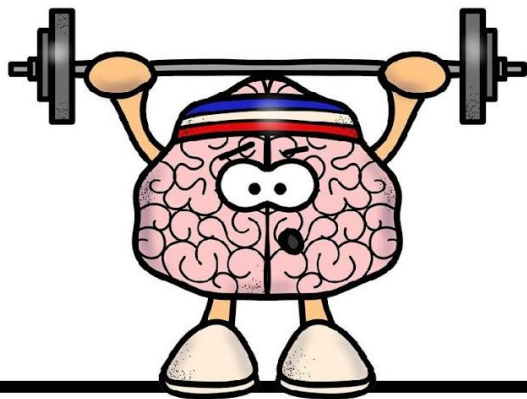


Growth Mindset & Fixed Mindset

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Growth Mindset:

The belief that you can get smarter when you work hard. Even if something is really difficult, you keep trying.



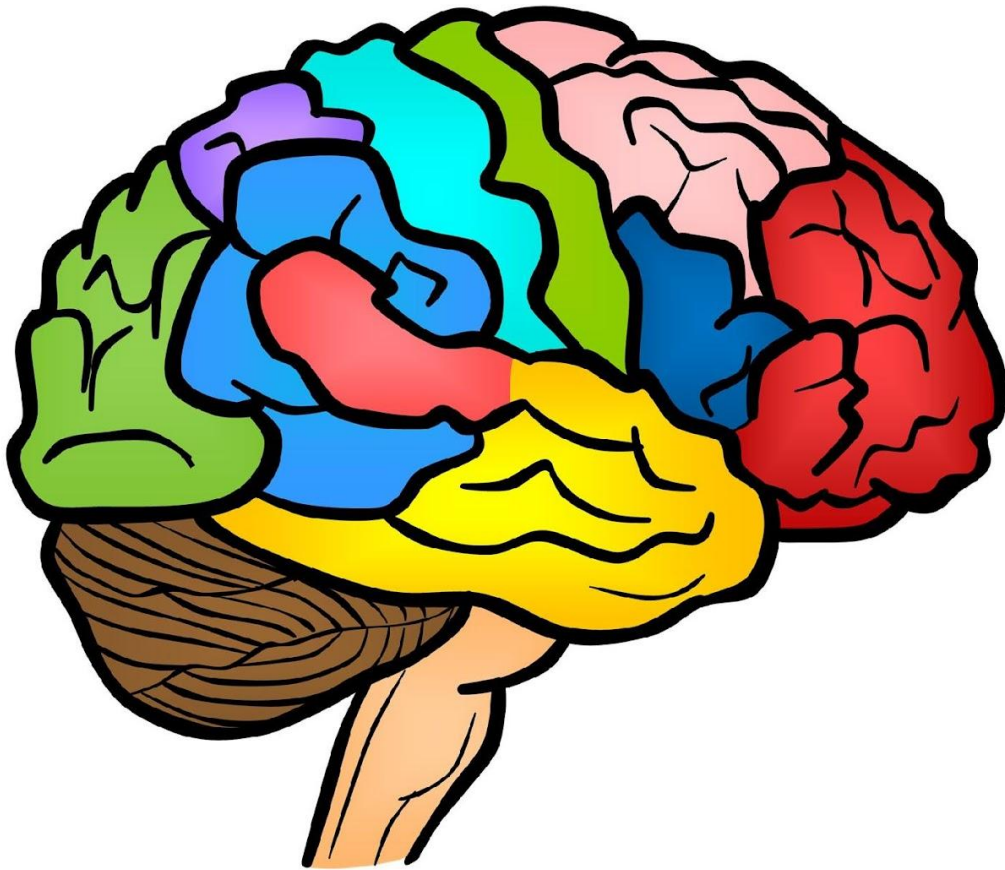
Fixed Mindset:

The belief that a person can't change their intelligence. People with a fixed mindset might give up more easily.



The Brain

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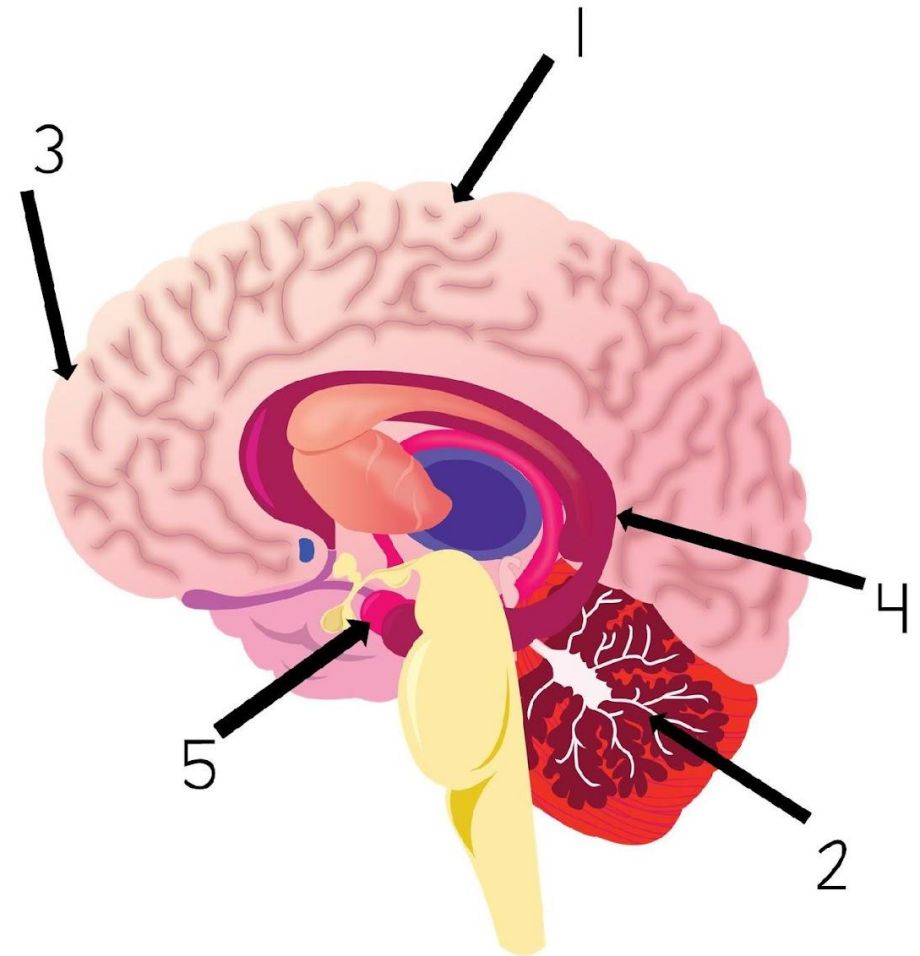
The Brain

Your brain helps you feel, see, hear, think, move, and experience the world. The brain is an organ that lives inside your skull. You can help your brain grow and stretch! Practicing difficult tasks and learning new things will help your brain get stronger.

Parts of the Brain

©Kirsten's Kaboodle

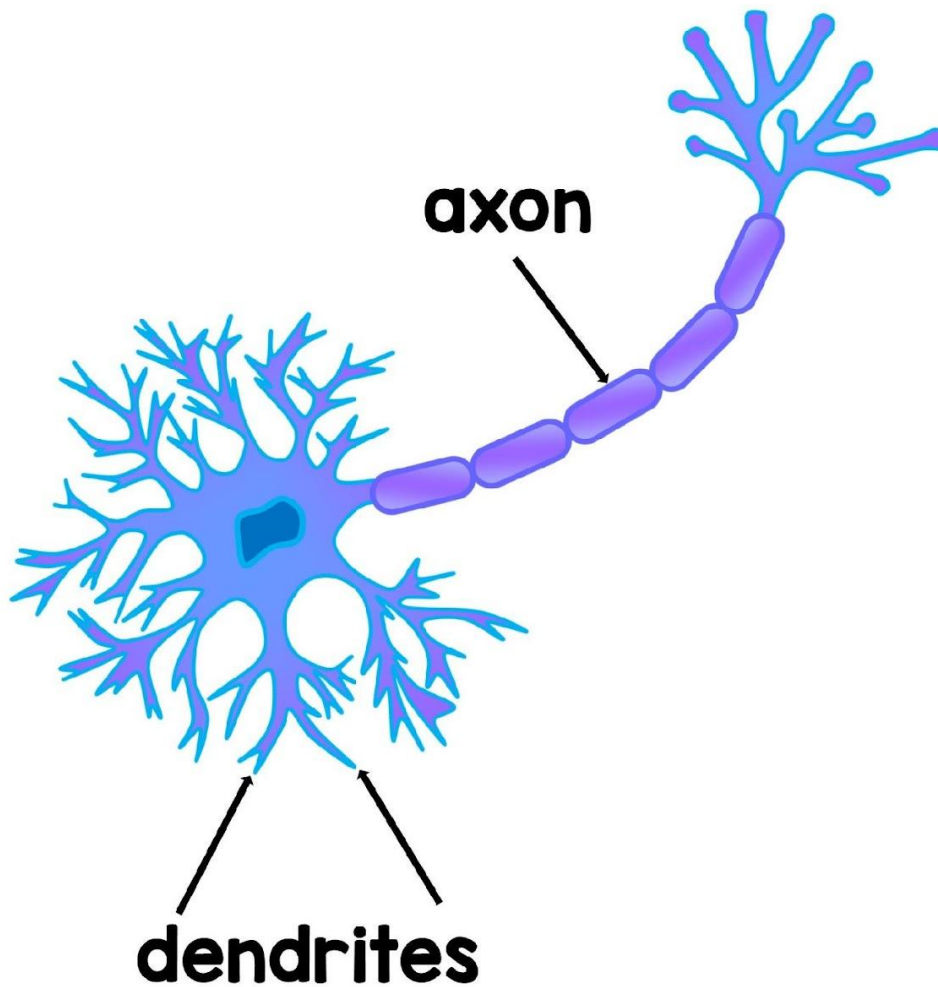
1. cerebrum- helps you think and speak
2. cerebellum- helps you move
3. prefrontal cortex- helps you makes plans and decisions
4. hippocampus- holds memories and information
5. amygdala- controls your feelings or emotions



Parts of the Brain

Neurons

©Kirsten's Kaboodle



Neurons:

Neurons are everywhere in your brain. They make electrical signals that send messages to other cells in your body.

There are about 100 billion neurons in the brain.

Perseverance

©Kirsten's Kaboodle

Perseverance:

Perseverance is a character trait that requires courage to NOT GIVE UP. Someone with a growth mindset refuses to give up even when the challenge might seem impossible. Frustration doesn't even get in the way of someone who has perseverance!

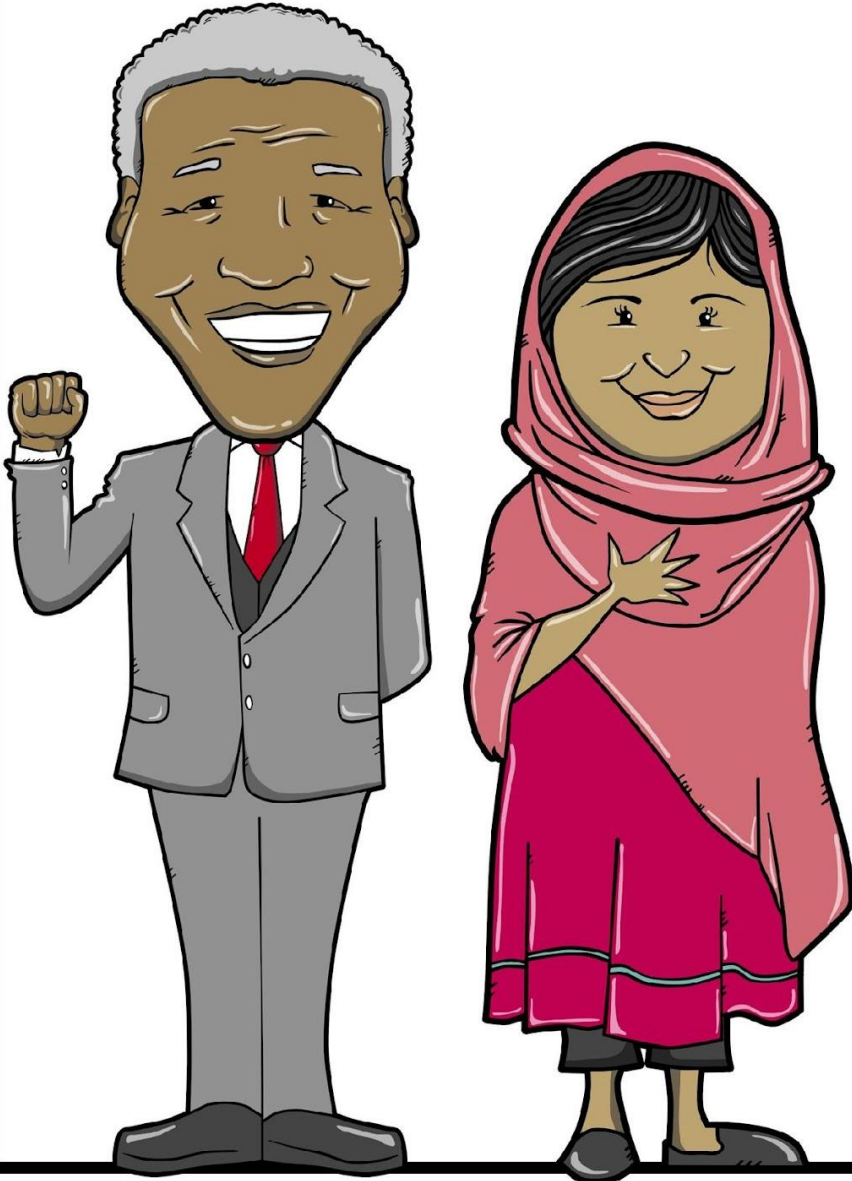


GRIT

@Kirsten's Kaboodle

Grit:

Grit is similar to perseverance. It is the ability to keep working towards a goal even when it's really difficult. People who have passion and continue to push through challenges show grit. Grit can be more powerful than intelligence or natural ability. People who show grit have a growth mindset.



Mistakes

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Mistakes:

A mistake is something that you didn't mean to do on purpose. Usually people feel frustrated when they make a mistake. People who have a growth mindset understand that mistakes are important because they learn something new.



The Power of YET

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The Power of YET:

YET is a very powerful word that means *“thus far”*. Adding this tiny word to your beliefs about your struggles can make anything possible. “I can’t do it!” turns into “I can’t do it... YET!”



Accepting Feedback & Criticism

©Krislen's Kaboodle

Accepting Feedback & Criticism:

Feedback is when someone shares information about how you are doing.

Constructive criticism is helpful feedback that might also give you ideas about how to improve. For example, your teacher might give you feedback about how well you are paying attention in school and then brainstorm ideas to help you focus. Accepting feedback and constructive criticism is important for developing a growth mindset.



Tackling Challenges

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Tackling Challenges:

A challenge is a difficult problem that requires special effort. People who have a growth mindset enjoy challenges because they learn new things. The learning that happens while you work on the challenge is just as important as finishing the challenge.



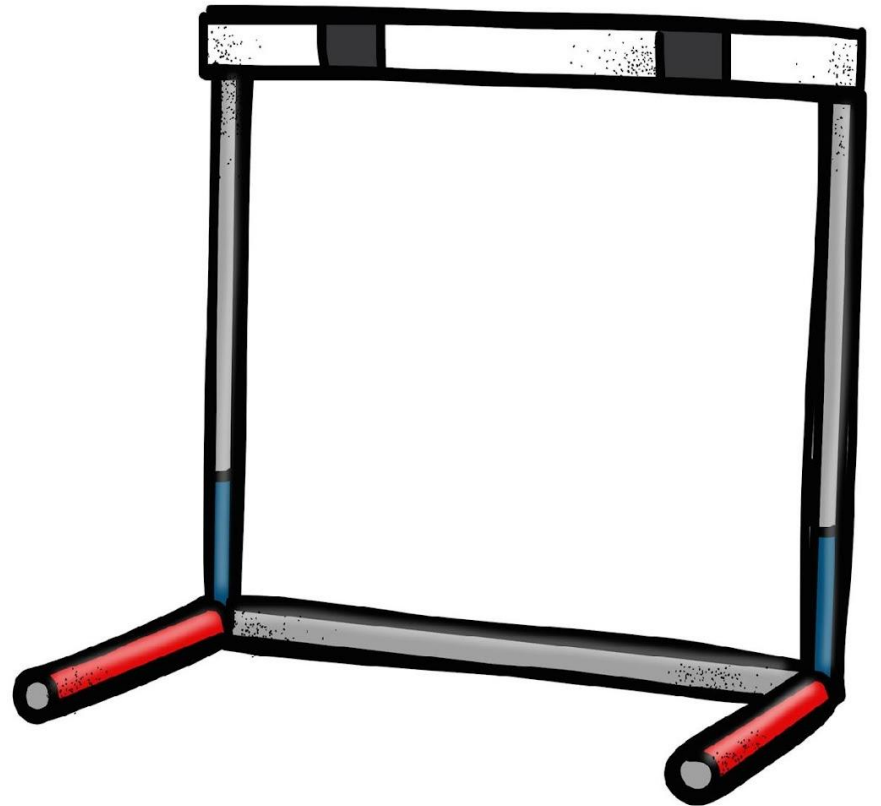
Overcoming Obstacles

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Overcoming Obstacles:

An obstacle is something that gets in the way or stops your progress towards a goal.

People who have a growth mindset don't let obstacles get in the way of completing their goals. They use obstacles as a chance to learn something new.



Self-Talk

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Self-Talk:

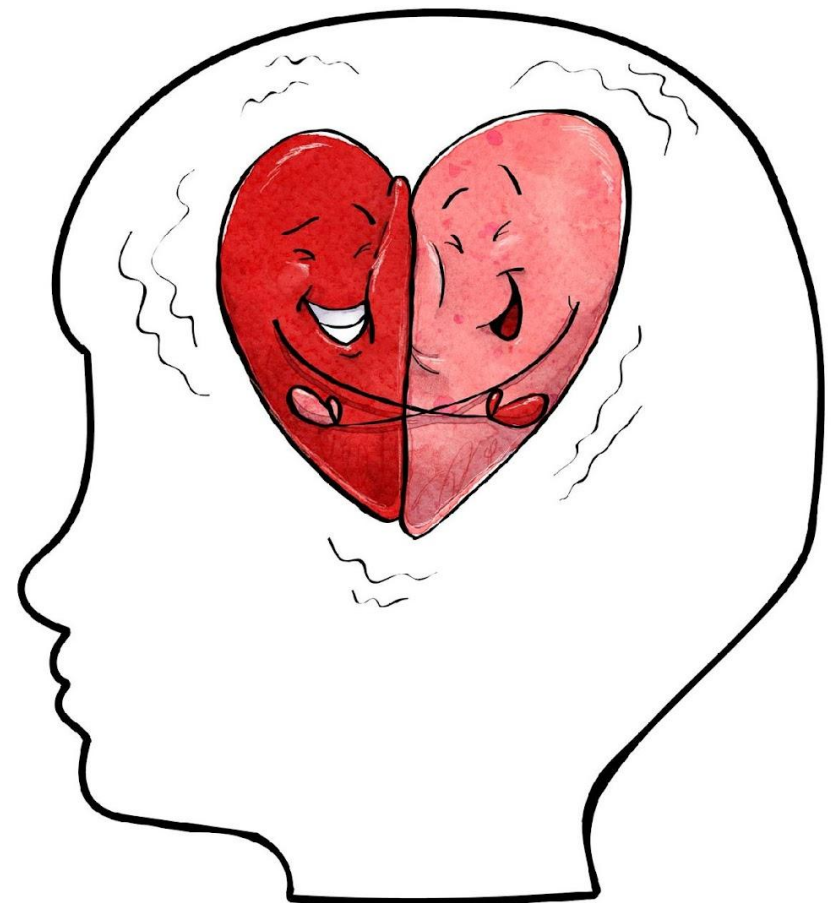
Self-talk is that little voice inside your head. Sometimes it says nice things and sometimes it might say negative things. Self-talk doesn't usually happen out loud. Self-talk is not something that can be turned on and off easily. It is important to pay attention to that little inner voice.

Positive Self-Talk & Negative Self-Talk

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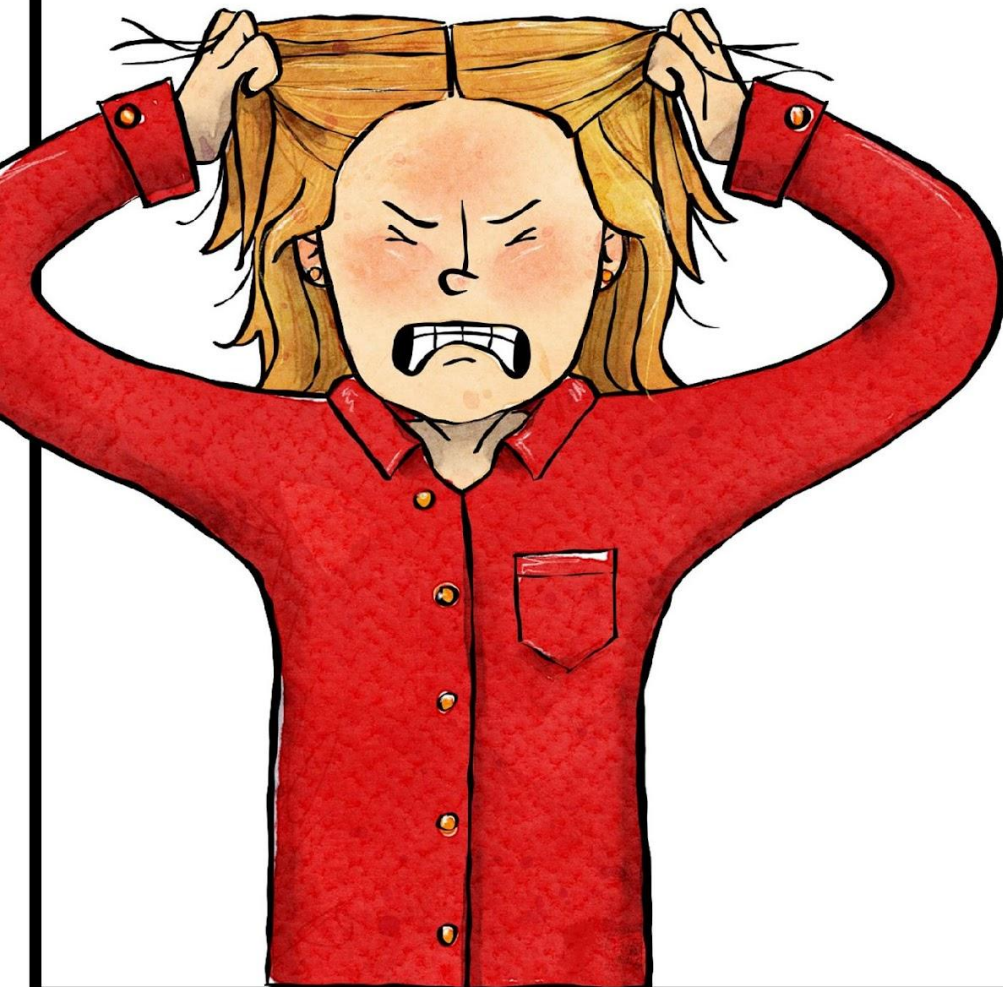
Positive and Negative Self-Talk:

Depending on how you feel about yourself and your abilities, your self-talk either sends generally positive messages OR sends generally negative messages. Paying attention to and shifting negative messages into positive messages will help you develop a growth mindset.



Perfection

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Perfection:

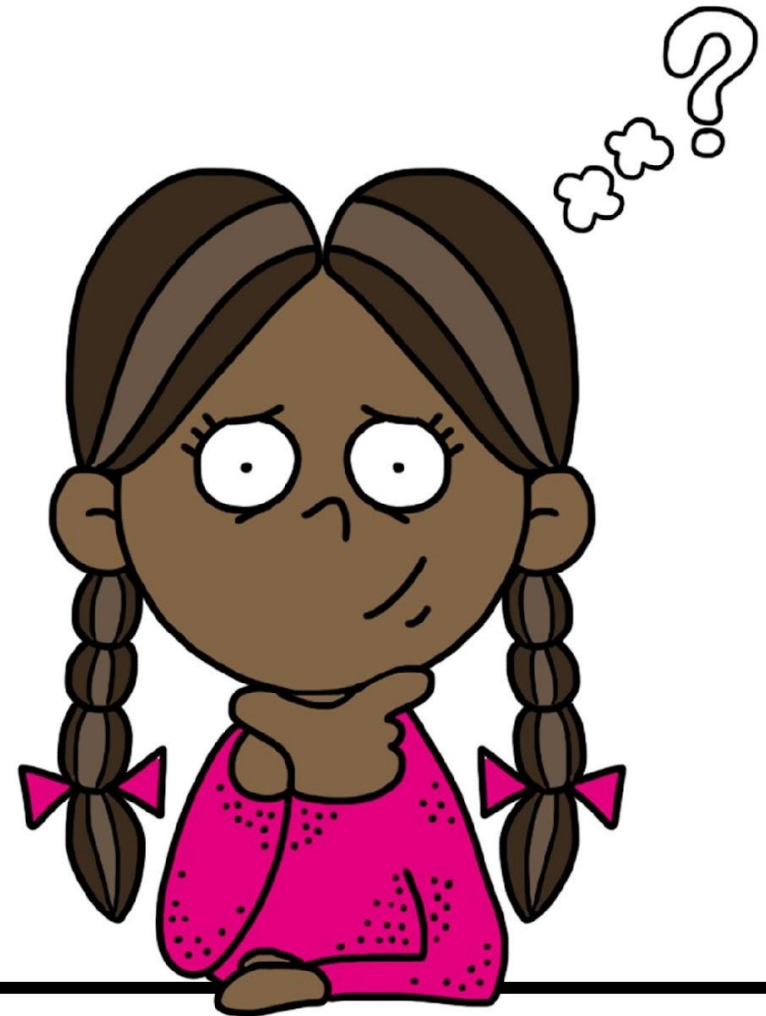
Some people struggle with a desire to be perfect. A perfectionist may develop negative self-talk and stay away from challenging tasks. People who have a growth mindset understand that mistakes are more valuable than “getting it right the first time”. They also understand that effort is more important than the final result.

Metacognition: Self-Reflection

©Kirsten's Kaboodle

Metacognition and Self-Reflection:

Wow, those are big words! Metacognition means “thinking about thinking”. It is all about paying attention to what you are thinking while you are learning. An important part of metacognition is self-reflection. Self-reflection means that you take a few minutes to think about how you did while you were working. What did you do well? Is there anything you could have done differently?



Metacognition: Distractions & Focus

©Kirsten's Kaboodle

Metacognition- Distractions and Focusing:

Metacognition means “thinking about thinking”. It is all about paying attention to what you are thinking. An important part of metacognition is being aware of times when you lose focus or get distracted.

For example, you might lose focus or get distracted while you're listening to your teacher or reading a book.



SMART Goals

@Kirsten's Kaboodle

S- specific

M- measurable

A- achievable

R- relevant

T- timely

SMART Goals:

Goals that are specific and challenging help you to be more successful. Creating step-by-step goals that are specific, measurable, achievable, relevant, and time bound is perfect for developing a growth mindset. No matter how many times you try to achieve your goal, there is no such thing as failure, as long as you keep trying.

SMART Goals: Application

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SMART Goals:

Creating step-by-step goals that are specific, measurable, achievable, relevant, and time bound will support a growth mindset. SMART goals can focus on short-term or long-term goals and are helpful because they can be used by anyone, at any time.

S- specific

M- measurable

A- achievable

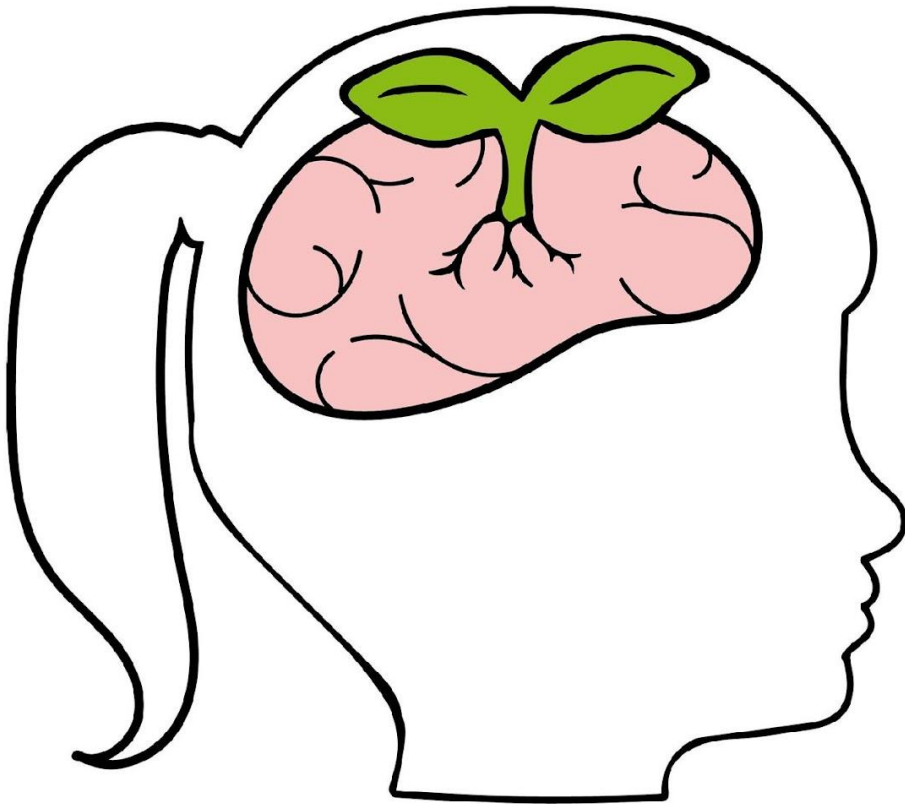
R- relevant

T- timely

Room to GROW!

@Kirsten's Kaboodle

Room to GROW:



Have you ever talked with someone who believed they knew EVERYTHING about a certain topic?

“I don’t need to practice soccer because I already know everything!” Sometimes people who work from a fixed mindset believe that there is no room for growth once they think they’ve “mastered” the subject. A growth mindset understands that there is ALWAYS something new to learn or understand.

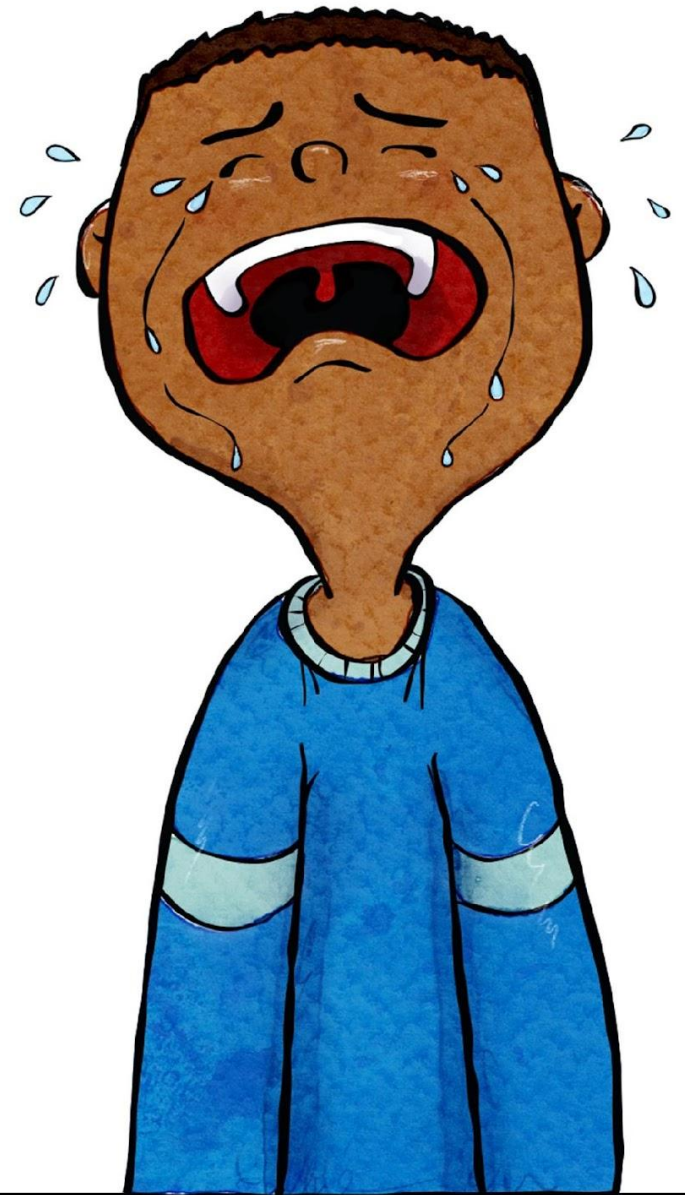
Failure

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Failure:

Failure means not succeeding or meeting an expectation. Many times, a person feels upset or angry when they've failed.

Learning from failure is an important part of having a growth mindset. There are amazing chances for you to grow when you fail at something.



The Success of Others

©Kirsten's Kaboodle



The Success of Others:

When we celebrate the success of others, we are using a growth mindset. A growth mindset understands that there is room for every single person to succeed. When you express happiness and excitement for others, the doors open for people to celebrate your successes too.

Motivation

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Motivation:

Got motivation? When you have a strong reason to do something, your motivation is high. People who don't have motivation to do hard things will struggle to develop a growth mindset. There is a lot of motivation required to keep working when you are faced with big challenges.



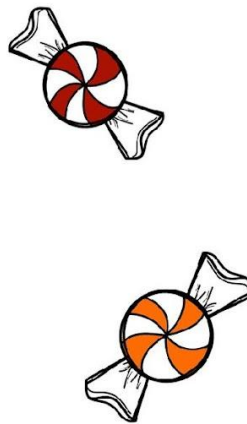
Extrinsic & Intrinsic Motivation

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Extrinsic Motivation:

Extrinsic motivation is when someone is motivated to do well in order to earn some kind of reward or to not be punished.

"I get a piece of candy when I finish my reading minutes! Wahoo!"



Intrinsic Motivation:

Intrinsic motivation is when someone does something because it is enjoyable. People with intrinsic motivation do something because they like it, not because they get something for it.



"I stayed up late reading my book! It's SO GOOD!"

Resilience

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Resilience:

A resilient person is able to get through hard situations with success. People who can bounce back quickly after facing challenges are using a growth mindset.

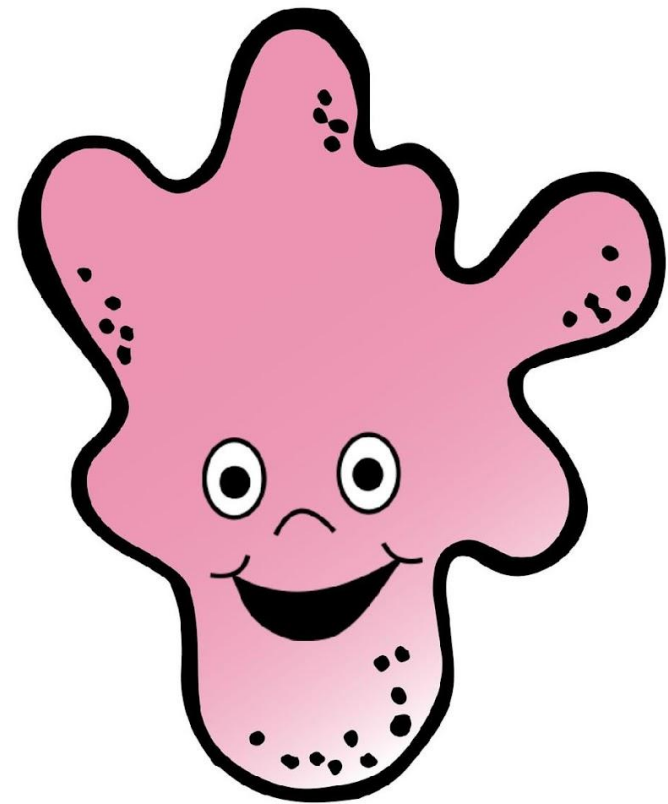


Malleability of the Brain

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Malleability of the Brain:

Malleability means that your brain can change, stretch, and grow. You can make choices that will help your brain stretch and grow. People who are very old can even make changes in their brain!



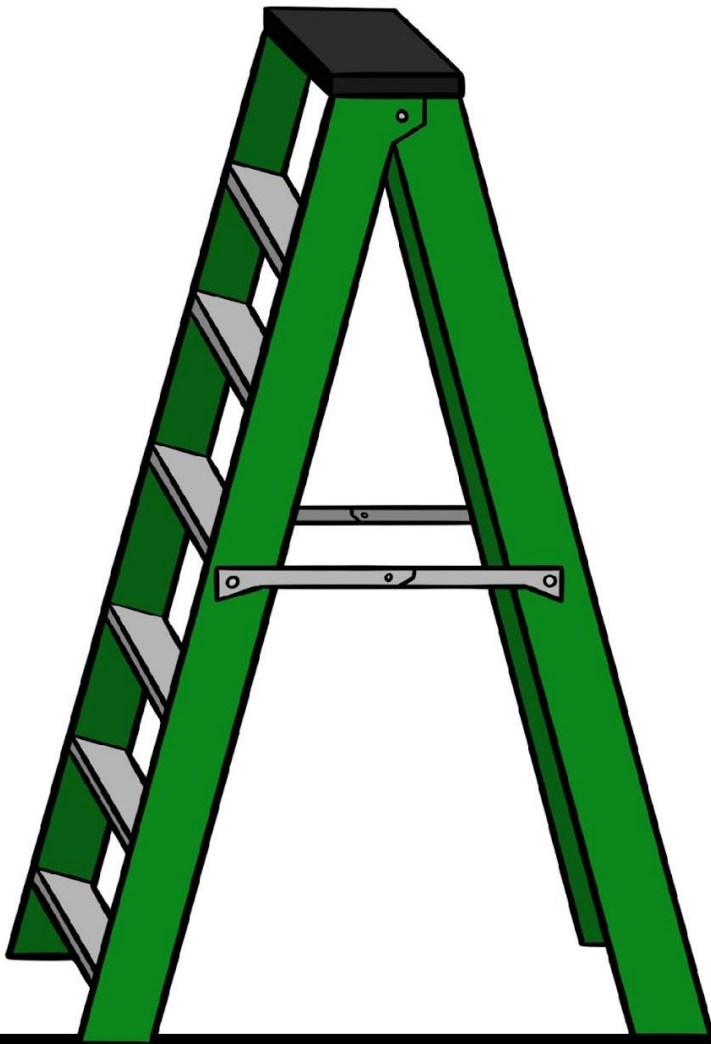
My brain is made
of bubble gum?

Improvement

©Kirsten's Kaboodle

Improvement:

An improvement is about taking steps in the right direction. It is about making a positive change (no matter how big or small). Growth mindset is not about winning or being the best at something. It is about having high expectations for yourself and focusing on improvement.



Confidence

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Confidence:



Confidence has to do with your belief about your own abilities. A high level of confidence can result in a better performance or more success. A low level of confidence is more likely to bring about frustration or anxiety.



Positive Affirmations

©Kirsten's Kaboodle

My brain is like
a **muscle**. 
When I **exercise**
it, it gets
STRONGER!

I see **VALUE** in
failure because
 I **learn** 
something new!

Positive Affirmations:

An affirmation is a statement that usually begins with “I” or “My” and is followed by a positive statement or phrase. This statement can replace negative thinking. Using positive affirmations can help improve your self-esteem. It is a good idea to use positive affirmations when you feel frustrated or discouraged.

Commitment

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Commitment:

A commitment is a promise to do something or complete something. A person who has a growth mindset will make a commitment to herself/himself to complete a task or goal. The commitment to the goal cannot be interrupted by making excuses.



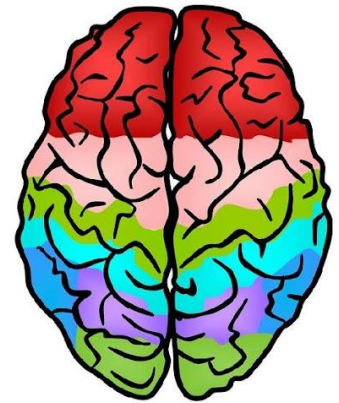
Multiple Intelligences

@Kirsten's Kaboodle

Multiple Intelligences:

According to Dr. Howard Gardner, there are the 8 different types of intelligence:

1. Verbal-Linguistic: good with words and language
2. Logical-Mathematical: good at logic and numbers
3. Musical: understands rhythm, pitch, and tone
4. Bodily-Kinesthetic: has command of body movement
5. Spatial-Visual: can visualize objects and images and their dimensions
6. Interpersonal: gets along well with others
7. Intrapersonal: has a well-developed sense of self
8. Naturalistic: a strong grasp of animal and plant life and the environment



Mindfulness

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Mindfulness:

BEING PRESENT: Make efforts to let go of the past and any worries about the future.

ACCEPTANCE: Accept yourself, the place you are in, and the people or things around you.

FOCUS/AWARENESS: Choose what you are paying attention to in the current moment. You might choose to pay attention to your body, your breath, your thoughts, or your senses.

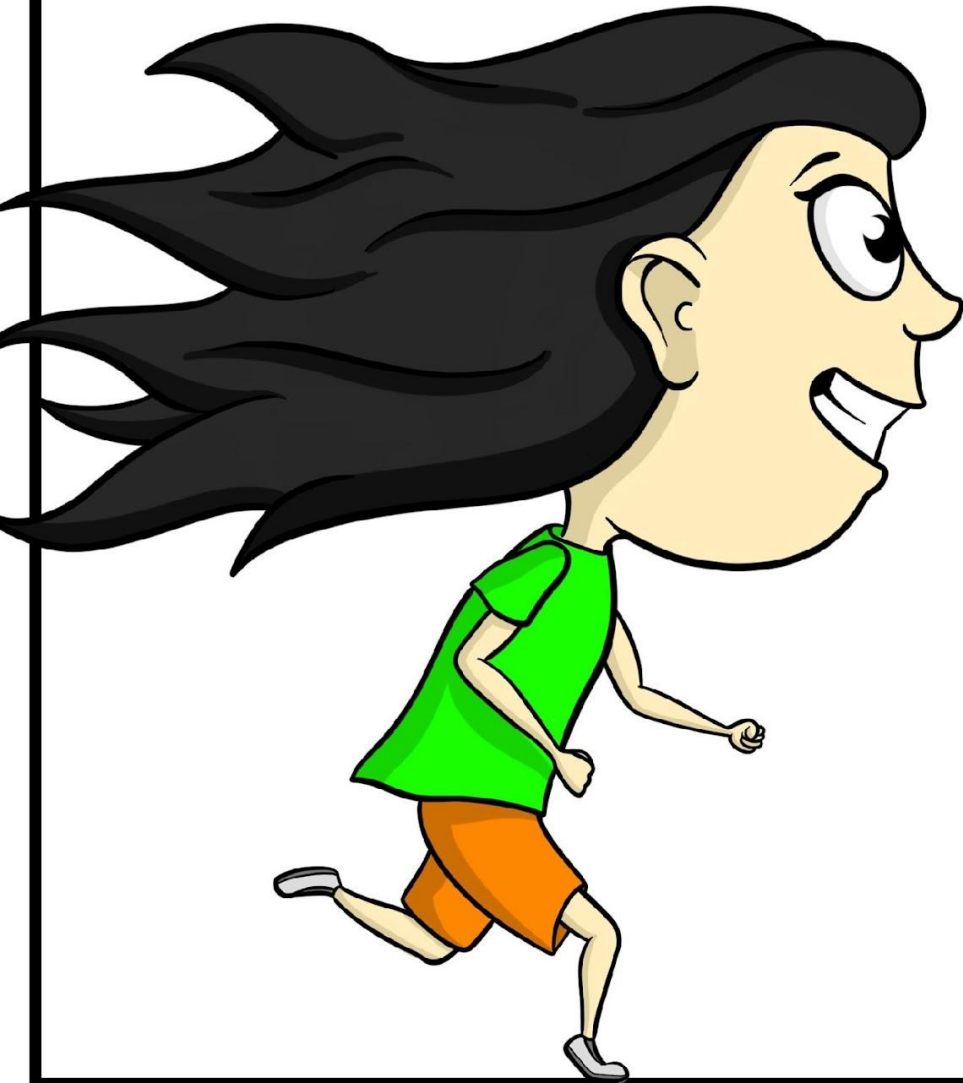


Self-Care

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Self-Care:

Self-care is all about treating yourself the way you deserve to be treated! Give yourself the gift of good health through exercise, nutrition, good sleeping habits, and stress management. This will give you the tools you need to take care of your developing growth mindset!

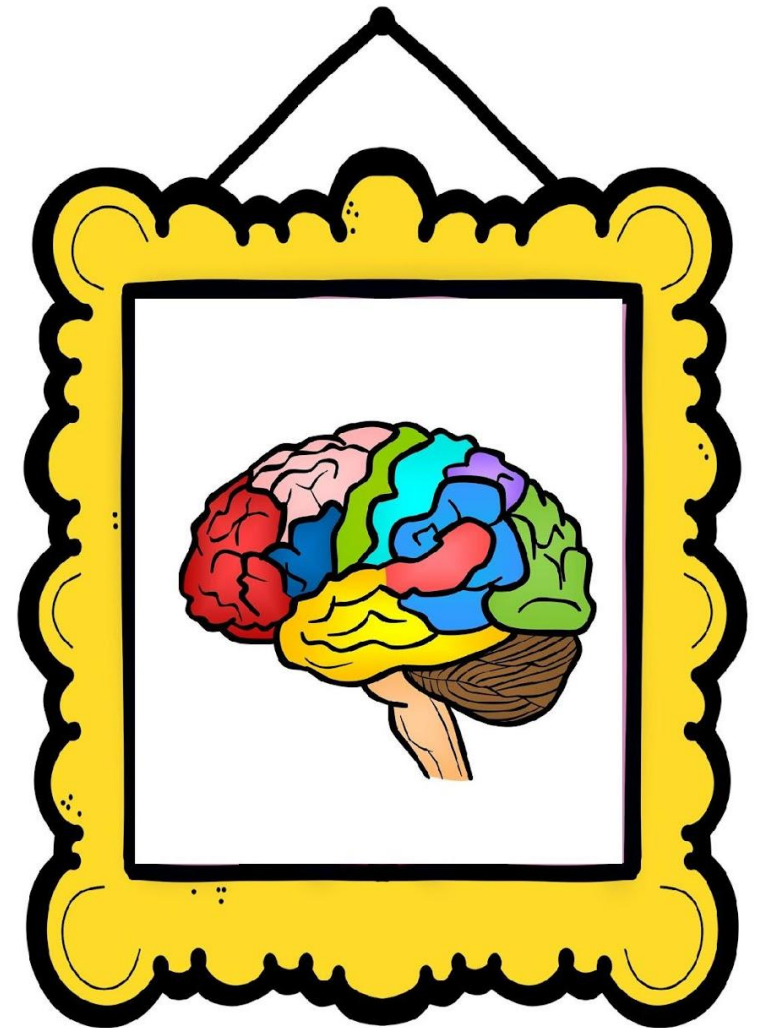


Reframe Your Mindset

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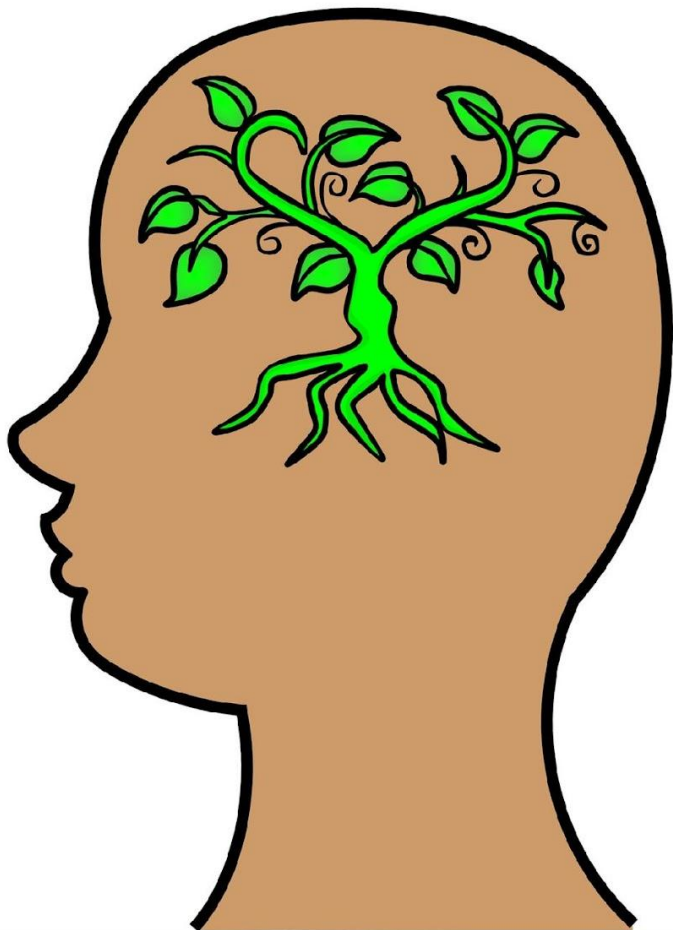
Reframe Your Mindset:

Reframing your mindset means that you rephrase negative thoughts or statements into something more positive. This idea for tackling challenges can increase self-esteem and positive action. Reframing statements helps you focus on what is possible, which is important for a growth mindset.



“Becoming Is Better Than Being” -Carol Dweck

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“Becoming Is Better Than Being” -Carol Dweck:

It is in your best interest, as a growth mindset warrior, to always try to make yourself a better version of yourself.

View yourself as continually “becoming”... becoming smarter, becoming more compassionate, becoming more courageous, and so on. Continual growth is the key!

Growth Mindset Agreements

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Growth Mindset Agreements:

An agreement involves making a commitment to use the growth mindset concepts you've learned about this year. It's a caring agreement with yourself that tells all the ways you'll respond to the challenges and desires you'll face in the future.

