

GROWTH MINDSET

WORKBOOK for **KIDS**

55 Fun Activities to Think Creatively,
Solve Problems, and Love Learning

Ages 8-12



PEYTON
CURLEY

GROWTH MINDSET

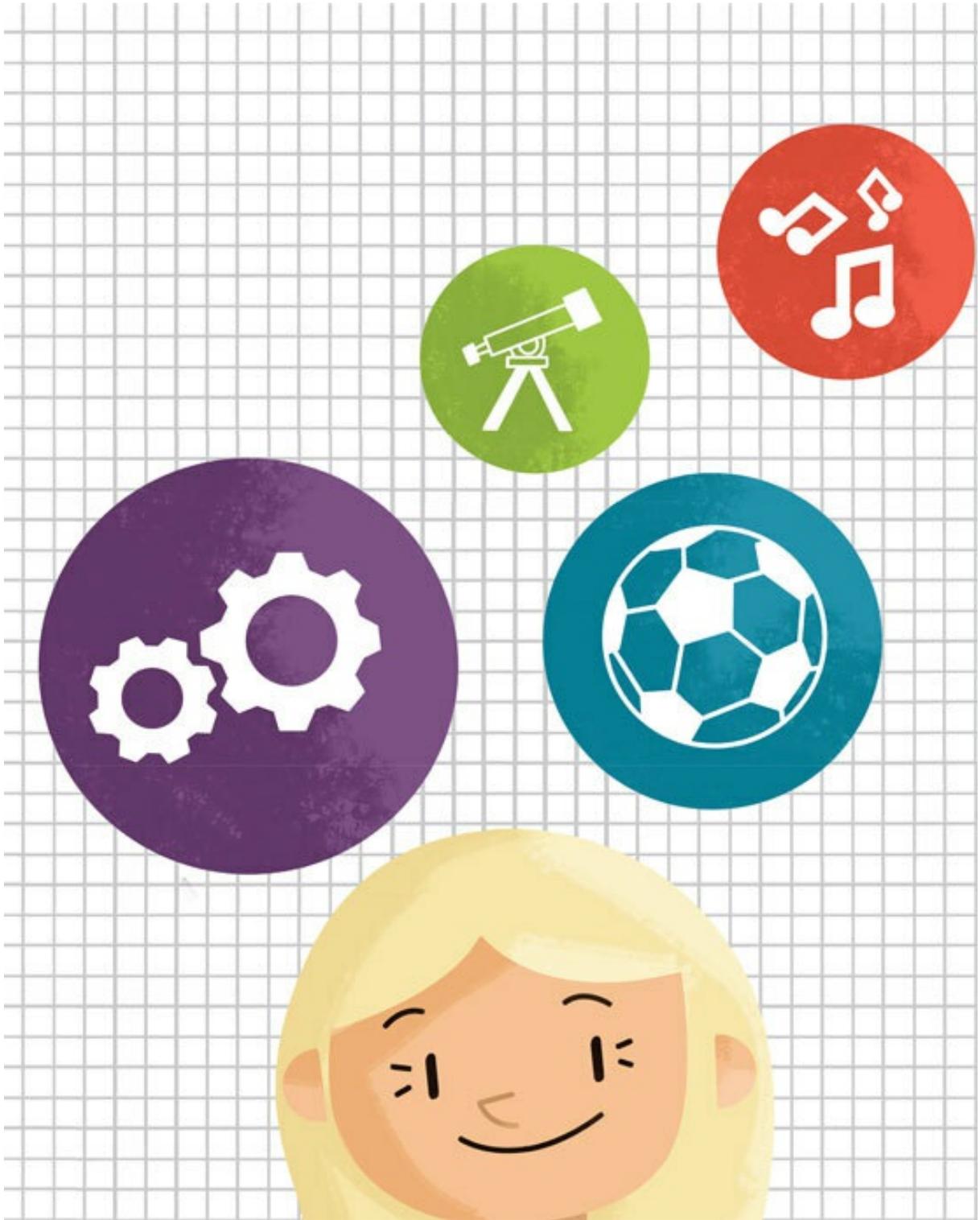
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ILLUSTRATED BY TYLER PARKER

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ROCKRIDGE
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To the West End School (Louisville, Kentucky)
Class of 2025, for being the fuel for my passion.
YOU CAN BE ANYTHING YOU DREAM OF.

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How to Use This Workbook on an Ebook Device

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A Letter to GROWN-UPS

Whether you are a parent, guardian, teacher, counselor, or other mentor, I'd like to thank you for your commitment to furthering the social emotional development of a child. As a former elementary school teacher, I have seen the power that a growth mindset can have in a student's life. I've seen children who were so hesitant to make mistakes that they avoided work become self-motivated, confident, and high-achieving students after learning and applying a growth mindset.

Without the right tools and strategies, many children get stuck in a fixed mindset. A fixed mindset is the belief that our abilities, talents, and intelligence are static: We are either good at something or we aren't. This way of thinking is limiting and holds children (and adults) back from reaching their full potential. A growth mindset is the belief that our abilities, talents, and intelligence can grow or change through effort and perseverance. A growth mindset equips children with the skills to work through challenges, set and achieve goals, and think creatively. It boosts self-esteem and encourages educational risks.

This book teaches kids the difference between a fixed mindset and a growth mindset in an engaging way. They will learn the actual brain science behind why a growth mindset works. The exercises in this book are designed to cultivate a growth mindset in children. They address such concepts as learning from mistakes, problem solving through multiple approaches, using feedback, goal setting, positive thinking, and more. The shift from a fixed to a growth mindset isn't easy. It involves risk taking and requires children to try and fail and try again.

Here are some tips for how you can support children through this process:

- Use and encourage language that reflects your own growth mindset. For example, instead of saying, "I can't do it" to your child, try saying, "I'm still working on improving."
- Accept mistakes as learning opportunities. Share examples of your own mistakes and discuss how you were able to learn and grow as

a result.

- Help children regulate emotions. There are a lot of uncomfortable emotions associated with trying new things, making mistakes, and failing. Some simple strategies for regulating these emotions include taking deep breaths, counting to ten and back, going for a short walk, and drinking a glass of water.
- Give praise for effort, creativity, and problem solving. Recognize growth, rather than just achievement.
- Encourage curiosity.
- Familiarize yourself with the brain science behind a growth mindset (covered in [chapter 1](#)), and remind children as they struggle that their brain is growing and changing.

Encourage your child to get started on the exercises. Offer support along the way, and be excited! If you are, they will be, too!

YOU'RE
DOING GREAT



A Letter to
KIDS

Have you ever thought, “Maybe I’m just not a math person” or “Some people just aren’t good at art, and I’m one of them”? What if I told you that just by changing the way you think, you could become a “math person” or improve your skills in art? What if I told you that you could become a better reader or soccer player or actor, or, well, anything you want? Well, you can! You just need a growth mindset. With a growth mindset, you can actually change your brain! A growth mindset is the belief that how smart you are and how good you are at something can actually change with hard work. That means that as long as you are willing to work through challenges and keep going when things get tough, you can achieve pretty much anything you want! With a growth mindset, the possibilities are endless.

In this book, you will learn more about what a growth mindset is, why it’s important, and how your brain changes when you have one. You’ll get to try fun exercises and activities that will help you practice having a growth mindset, so you can go out in the world and be AMAZING!

All the fun exercises in this book were made just for you. They work best if you go in order, but if you get stuck on one, it’s okay to move ahead and go back later. After all, a growth mindset is all about pushing forward when things get tough. Nothing should get in the way of becoming a growth mindset expert!

It’s time for [chapter 1](#) , where you’ll learn all about what a growth mindset really is and how it can help you achieve amazing things. Repeat after me: “I CAN DO AMAZING THINGS!” Good job. Now you’re all ready for [chapter 1](#) !

CHAPTER 1

WHAT DOES “GROWTH MINDSET” MEAN?

Your brain is a lot like the muscles in your body. When you use a muscle over and over again, it gets stronger. The same is true of your brain! You can actually train your brain to get smarter. This is a big part of the growth mindset. When you have a growth mindset, you understand that practicing a skill or studying information can grow and change your brain. A growth mindset is believing that you can learn new things and improve your skills with practice. People who have a growth mindset are more likely to be successful because they push themselves to keep learning and growing. When someone has a fixed mindset, they don't believe they can get better at something through practice. People with a fixed mindset often give up instead of working harder. In this chapter, you will learn all about the growth mindset and begin to discover how it can help you achieve amazing things in your life.

So, what is a fixed mindset?

“I didn’t make the basketball team last year, so I guess I’m not good enough to make it this year, either.”

“I never get good grades on my math tests, so there’s no point in studying.”

“What’s the point of going to art class? I’ll never be good at drawing.”

These kids all have a fixed mindset. They believe that all their skills and abilities are “fixed,” meaning they can’t change. They don’t believe that hard work and practice can change how good or bad they are at something. Once a person with a fixed mindset decides they aren’t good at something, they just quit trying. Having a fixed mindset will hold you back from trying new things or becoming the best you can be at something. If you are feeling like you’ve had a fixed mindset in the past, don’t worry! We are going to work toward changing that through the activities in this book.

What is a growth mindset?

“I didn’t make the basketball team last year, but I have been practicing every day to try again.”

“I have been struggling in math, but I know if I keep studying and work with my teacher, I can improve my grades.”

“I’m not the best artist in the class, but I’m getting better with practice.”

These kids all have a growth mindset. They believe that their skills and abilities can change or grow with practice. They don’t give up when they are facing a challenge. When someone has a growth mindset, they are more open to trying new things because they aren’t afraid of failing. Having this mindset gives people more opportunities in life. A growth mindset doesn’t make it easier to learn new things or improve your skills. You will still have to work hard, but when someone has a growth mindset, they know that putting in the extra effort will be worth it.



Mindset Quiz

The first step to having a growth mindset is understanding your thinking! Not sure which mindset you have? You can take this quiz to see which mindset you mostly have right now. Be sure to answer each question honestly. To have a growth mindset, we have to be honest with ourselves, even when it is hard.

EVENT	I'D SAY . . .	OR I'D SAY . . .
You failed this week's vocabulary quiz.	I guess I'm just not good at remembering definitions.	Next time I'll practice and study harder. I bet I could get all of them right.
You didn't make the soccer team.	I'll never be good enough to make the team.	I bet I could make the soccer team next year if I practice more.
You got in trouble for talking during class.	I'm always going to get in trouble at school because I have trouble being quiet.	I can work on my self-control and improve my behavior.
You didn't get a part in the school play.	I guess I'm just not that good at acting.	I'll talk to the drama teacher and ask how I can improve for the next play.
You hurt a friend's feelings when you lost your temper.	It's not my fault that I have a temper. I can't help it.	I'll apologize to my friend. Next time, I'll take deep breaths to calm down instead of losing my temper.
You left your homework sitting on the kitchen table.	I just have a bad memory, so I forget things a lot.	Next time, I'll put it in my backpack before bed so I don't forget.
You missed the game-winning shot in your basketball game.	I'm not good at basketball. I guess I should quit the team.	I'll keep practicing my shooting. Maybe I'll make the next one.
You got a D on your math test this week.	I'm just not a good math student.	I'll get a tutor for some extra help in math.
You rushed through your project and got a bad grade.	I'm too busy for school projects. I always get bad grades.	Next time, I'll take my time on the project instead of waiting until the night before.
You keep messing up one part of the song you are supposed to play at your piano recital.	This song is just too hard for me, no matter how much I practice.	I'll practice the tricky part with my piano teacher before the recital.