

# Growth Mindset Language FOR KIDS!!!

Use these statements to help you change your words and your MINDSET!

What can I say to myself?

Instead of.....

Try thinking.....

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- |                            |   |
|----------------------------|---|
| ➤ I'm not good at this     | ➤ What am I missing?                        |
| ➤ I give up                | ➤ I'll try something different.             |
| ➤ This is too hard         | ➤ I need to keep trying.                    |
| ➤ I can't make this better | ➤ I can always improve.                     |
| ➤ I can't                  | ➤ What part am I stuck on?                  |
| ➤ I just can't do Math     | ➤ I'm going to make my Math brain stronger. |

## Other Growth Mindset Statements:

- Who can I ask for help/feedback/advice?
- I will try a little longer
- I need to figure out what I'm missing
- What other strategies can I use?

