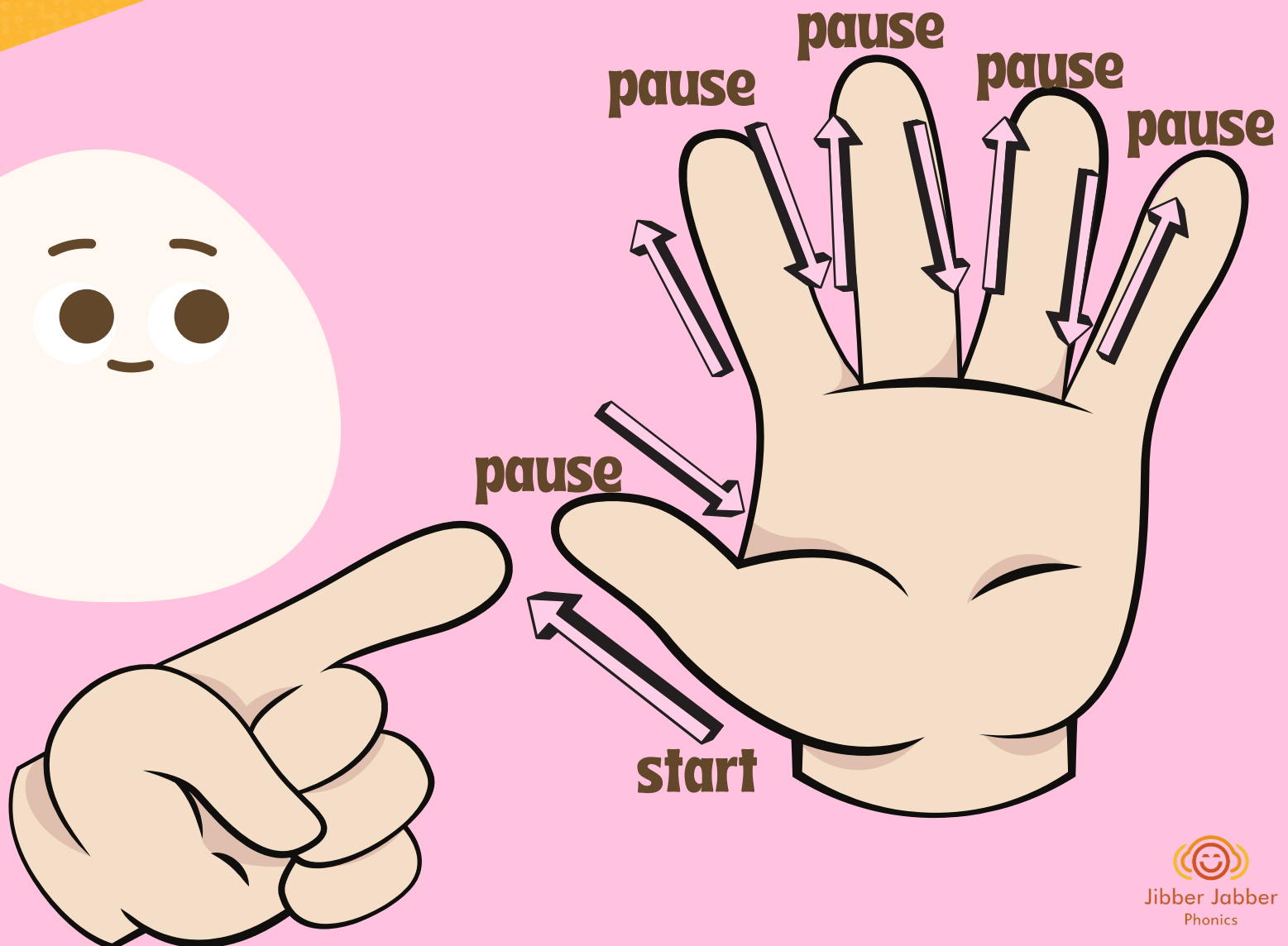
Start with quiet time

At the start of a new lesson, ask the students to take deep breaths. Ask them to focus on their breathing and how their body feels as they do it. Do this for about five minutes.



5 Finger Breathing

Trace around your hand with your other index finger. Breathe in as you trace up a finger. Pause at the top. Breathe out as you trace down a finger.



CHANGE HOW YOU SAY THINGS

say this.....



I can do it.



I can keep trying.



It's ok to make mistakes



I can get better at this.



Can you help me?



I like new things.



I can train my brain.



THE POWER OF **YET!**

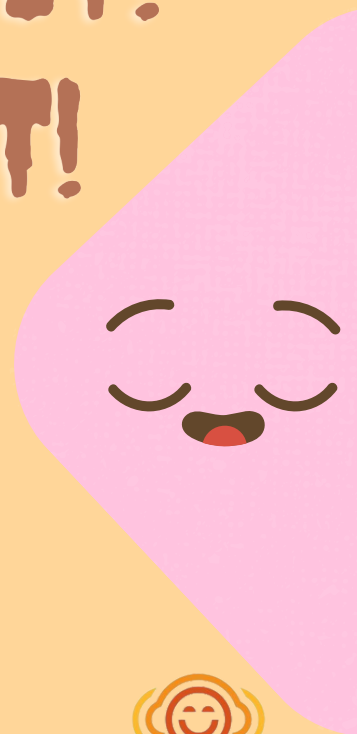
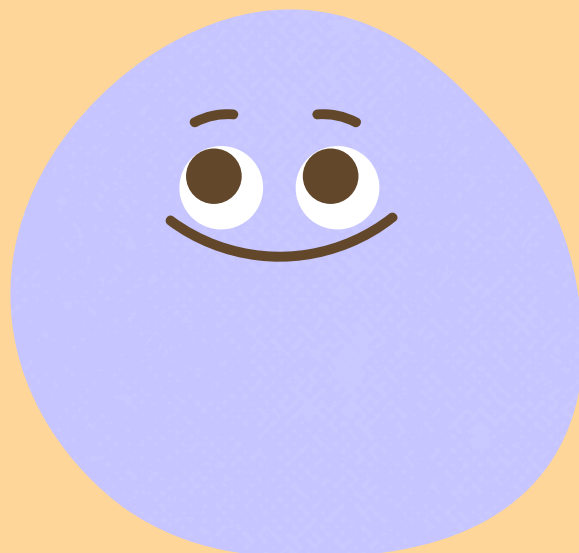
If you are tempted to say "I can't"
Have the courage to add

YET!

I can't make this work... **YET!**

I can't do this... **YET!**

I can't read... **YET!**

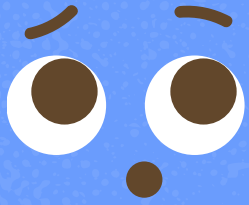


WHAT CAN YOU SAY INSTEAD?



Instead of saying....	Try saying....
I'm not good at this.	
This is too hard.	
I made a mistake.	
I give up!	
It's good enough.	
Plan A didn't work.	





Mistakes are Great

Mistakes are great opportunities to learn and a willingness to learn from them is not to be missed.

Students can discover what works and what doesn't. From our mistakes comes the chances to gain knowledge and learn lessons.

Mistakes are.....

1. Expected
2. Respected
3. Inspected
4. Corrected



Try new and challenging things.

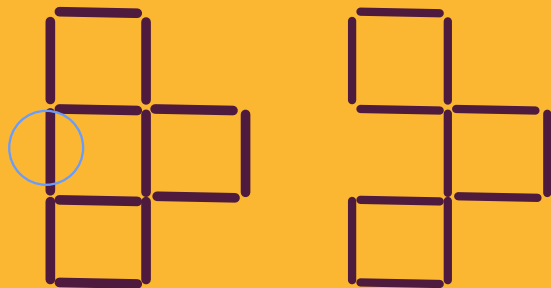
Instructions.

Follow the instructions carefully to make each puzzle true.

Circle the toothpicks that need to be removed to get the correct outcome.

EXAMPLE.

Remove one toothpick to leave three squares.



Remove two toothpicks to leave only two squares.

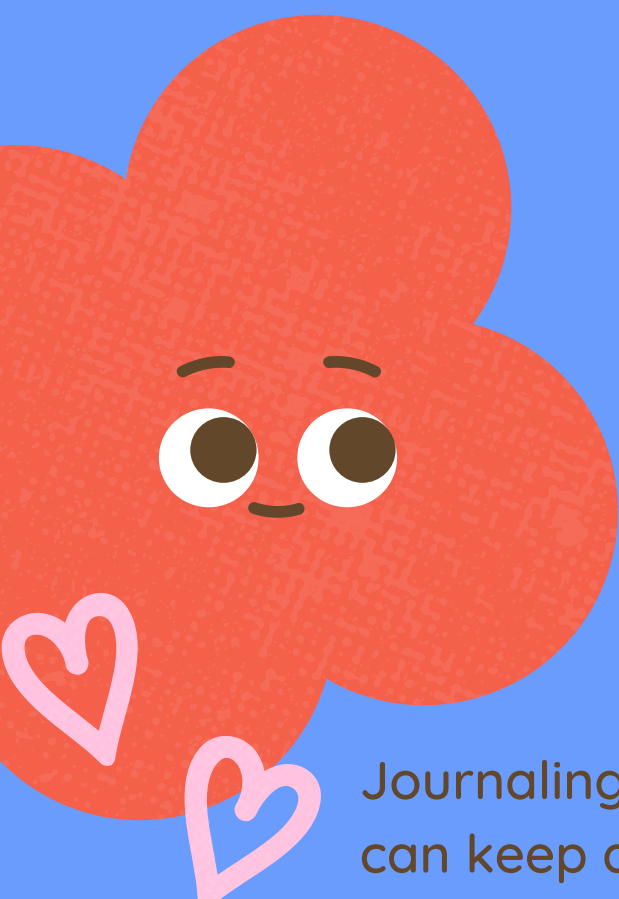


Remove three toothpicks to leave only three squares.



Remove two toothpicks to leave only two squares.





A mindful thought

Journaling is a good tool for mindset. Students can keep a small notebook, and at the end of the day, they can write down one thing about their day that they are proud of accomplishing.



Achieving goals



Honest feeling



Boost self-confidence



Increase creativity



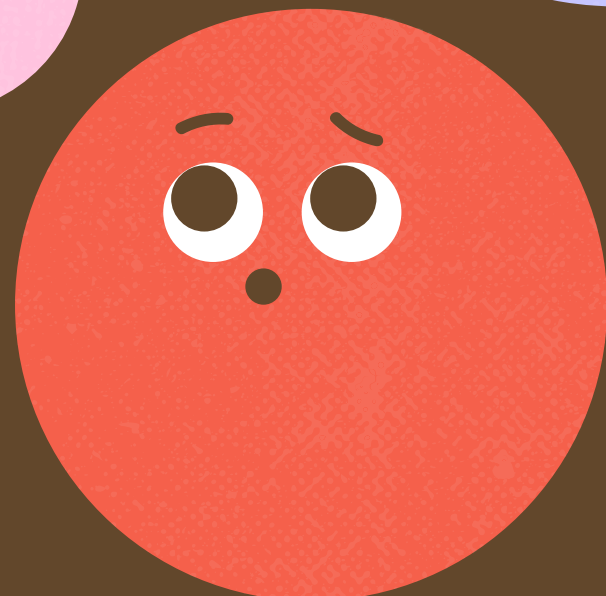
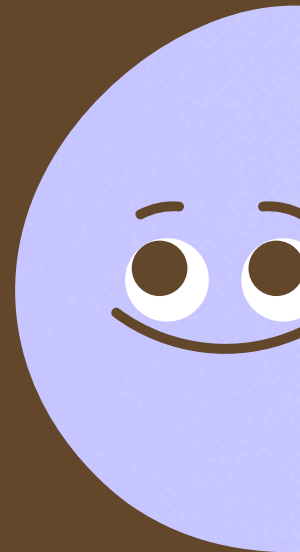
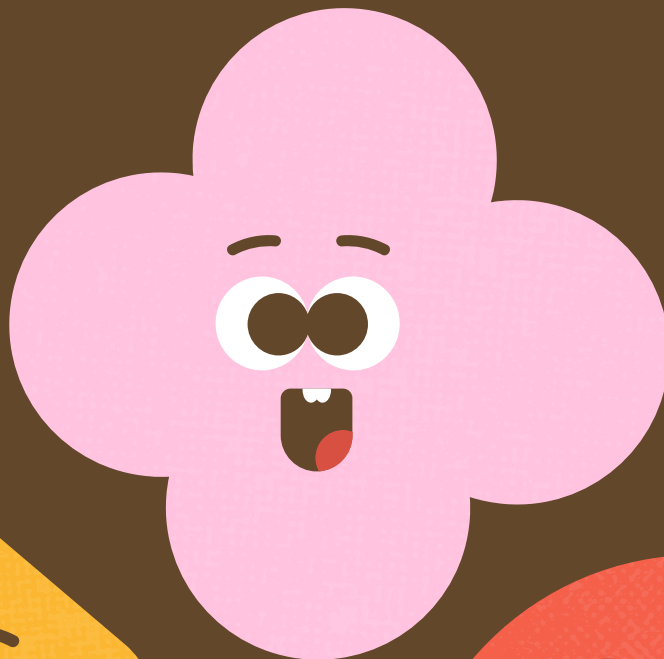
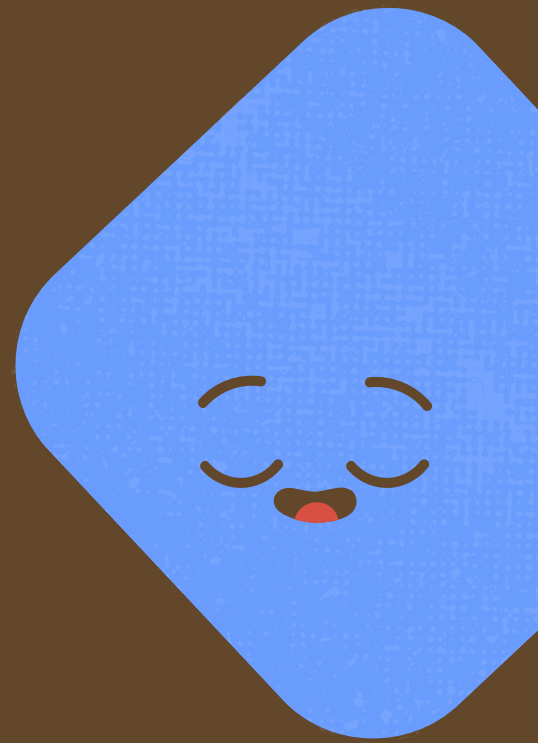
Improve writing skills



Managing time

Summary

1. Start with quiet time
2. Change how you say things
3. The Power of YET!
4. Try something new
5. Keep a journal



Try new and challenging things.

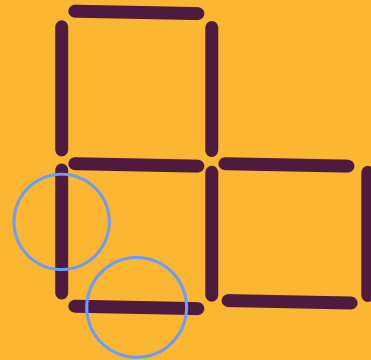
ANSWERS

EXAMPLE.

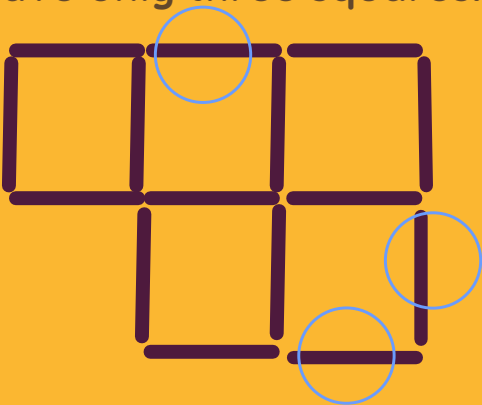
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