

Growth Mindset

Citizenship

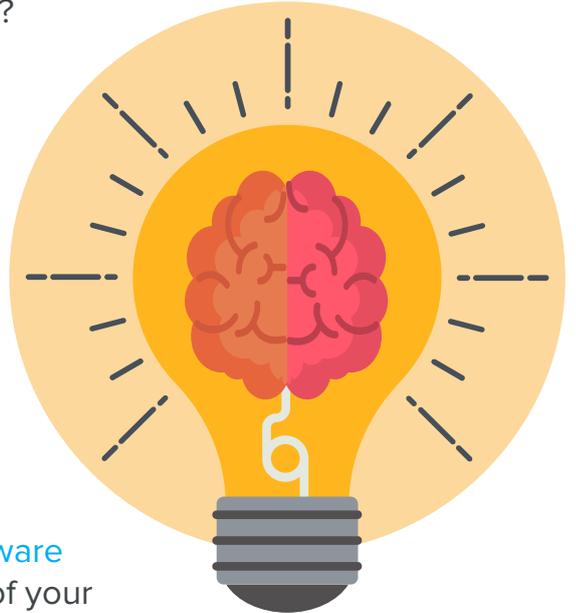
Related FlashAcademy® lessons:

Beginner > School Essentials > Learning & Understanding

Beginner > Work & School > What are you like? II

Intermediate > Home, Time & Leisure > Make vs do

If you make a mistake, how do you feel? What do you do? If you feel bad and say things like, 'I'm not good at this,' 'I'll never get better' or 'This is too difficult, there's no point trying,' then you might have a **fixed mindset**. If you have a fixed mindset, then you're right – it will be very difficult to improve! However, there is a solution. You can train yourself to think in a more positive way and try to develop a **growth mindset** instead. With a growth mindset, you think things like 'I can learn from my mistakes,' 'I don't understand this now but I can ask questions and learn more,' or 'This is a challenge that I can **overcome** if I work hard.' The belief that you can achieve your goals if you work hard leads to greater success. You can try to change your mindset by being **aware** of your emotions and trying not to let them take control of your thoughts. If you **catch** yourself thinking negatively and with a fixed mindset, that's okay. Just pause and take some time to think about how you can **rephrase** the thought to make it more positive. It will take practice, so don't worry if you don't have a growth mindset yet – that's the point! With hard work and a positive attitude, you will succeed.



Match the words with a definition:

fixed mindset	•	•	to succeed in achieving something that seems difficult
growth mindset	•	•	say something in a different way
overcome	•	•	a way of thinking where you believe you can change by working hard
aware	•	•	knowing that something exists or is happening
catch	•	•	notice
rephrase	•	•	a way of thinking where you don't believe you can change

Read the text again and answer the questions:

- 1 What type of thing might you think if you have a fixed mindset?
- 2 If you have a fixed mindset, how easy is it to improve your work?
- 3 How can you develop a more positive way of thinking?
- 4 If you have a growth mindset, what could you say instead of 'I don't understand'?
- 5 If you realise you are thinking with a fixed mindset, what can you do?
- 6 Is it easy to develop a growth mindset immediately?



Discuss with a friend, teacher, or your class

Do you have a fixed or a growth mindset?
Can you give examples?

Why is it sometimes difficult to have a growth mindset?

How can you help a friend develop a growth mindset?



Challenge!

Make speech bubbles and write growth mindset thoughts inside them. Stick them around your room or school.

