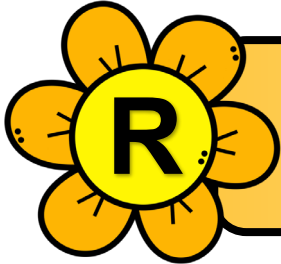# I Can Use a

CREATIVELY FOCUSED

G — Set Reachable Goals

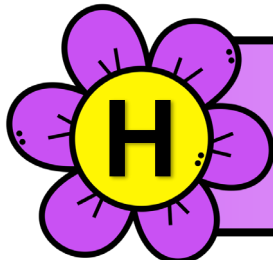**R** — Remind Yourself "I CAN Do Hard Things!"
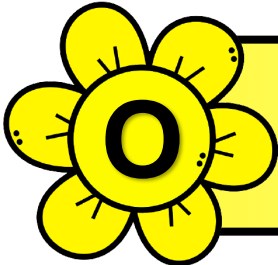
O — Be Open to Feedback

W — Work Hard
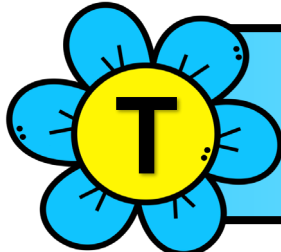
T — Try New Things

H — Have a Positive Attitude

Mindset!

Fixed Mindset

Growth Mindset

Instead of Saying:

Say This Instead!

I CAN'T! → **I CAN try!**
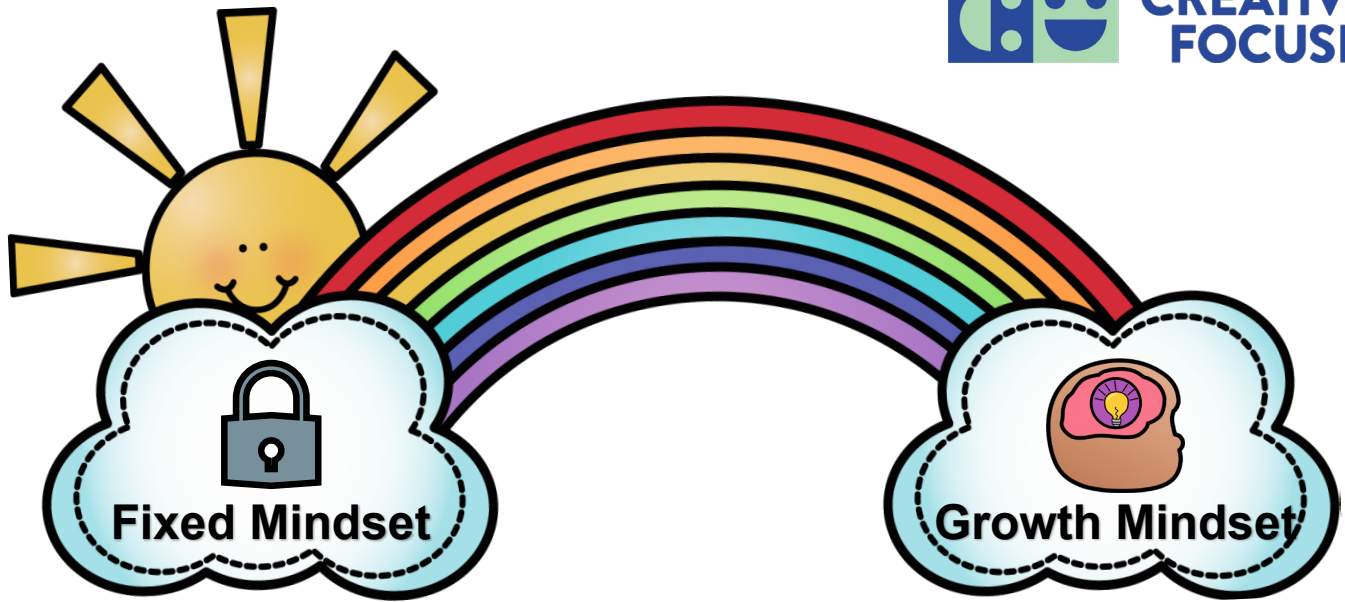
This is too hard. → **Even when things feel hard, I won't give up!**

Why try if I will make mistakes? → **I learn by making mistakes and taking risks.**

This is a waste of time. There is too much to figure out! → **What can I learn from this?**

Using a Growth Mindset

When I face a challenge, I can…

Stay calm and use a growth mindset.

I will reach my goals and adults, friends, and I will feel proud and happy.

Overreact and use a fixed mindset.

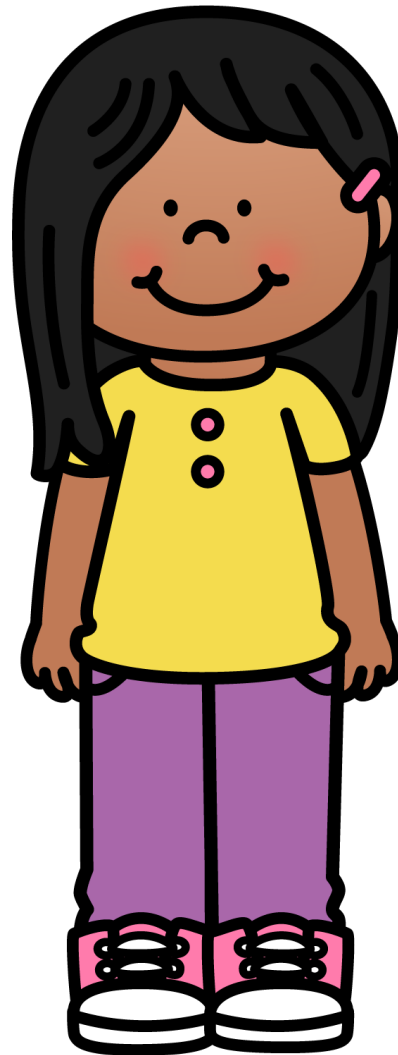I will not reach my goals and adults, friends, and I will feel disappointed or sad.
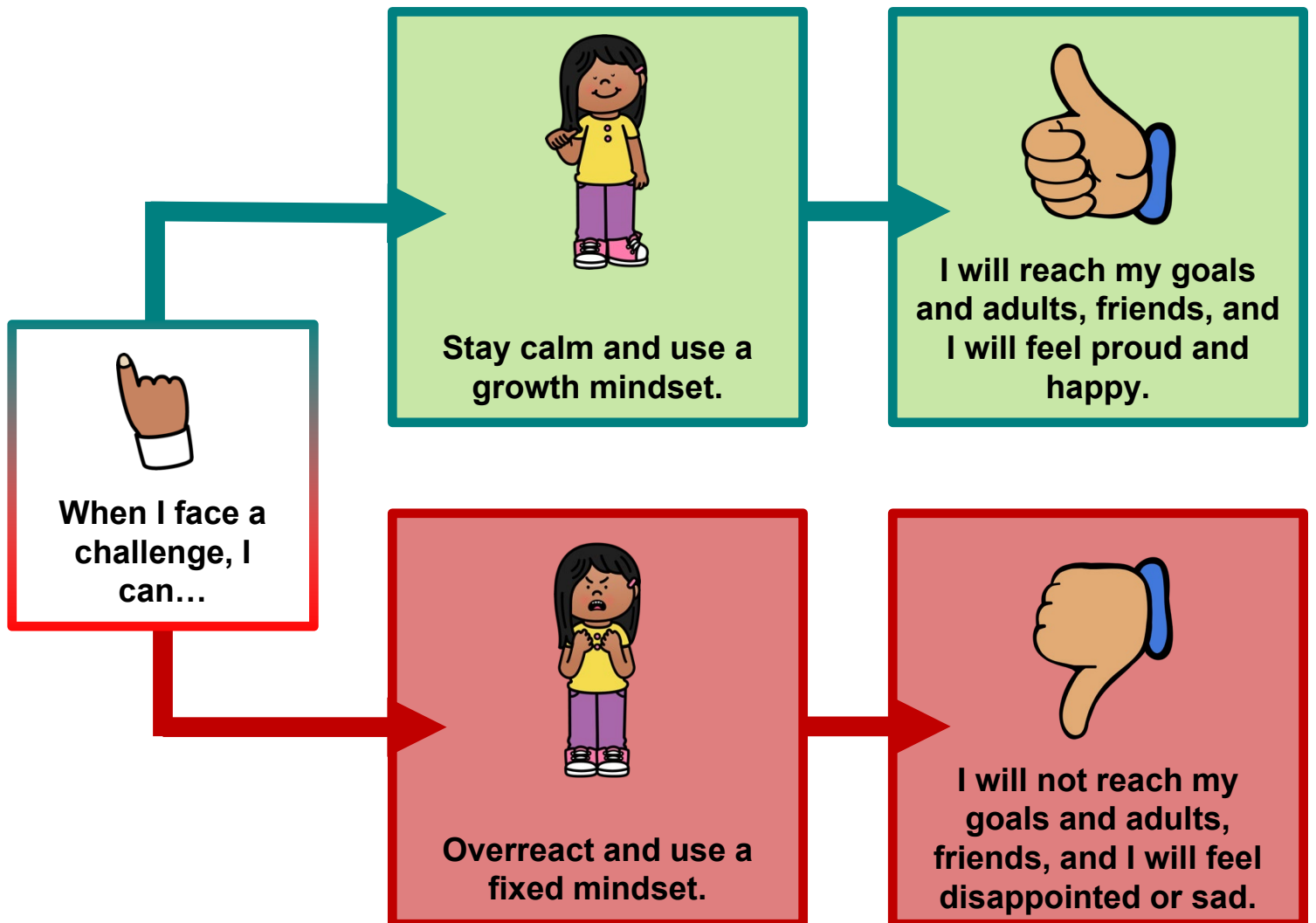
Teacher Pictures
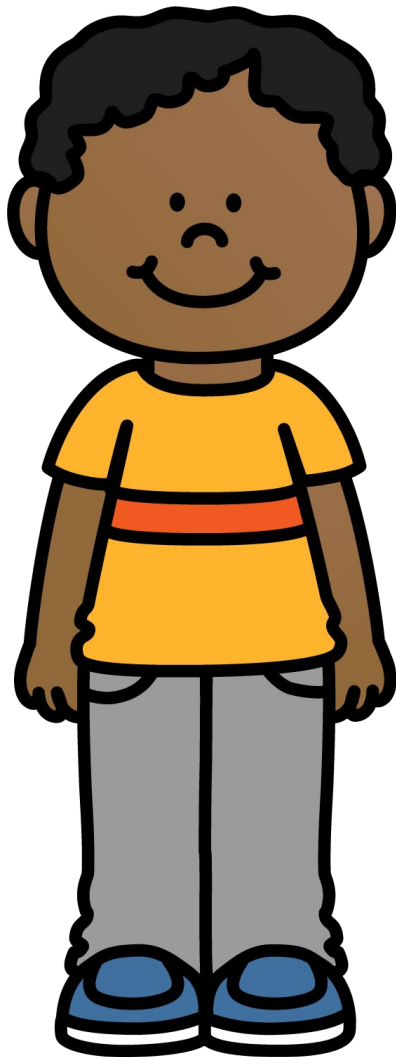
Sully

Sasha

Create your own Characters!

1. Laminate (optional)
2. Cut
3. Use during lesson to role play