



GROWTH MINDSET

Activity Booklet
Merrymount

Introduction

Having a growth mindset helps us overcome challenges and failures in our lives and welcome them as opportunities to grow and learn.

This booklet is all about helping you develop a growth mindset through fun art activities!

word search

Can you find all the words in the word search below?

W Z N A C C E P T A N C E I C F U R
B C R E A T I V I T Y V M M Z Y Z E
I N S P I R A T I O N M X G R H S S
P M T K Z C O M P A S S I O N Q H I
O D H J B V F L E X I B I L I T Y L
S D V B F N W C H A L L E N G E C I
I I E N C O U R A G E M E N T W U E
T V G R O W T H L E A R N I N G Y N
I O Q N I B M I S T A K E S W O L T
V K I N D N E S S P R A C T I C E N
E G O H O M C O U R A G E Y E T Z Y
T R U S T O P T I M I S M H O P E I

- ACCEPTANCE
- CHALLENGE
- COMPASSION
- COURAGE
- CREATIVITY
- ENCOURAGEMENT
- FLEXIBILITY
- GROWTH
- HOPE
- INSPIRATION
- KINDNESS
- LEARNING
- MISTAKES
- OPTIMISM
- POSITIVE
- PRACTICE
- RESILIENT
- TRUST

growth mindset

Growth Mindset



Helps me see challenges and failure as opportunities for growing and skill building.

Fixed Mindset



Tricks me into thinking that things can't change no matter how hard I try or practice I put in.

Growth Mindset | Fixed Mindset

- | | |
|---|------------------------------------|
| • embrace challenges | • avoid challenges |
| • keep trying when things don't go well | • give up easily |
| • hard work makes a difference | • see hard work as pointless |
| • find inspiration when others do well | • feel jealous when others do well |



match it

For each statement circle if this is an example of someone having a fixed mindset or a growth mindset.

Fixed Mindset

Growth Mindset

Everyday I get a little bit better.

Fixed Mindset

Growth Mindset

If it is hard, I would rather just give up.

Fixed Mindset

Growth Mindset

If it didn't work this time it will never work.

Fixed Mindset

Growth Mindset

When I face a problem I know I can work towards a solution.

Fixed Mindset

Growth Mindset

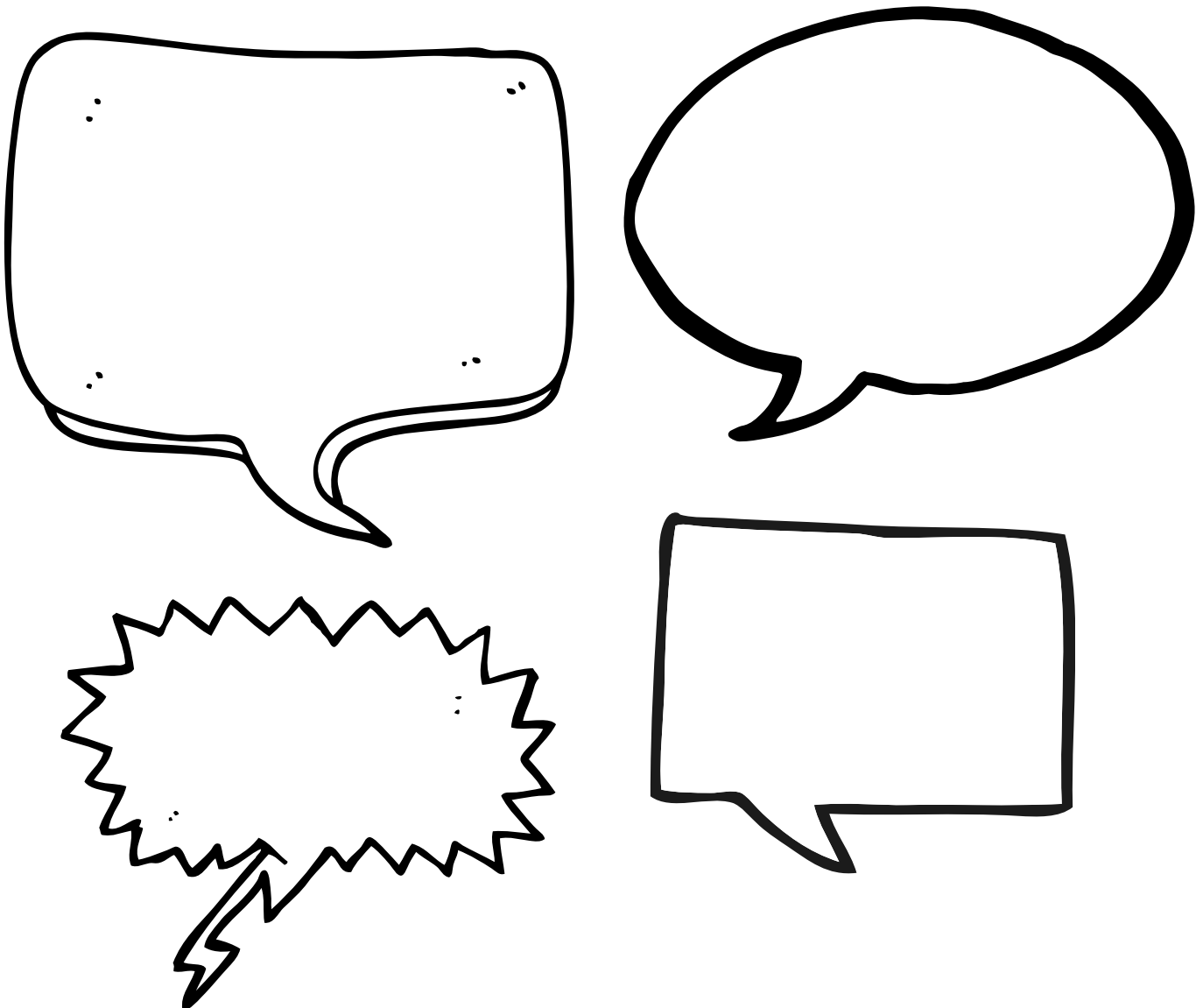
I can learn from my mistakes.



I LOVE
NEW
CHALLENGES
BECAUSE
THIS IS
HOW I GET
BETTER.

challenges

We all face challenges. The important thing to remember is that challenges are great learning opportunities and that keeping a positive attitude can make all the difference.



FILL THE SPEECH BUBBLES ABOVE WITH MESSAGES OF ENCOURAGEMENT YOU CAN SAY TO YOURSELF THE NEXT TIME YOU FACE A CHALLENGE.

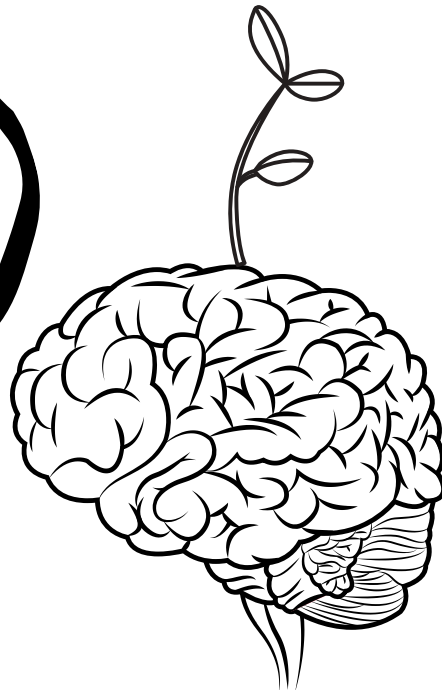


FILL IN THE IMAGE USING
CALMING COLOURS

growing my brain

Did you know that you can grow your brain?! Just like your muscles get stronger through exercise, you can exercise your brain to make it stronger as well.

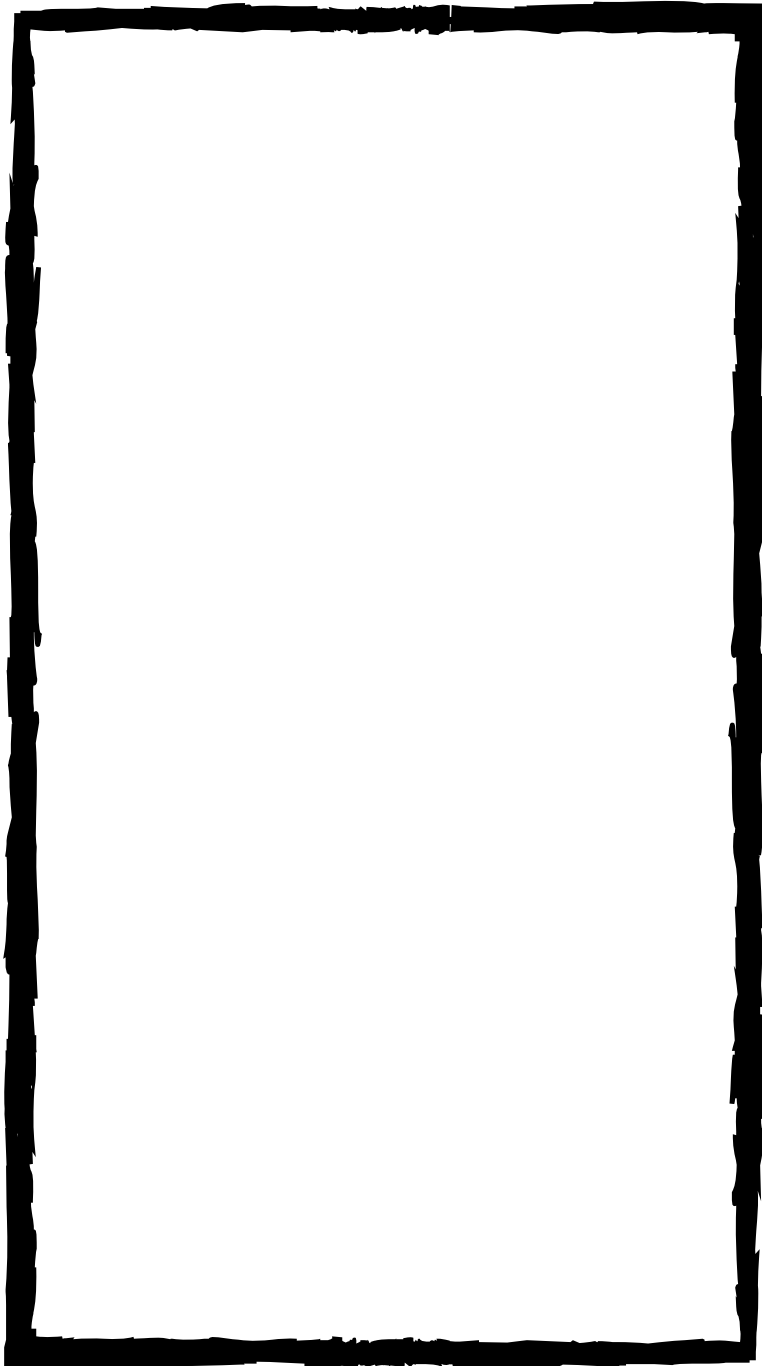
WE CAN GROW OUR BRAIN BY LEARNING NEW SKILLS. LEARNING NEW SKILLS TAKES TIME, PRACTICE AND USUALLY A FEW FAILED ATTEMPTS BUT EVENTUALLY WE GET THERE, LIKE LEARNING TO RIDE A BIKE!



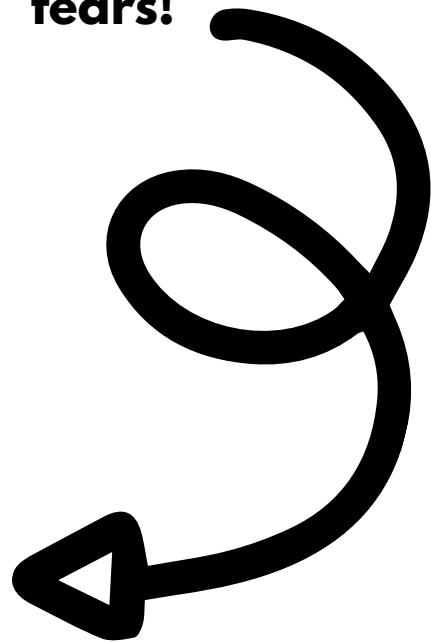
Draw or write a new skill you would like to learn to grow your brain!

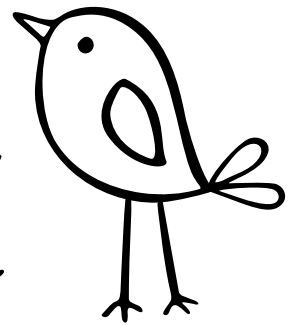
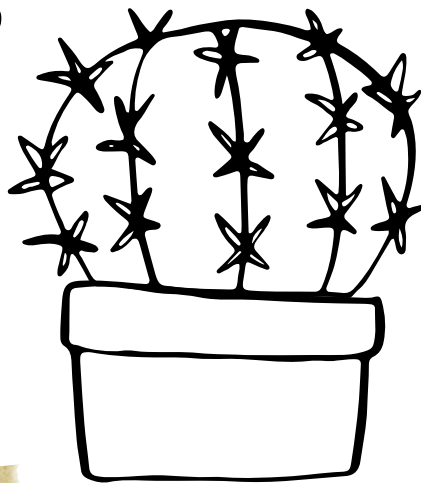
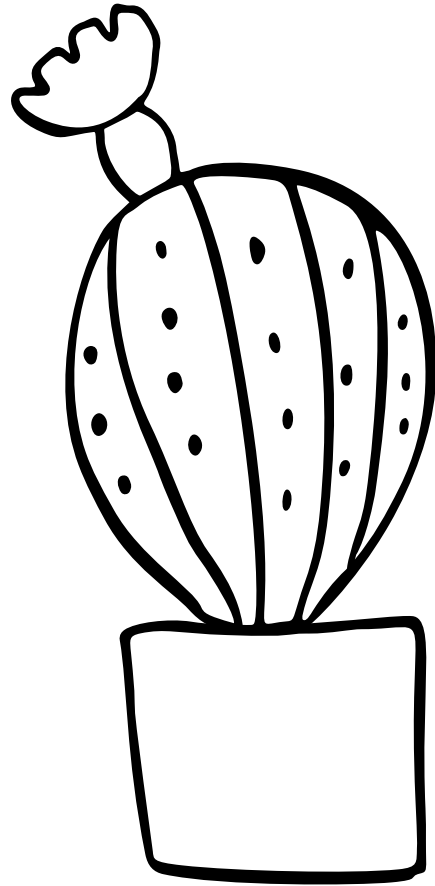
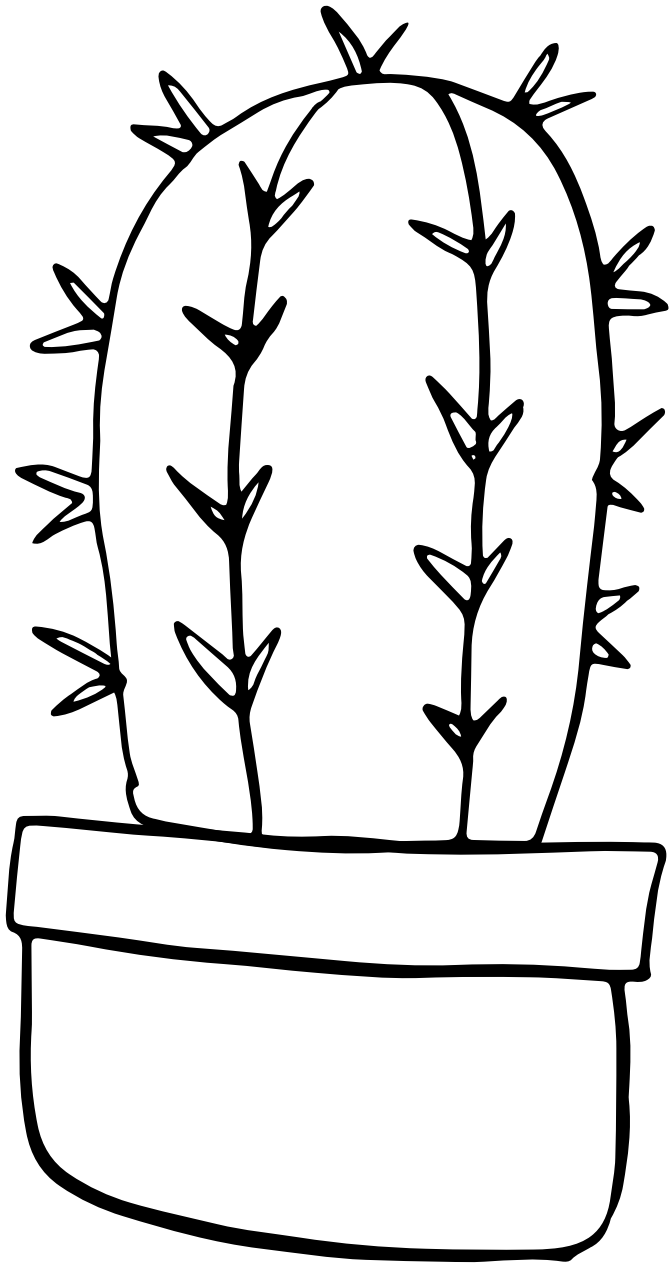
facing my fears

Trying new things can be scary at first, but when we step up to a challenge we might be surprised with what we can accomplish!



Think of all the things you used to be scared of that don't scare you anymore. How did you face those fears? Draw a picture of a time you faced your fears!



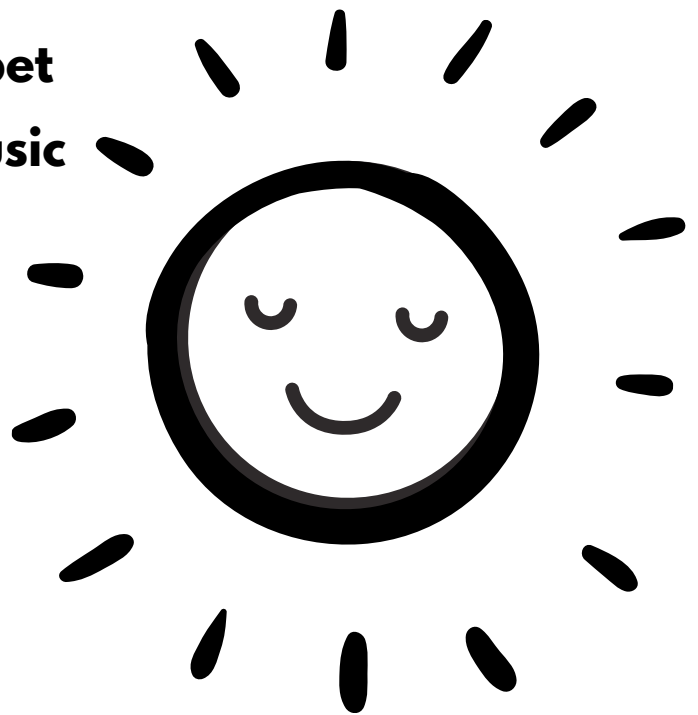


FILL IN THE IMAGE USING
HAPPY COLOURS

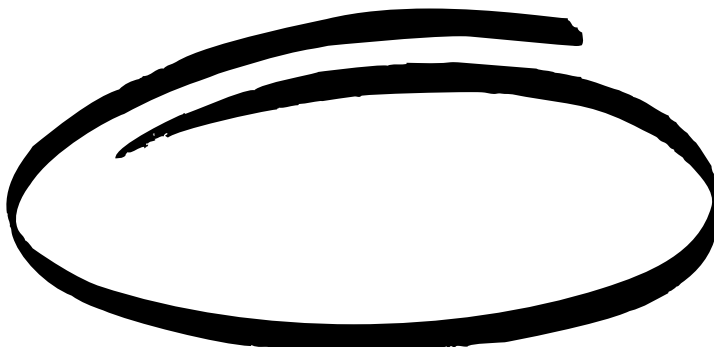
take a break

Sometimes we just need to take a break before we can try again. Pick which activities below would be a helpful break for you!

- Hug a stuffy**
- Yoga**
- Chill in a comfy chair or in bed**
- Breathing exercise**
- Spend time with a pet**
- Listen to calming music**
- Go for a walk**
- Colour**
- Read a book**
- Talk it out**
- Ask for help**
- Drink some water**
- Journal**



Add your favourite way to take a break



what I can or can't control

There are lots of things in life we won't be able to control, like what the weather will be or what homework our teacher assigns. Understanding what we can or can't control in our lives can help us direct our energy to the things we can influence or change!

THINGS I CAN'T CONTROL

THE WEATHER

THINGS I CAN CONTROL

MY ATTITUDE

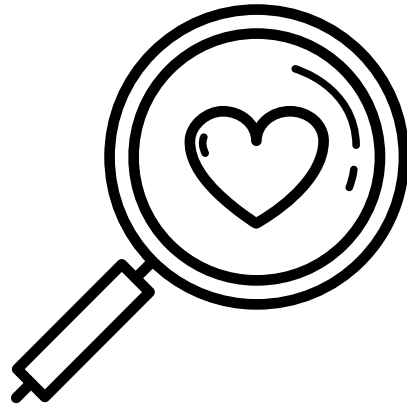
my achievements

On the trophies and medals below write down some of your accomplishments. These could be learning to ride your bike, scoring a goal in soccer, doing well on an assignment, being a good friend or learning something new!





FILL IN THE IMAGE USING
ENERGIZING COLOURS

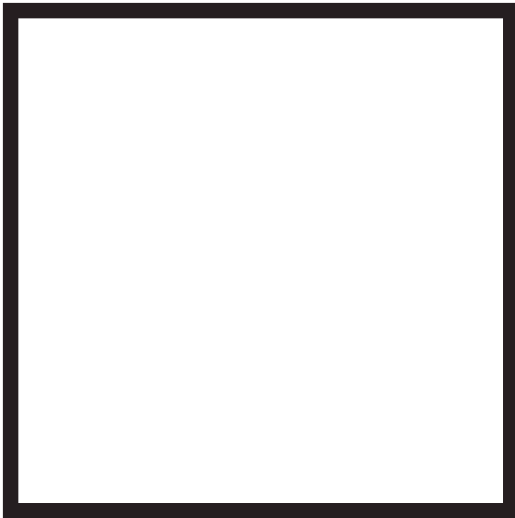


WITH LOTS
OF PRACTICE
AND EFFORT
I CAN REACH
MY GOALS.

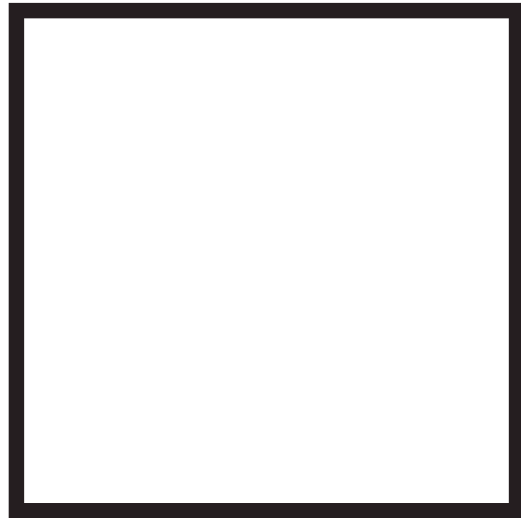
my goals

List your goals in the days and years to come.
They can be big goals or little goals you pick!

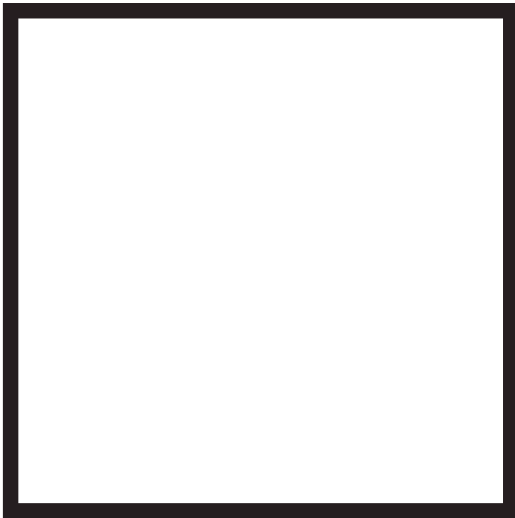
this week



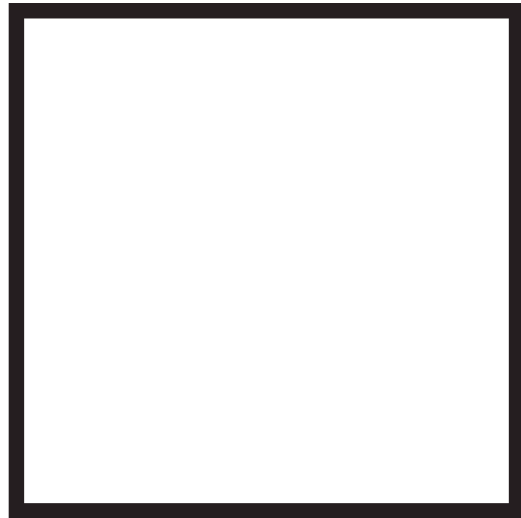
this month



this year



this decade



abc's of gratitude

for each letter of the alphabet name one thing you are thankful for. For example for "A" you might write art if this is something you are thankful for!

A _____

B _____

C _____

D _____

E _____

F _____

G _____

O _____

P _____

Q _____

R _____

S _____

T _____

U _____

H _____

I _____

J _____

K _____

L _____

M _____

N _____

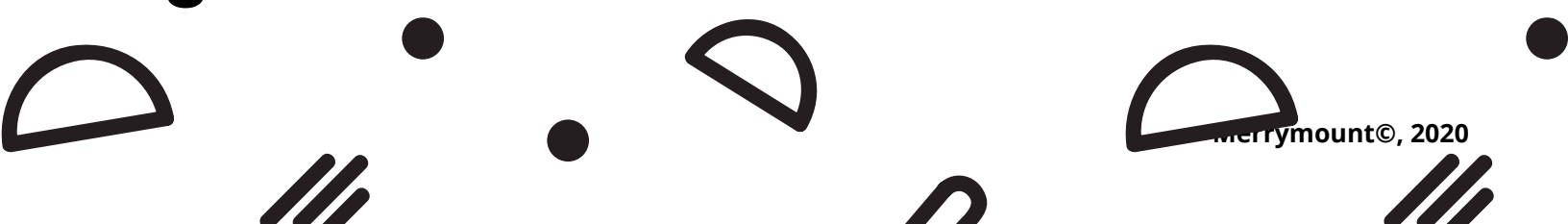
V _____

W _____

X _____

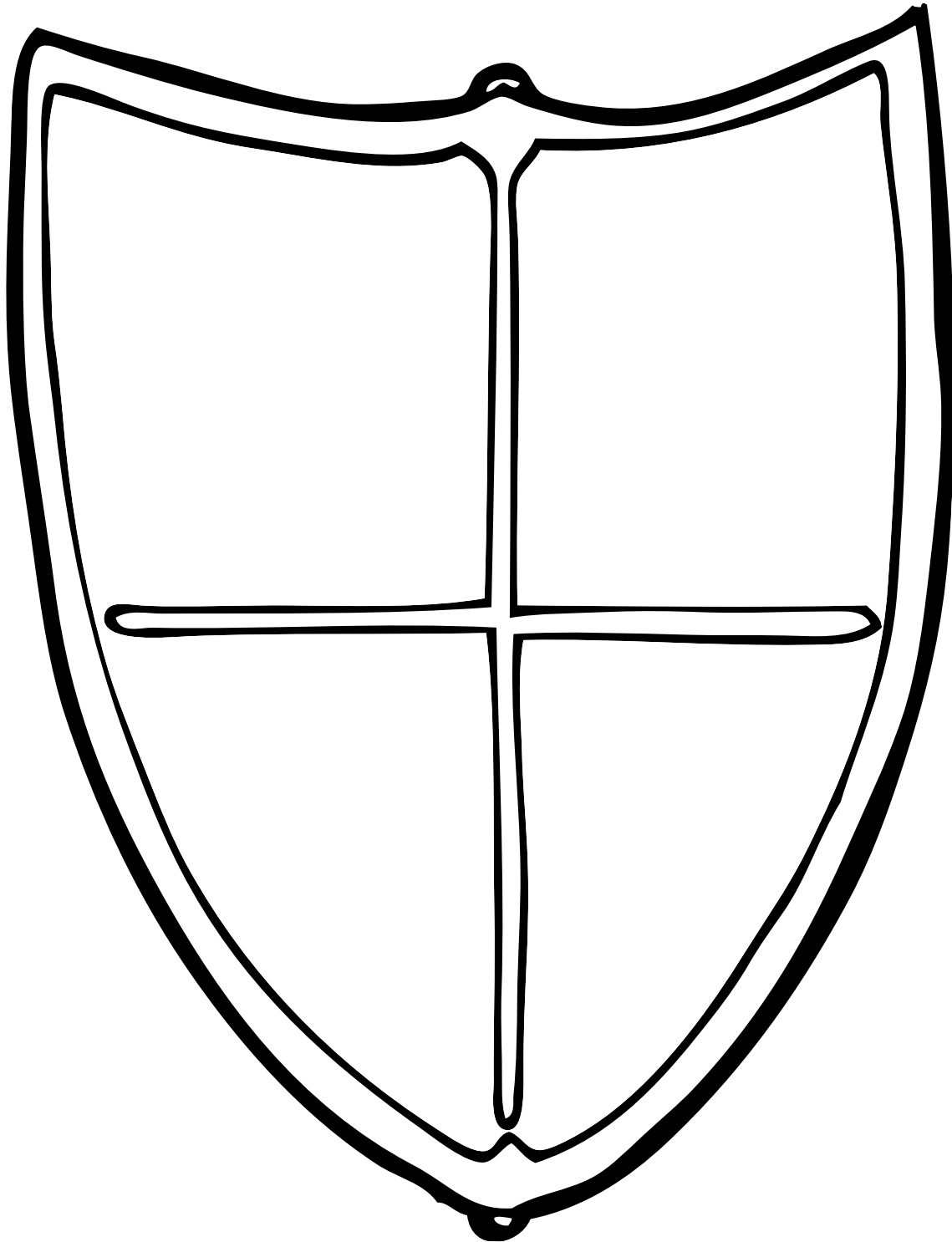
Y _____

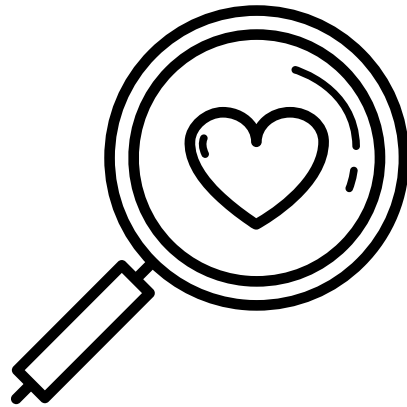
Z _____



shield of positivity

Design your own shield of positivity to deflect
negative thoughts!





**MISTAKES
HELP ME
GROW.**

you're the expert

What advice would you give another kid who might be having a hard time believing in themselves?



