



Growth Mindset Activity

Consider each of the sentences below and identify whether they reflect a fixed mindset or a growth mindset.

Sentence	Mindset
I'm not good at this.	
I give up!	
I'm afraid of making a mistake.	
It's good enough.	
Is this the best I can do?	
I can always improve.	
I can't do this yet.	
This is too hard.	
This may take some time and effort.	
I'll never be that smart.	
I will learn how to do this.	
I just don't know how to do it.	
I'm already good at this.	
What resources can help me find out?	
I'll try a different way.	
Mistakes are how I learn and get better.	
How can I help them to understand this?	
How can I keep getting better?	
They can't do it.	
I can't make this any better.	
I need to practise more.	