



Your brain is like a muscle: the more you use it, the more it grows!

The only way is up!

FIXED MINDSET GROWTH MINDSET SOMETHING YOU'RE BORN WITH COME FROM HARD WORK. SKILLS CAN ALWAYS IMPROVE SOMETHING TO AVOID SHOULD BE EMBRACED **CHALLENGES** • COULD REVEAL LACK OF SKILL AN OPPORTUNITY TO GROW. • TEND TO GIVE UP EASILY MORE PERSISTANT UNNECESSARY ESSENTIAL **EFFORT** • SOMETHING YOU DO WHEN YOU A PATH TO MASTERY ARE NOT GOOD ENOUGH • GET DEFENSIVE FEEDBACK TAKE IT PERSONAL SOMETHING TO LEARN FROM IDENTIFY AREAS TO IMPROVE • BLAME OTHERS • USE AS A WAKE-UP CALL TO SETBACKS GET DISCOURAGED **WORK HARDER NEXT TIME.**



From this website:

https://belmontteach.wordpress.com/learninghubs/challenge/



Personal Development 3A

perseverance.

want to learn new things. am eager to take risks.

Is this really my best work? What else can I improve?

I know this will help me

even though it is difficult.

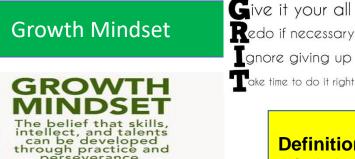
I'll use another strategy;

and I know what to fix.

I wonder how they did it. Let me try to figure it out.

my mistakes help me learn.

I recognize my weakness,



Check this out for mental health awareness



Definitions:

Grit - is the ability to keep working toward a goal, overcoming challenges and sticking with it even when it's hard. A true definition of grit would say that grit is a personality trait that helps you keep working toward long-term goals despite setbacks or failures.

Resilience – is the ability to cope when things go wrong. Resilience can also be described as:

- Bouncing back after difficult times
- Dealing with challenges and remaining positive
- Giving things a go or trying your best
- Being strong on the inside
- Being able to cope with what life throws at you and shrug it off
- Standing up for yourself

Growth Mindset is the belief that intelligence improves through study and practice. Children with a Growth Mindset tend to see challenges as opportunities to grow because they understand that they can improve their abilities by pushing themselves. If something is hard, they understand it will push them to get better.

Some things to try:

- Think of a time when you gave up on something. What could you do differently if a similar thing happens in the future and write down a plan.
- When you learnt to walk or ride a bike, did you give up because you couldn't do it first time? Or did you carry on until you mastered it? Think of an example of how you could apply this to your school work and write it down.

