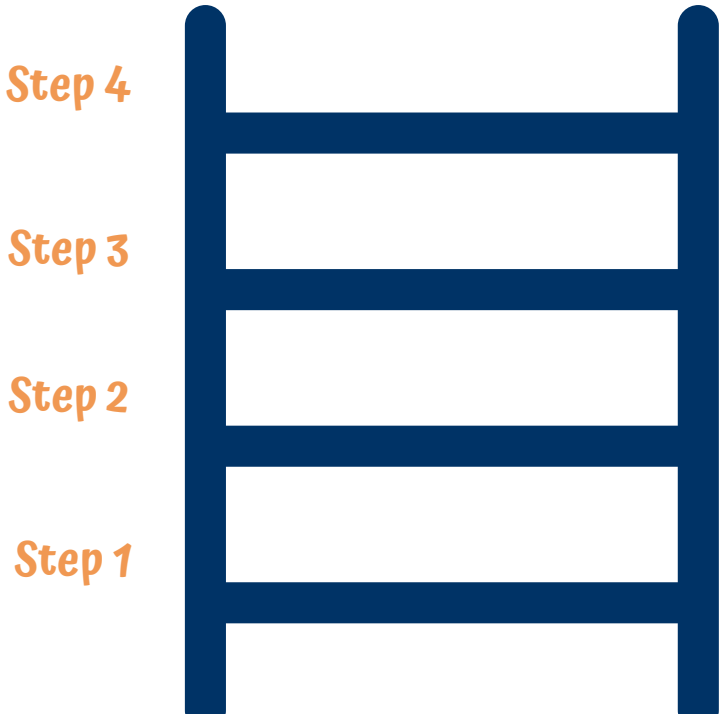
Embrace A Challenge

Write or draw something you can't do YET!

What are the STEPS you need to take to be able to do it?
Write them on the ladder.

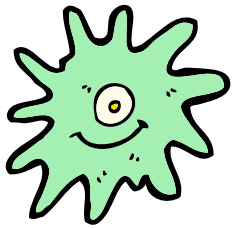


REACH FOR THE STARS

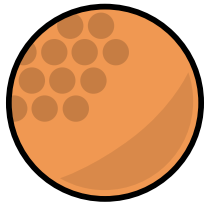
Growth vs Fixed Mindset

Do you know what a growth mindset is? It's when you think that you can better at something by putting in some effort and practise. A fixed mindset, on the other hand, is thinking that you're either good at something or you're not and there's no point putting effort into something you're not naturally good at.

A growth mindset is like a ball of slime - it can stretch and change shape. A fixed mindset is like a marble - it's hard and doesn't stretch or change shape.



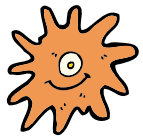
I'm slime!
I can stretch and grow!!



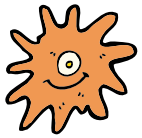
I'm a marble!
I stay the same

Slime or Marble?

Draw a line from each statement to either slime or a marble



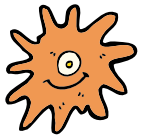
I've never played netball before but I'd like to give it a go



I'm never going to be good at sport

I'm so bad at Maths

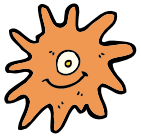
If something doesn't work, I try a different strategy

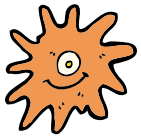


I don't give up easily

I embrace challenges

I improve with practise

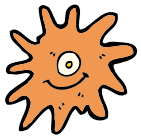


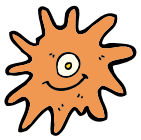


Everything has to be perfect

It's fun to try something new

I don't say I cant't do it,
I say I can't do it YET!





Write 3 things you are good at in the stars

How did you get to be good at these things?