

Challenge Your Mindset



Home Activity

We are learning that challenges, mistakes, and problems are part of everyday learning activities and social interactions. How we think about and respond to these problems has an impact on how we manage our learning and on how we handle the next problem that comes our way. We are learning to use a growth mindset and problem-solving approaches to develop resilience strategies that will help us cope in times of challenges and setbacks.

We understand that:

- Who we are and what we are good at is not fixed
- The way we think, feel and learn shapes our brain
- I can change through the choices I make

Early Level (P1)

Words can help us to change our mindset. On the back of this sheet are some inspiring words for you to colour. Discuss what they mean with your parent/carer.

First Level (P2–P4)

Words can help us to change our mindset. On the back of this sheet are some inspiring words for you to colour. Discuss with your parent/carer how you could use them to help you to face a challenge.

Second Level (P5–P7)

Changing your words can help you to change your mindset. Instead of saying 'I'm not good at this', try saying 'Mistakes are proof that I am trying'. Think about what you could say instead of:

- This is too hard
- Mine isn't good enough – I give up
- I'll never get it
- They are so smart – I'll never be that smart
- This is good enough

Choose one of your new phrases and design a 'Doodle Art' quote poster on the back of this sheet. You can design one of your own or look at this website for ideas: www.doodle-art-alley.com/quote-coloring-pages

Please return your home activity to school so you can share your ideas with your class. Some examples will be chosen to share at our Sharing Assembly.

Missy's
are

PROOF that you

are
BRIAN

GOV RAGE DOES
NOT ALWAYS **ROAR**.

SOMETIMES IT'S THE
QUIET **AT** THE
END OF THE DAY SAYING

IT WILL TRY AGAIN
TOMORROW

I'm going to try saying ...

