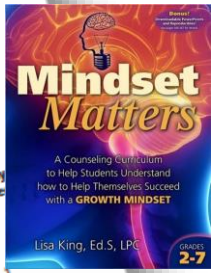


SAMPLES of MINDSET MATTERS A GROWTH MINDSET CURRICULUM by Lisa King



POWER OF YET POEM

By Lisa King

I can't do it, I don't get it
 Maybe I should just forget it
 People all around me say
 To just stick with it day to day.
 They say things like "Don't you fret,
 You just don't get it YET."
 YET you say, YET you teach
 All things could be within my reach?

YES!

You mean I'll learn it eventually
 I'll understand it mentally.
 All in good time, the power's in waiting
 While keeping up the grit and training.
 Telling my brain that I will get
 Growth Mindset and the Power of YET.



How Gritty are You?

Directions

Circle the answer that best describes you of 1-5 according to the descriptions above the numbers. Remember there are no right or wrong answers.

- | | Strongly Agree | Agree | Not Sure! Sometimes | Disagree | Strongly Disagree |
|---|----------------|-------|---------------------|----------|-------------------|
| 1. I have been able to work through some hard times. | 5 | 4 | 3 | 2 | 1 |
| 2. I am embarrassed to ask my teacher for help when I need it. | 5 | 4 | 3 | 2 | 1 |
| 3. I am very focused on getting my work done. | 5 | 4 | 3 | 2 | 1 |
| 4. When things don't go my way, I keep on working and don't let it get me down. | 5 | 4 | 3 | 2 | 1 |
| 5. I can stay focused, even when something is boring. | 5 | 4 | 3 | 2 | 1 |
| 6. I am a hard-working person. | 5 | 4 | 3 | 2 | 1 |
| 7. I have many activities that I'm really interested in. | 5 | 4 | 3 | 2 | 1 |
| 8. Long assignments are difficult for me. | 5 | 4 | 3 | 2 | 1 |
| 9. I always finish what I start. | 5 | 4 | 3 | 2 | 1 |
| 10. Even when classwork is difficult, I work at it until I get it done. | 5 | 4 | 3 | 2 | 1 |

Now, write the number that you circled for the following questions:

- Question 1 _____
- Question 3 _____
- Question 4 _____
- Question 6 _____
- Question _____

Total when _____
 Adapted by _____
 Modified _____

See below for a scale of how GRITTY you are:
 30-28 You are the grittiest of the gritty.
 27-25 You definitely have grit, lots of it.
 24-20 You try and keep trying.
 _____ the time, you give your _____ a bit more on _____

Mindset Matters Student Pre/Post Survey (Grades 2-5)

Name: _____

Teacher: _____

1. I can be anything I want to be when I grow up.

2. I am smart.

3. It is OK if I make mistakes.

4. I know how to calm down if I start getting angry.

5. People would say I have a good attitude.

_____ could teach others _____ how brains work.

_____ once something _____, I will _____

_____ mind set to learn!

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Name _____
 Adult Signature _____

Growth Mindset Tic-Tac-Toe

For more information on Growth Mindset, watch this video clip:
 Carol Dweck, 'Developing a Growth Mindset'
<https://www.youtube.com/watch?v=hiiEeMN7vbQ>

Once you have completed 3 activities in a row, check them off for tic-tac-toe you! Then, bring this paper back to school and turn it into your counselor to be entered in a drawing for a prize.

Discuss with someone at home a new hobby you want to try.	Draw a picture of yourself trying something new.	Think of a problem you had today and how you learned from this situation.
Do the Growth Mindset Chant for someone at home.	Say this out loud (so someone else can hear): "I can do anything!"	Make up a poem about having a growth mindset.