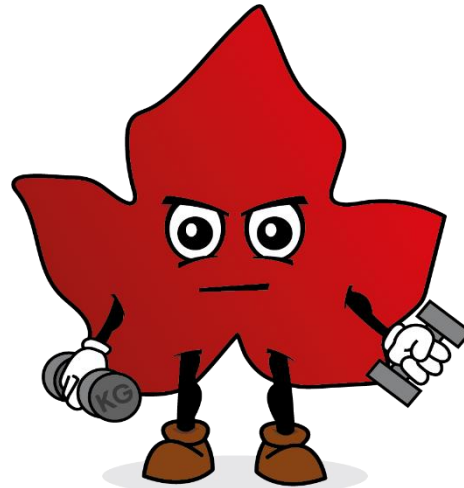
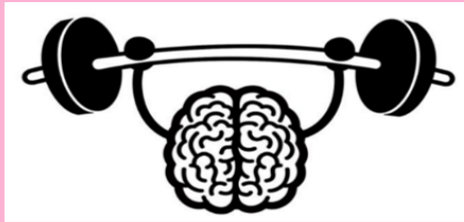


Growth Mindset

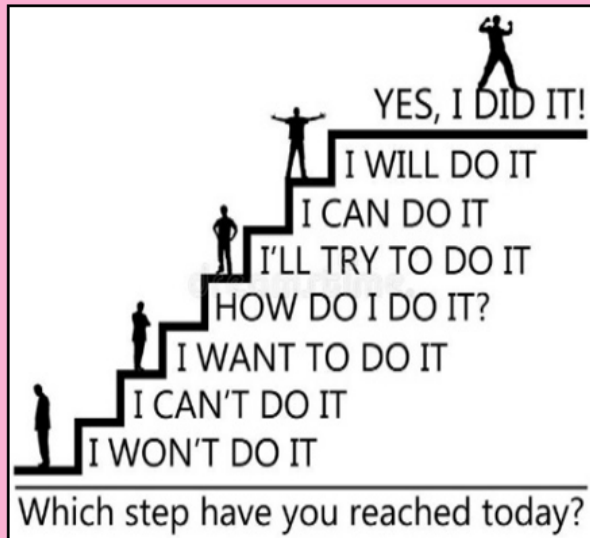
The belief that we improve when we work hard, try new things, and DON'T give up!



Resilience

Fixed vs. Growth

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them



Which step have you reached today?

Tricks to be a resilient learner?

