



Cut along the dotted lines.

GROWTH MINDSET

SCENARIO CARDS

1 You find something really hard.

Try saying:

"I can't do it yet, but I'll keep trying."



2 You made a mistake.

Try saying:

"Mistakes help me learn and get better."



3 You feel like giving up.

Try saying:

"I'll take a break and try again."



4 You're not as good as someone else.

Try saying:

"I'm on my own journey. I can learn from others."



5 You don't understand it yet.

Try saying:

"I'll ask questions and keep learning."



6 It takes a long time.

Try saying:

"Good things take time and effort."



7 You got negative feedback.

Try saying:

"I can use this feedback to improve."



8 You're worried about a test or challenge.

Try saying:

"I've got this. I'll do my best."



9 You can't do it on your own.

Try saying:

"I can ask for help and keep going."



10 You don't like something you're learning.

Try saying:

"I can try to find the good in it."



11 You're not sure where to start.

Try saying:

"I'll take it one step at a time."



12 You didn't reach your goal.

Try saying:

"I'll learn from this and set another goal."

