**Growth Mindset Language FOR KIDS!!**

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

**What can I say to myself?**

<table>
<thead>
<tr>
<th>Instead of ..........</th>
<th>Try thinking ..........</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I’m not good at this</td>
<td>• What am I missing?</td>
</tr>
<tr>
<td>• I give up</td>
<td>• I’ll try something different.</td>
</tr>
<tr>
<td>• This is too hard</td>
<td>• I need to keep trying.</td>
</tr>
<tr>
<td>• I can’t make this better</td>
<td>• I can always improve.</td>
</tr>
<tr>
<td>• I can’t</td>
<td>• What part am I stuck on?</td>
</tr>
<tr>
<td>• I just can’t do Math</td>
<td>• I’m going to make my Math brain stronger.</td>
</tr>
</tbody>
</table>

**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?