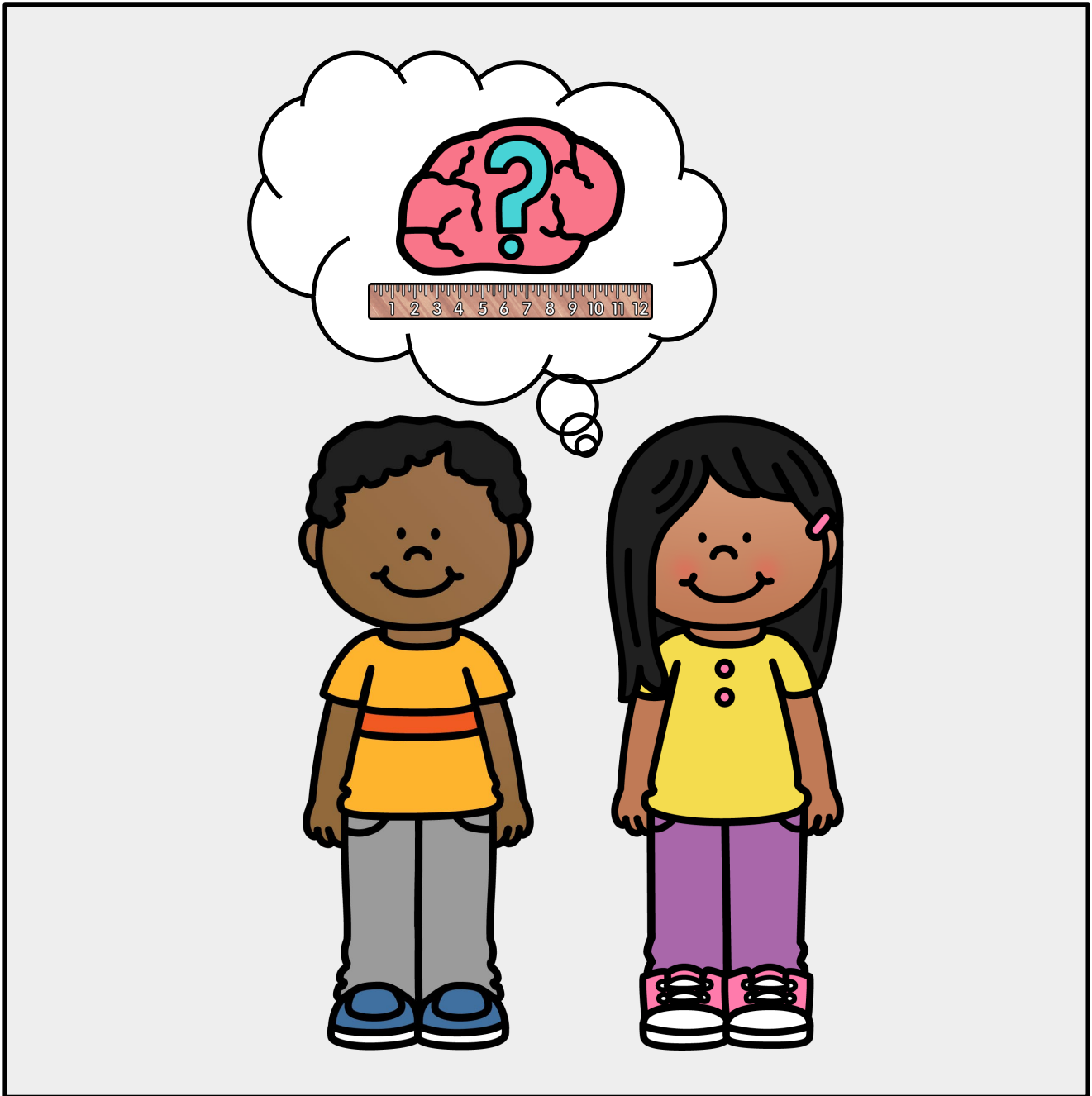




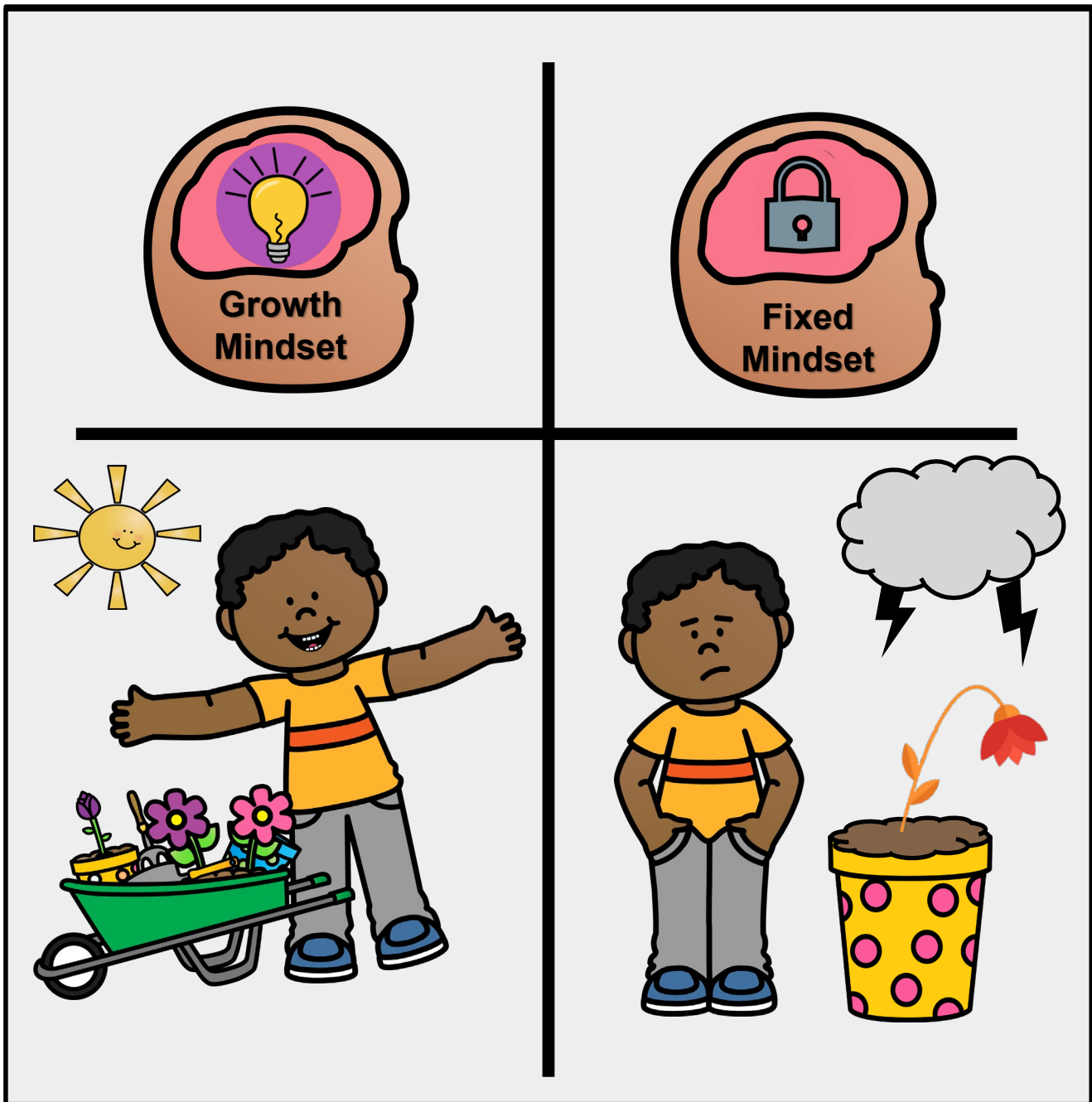
# **Introduction to Growth Mindset**



Hello! Our names are Sasha and Sully. Did you know that just like our bodies grow bigger and taller, our minds grow too? Your mind is a part of your brain. Your brain is like a muscle that helps you to learn and do many different things.

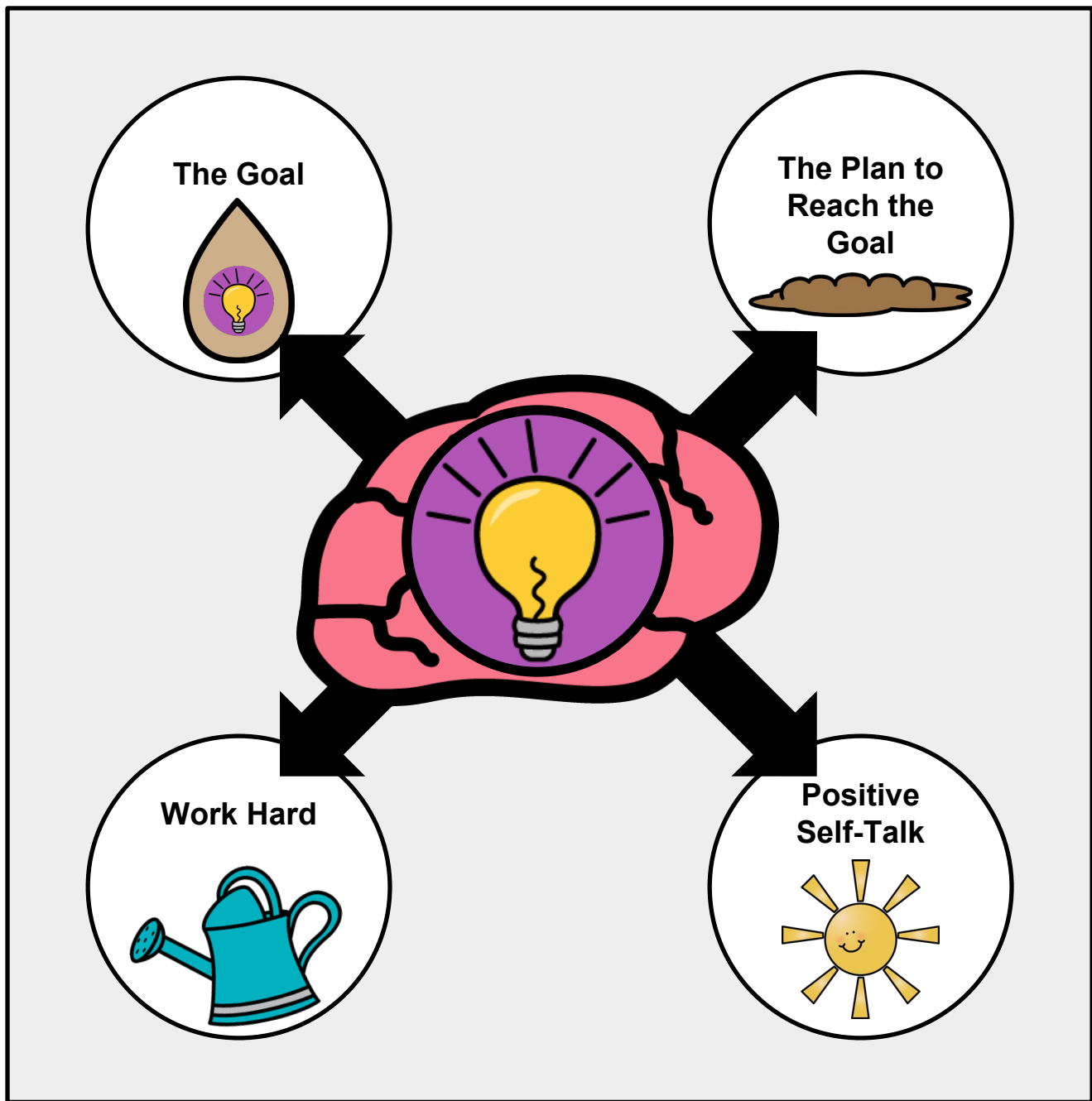


To grow your brain, you need to use a growth mindset. Using a growth mindset means you have an “I can” attitude towards trying new things and overcoming challenges. A challenge is something you can’t do yet or are nervous to try. A goal is something you want to work towards getting better at or learn to do that requires a plan to reach it.



When you use a growth mindset, you set goals, try new things, keep practicing until you make progress, and believe in yourself and your ability to grow and learn.

Sometimes overcoming challenges or reaching goals can feel hard. It is important NOT to use a fixed mindset. A fixed mindset is having an “I can’t” attitude towards trying new things and overcoming challenges. When you use a fixed mindset, your brain gets stuck and has a difficult time growing or learning new things.



Your mind is like a garden. When you give it the proper care it needs to grow, you end up with something beautiful. A garden starts with a seed and needs good soil, water, and sunlight.

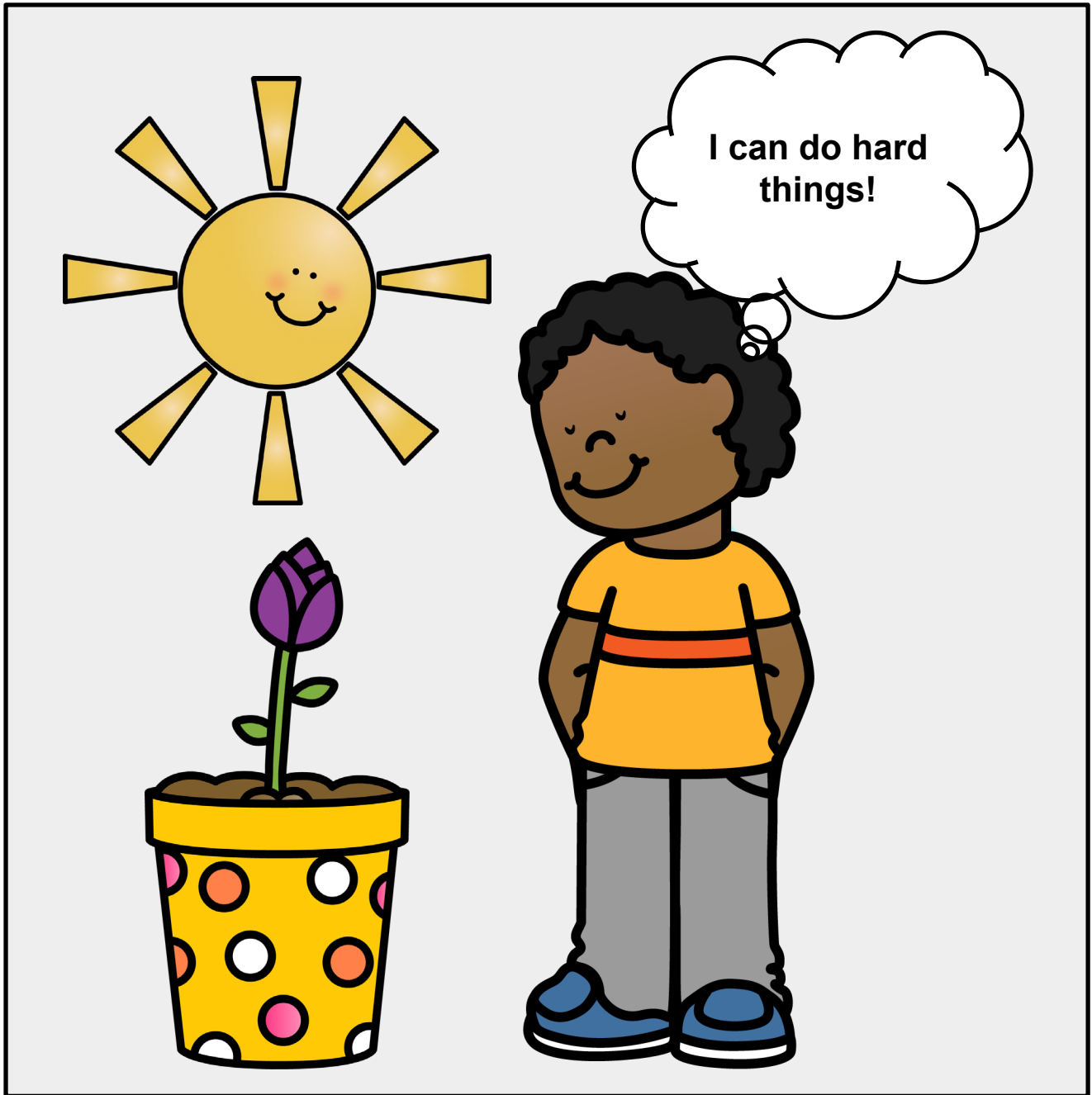
Growth mindset starts with identifying your goal and needs a plan, hard work, and positive self-talk to reach it.



Reaching your goal requires a plan. If your goal is to learn how to ride a bike, the plan might be to find a bike and safety gear you can use, ask someone to help you, and practice everyday until you are able to ride it on your own.

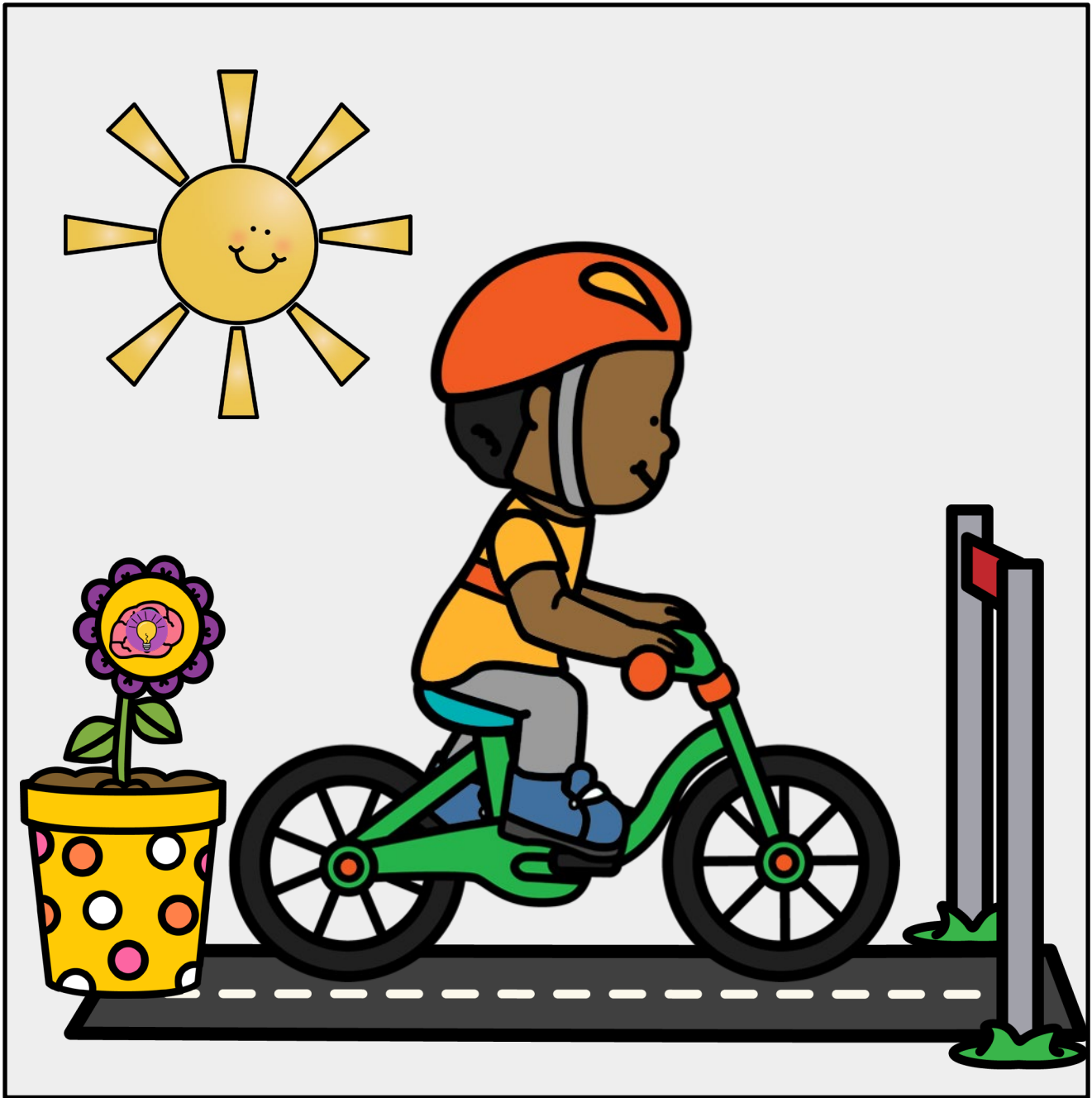


Following the plan can feel like hard work. When you use a growth mindset, you are willing to work hard even when it might feel challenging in the beginning.

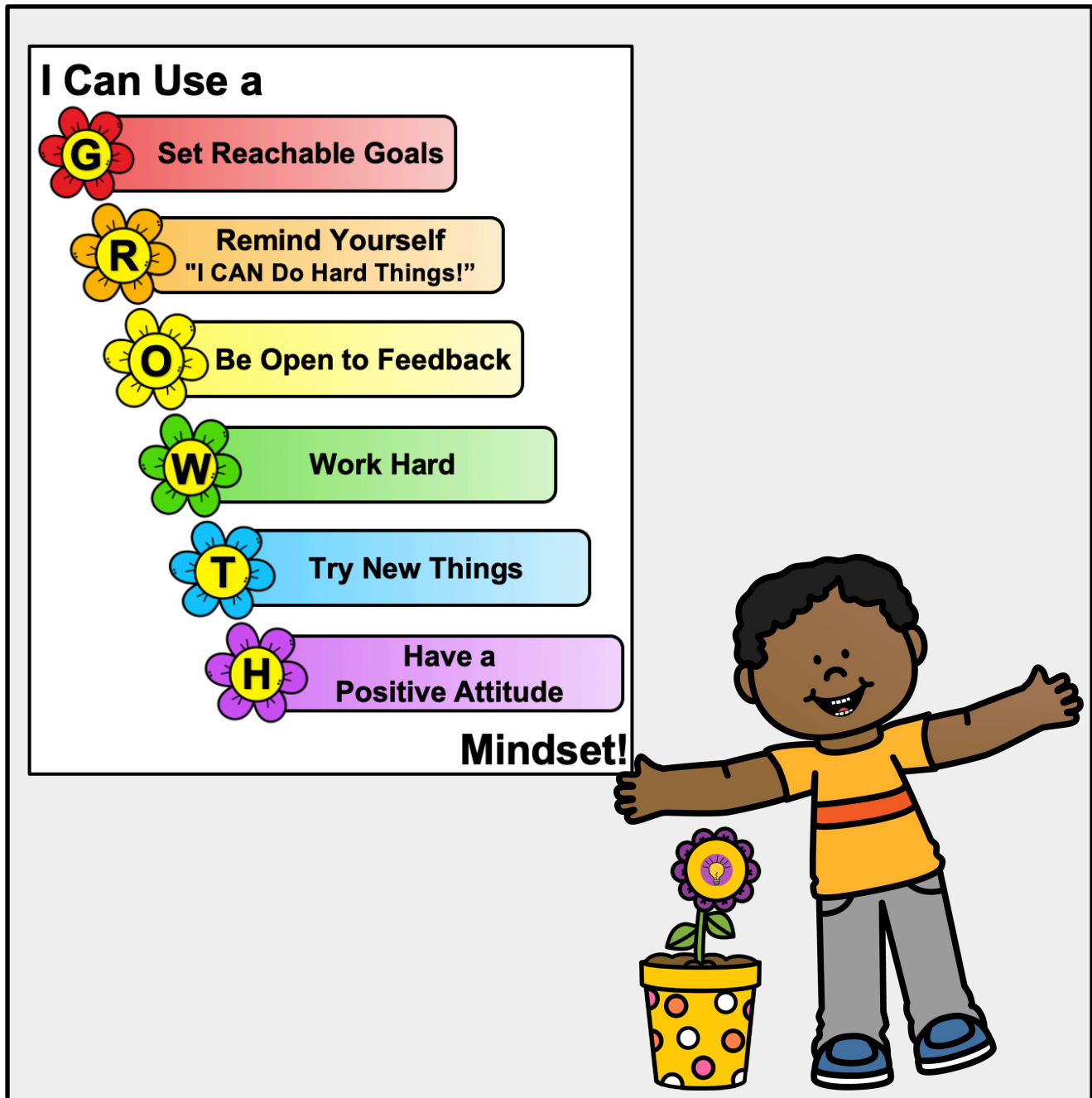


When a new challenge comes your way, you can use positive self-talk such as, “I can keep practicing” or “I can do hard things” while being patient with your progress.





With a good plan, time, practice, and remembering to use a growth mindset, you can reach any goal you put your mind to!



**Remember:** Using a growth mindset helps our brains to grow and learn new things. When we set goals, there are things we can do to reach them like using positive self-talk, being open to feedback from others, working hard, trying new things, and having a positive attitude.

**When is one time YOU have used a growth mindset?  
How did this help you to reach your goal?**