

# Growth Mindset

Name:

Date:



## Growth Mindset and the Power of Yet

A growth mindset is the belief that abilities and intelligence can be developed through dedication, hard work, and learning from feedback. It contrasts with a fixed mindset, where people believe their qualities are fixed traits.

The power of "yet" is a powerful tool in fostering a growth mindset. Instead of saying "I can't do this," saying "I can't do this yet" emphasizes the potential for growth and improvement over time.

**Example:** Instead of "I don't understand this math problem," say "I don't understand this math problem yet."

### Growth Mindset

### Fixed Mindset

Learns from criticism · Ignores useful negative feedback · Persists in the face of setbacks · Gives up easily · Avoids challenges · Sees effort as a path to mastery · Sees effort as fruitless or worse · Finds lessons and inspiration in the success of others · Feels threatened by the success of others · Embraces challenges

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## Your superpower - the power of "yet"

### The Power of Yet in Gymnastics

Emma loved gymnastics. She admired the older gymnasts who could flip and twirl with such grace. But every time she tried to do a backflip, she would fall. It was so frustrating!

One day, her coach, Miss Lisa, saw her sitting on the mat, looking sad. "What's wrong, Emma?" she asked. "I can't do a backflip," Emma sighed. "I keep falling."

Miss Lisa smiled and said, "You can't do a backflip yet."

Emma looked puzzled. "Yet?" she asked.

"Yes," Miss Lisa replied. "Yet means you are still learning. It means you will get there if you keep practicing and believing in yourself."

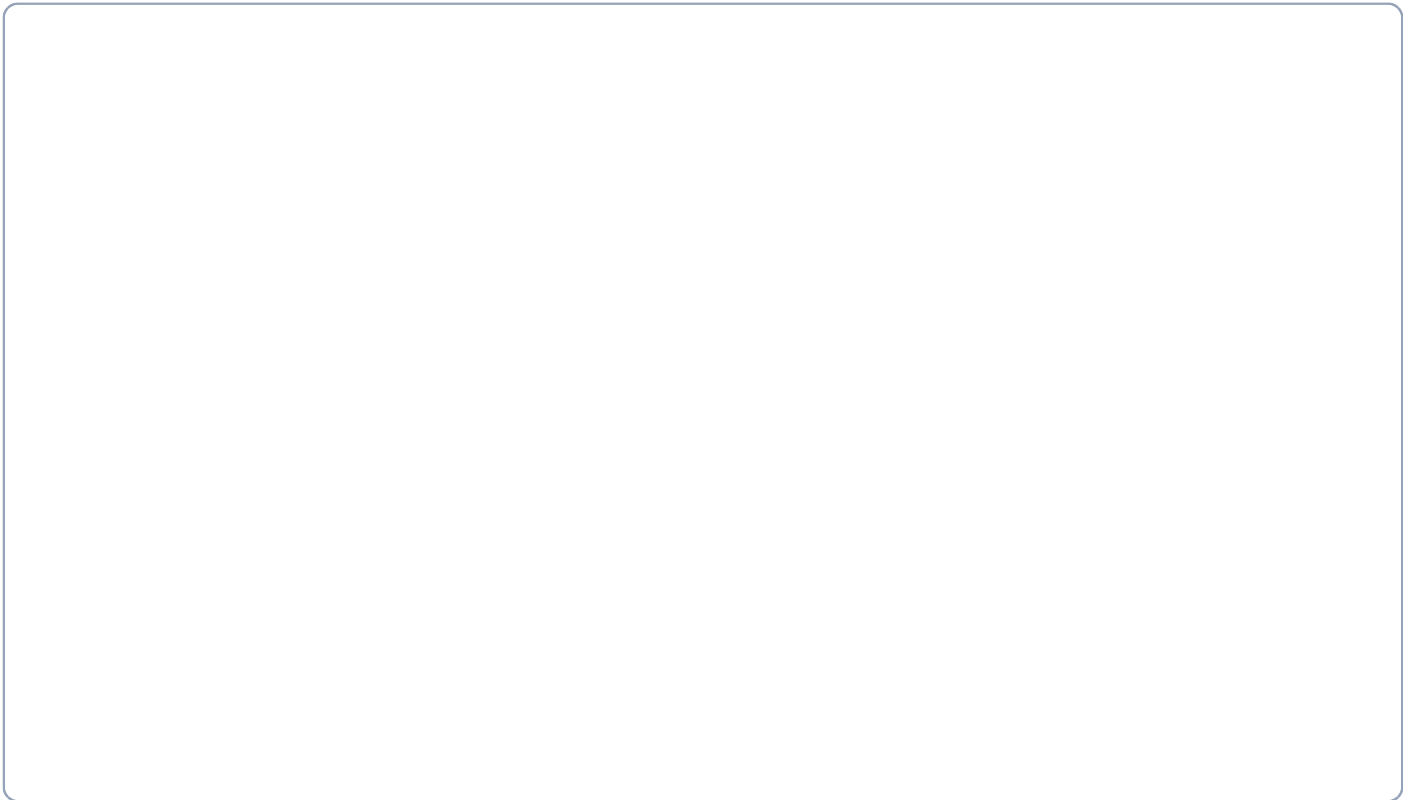
Emma decided to give it another try. She practiced every day after school. She fell many times, but each time she remembered Miss Lisa's words: "You can't do a backflip yet."

Weeks passed, and one sunny afternoon, Emma finally did it! She landed her backflip perfectly. She ran to Miss Lisa, beaming with pride. "I did it!"

Miss Lisa hugged her. "See? You just needed to believe in the power of yet."

Emma learned that day that with hard work and the right mindset, she could achieve anything she set her mind to. She couldn't do a backflip at first, but she could do it yet.

**Find one thing you can't do yet and create a mind map with strategies that will get you there**

A large, empty rectangular box with rounded corners and a thin blue border, intended for creating a mind map. It occupies the central portion of the page below the instruction text.

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## Mistake Tracker

Reflect on a time when you faced a challenge while learning a new skill or task. Use the sections below to track your mistakes and growth throughout the process.

<b>What was the mistake?</b> Describe the specific mistake you made while learning the new skill or task.	
<b>How did it feel?</b> Explain how making the mistake made you feel emotionally and physically.	
<b>What did you learn from it?</b> Discuss the lesson you learned from making this mistake.	
<b>How did you improve after?</b> Describe the actions you took to improve and how you eventually succeeded.	

## Effort Tracker

Track your progress in learning a new gymnastics skill. Reflect on your practice sessions and improvements over time.

<b>What did you do/practice?</b> Describe specifically what skill you practiced and how you went about it.	
<b>How did it feel?</b> Explain your feelings during the practice sessions. Were you frustrated, excited, or something else?	
<b>How much time did you spend on it?</b> Indicate the amount of time you dedicated to practicing this skill. Be specific and honest.	
<b>How did you improve after?</b> Describe the progress you made. What improvements did you notice after your practice?	