Growth Mindset: Evidence and Action

Grade 5 | Psychology | Self-reflection | Color

Learner: _____ Date: _____

A growth mindset means skills can improve with effective practice, strategies, feedback, support, and time. It does not mean pretending work is easy. Use the evidence.

TRY IT

Complete all six prompts. You may write, point, explain aloud, or use a scribe.

1 **Helpful: ask for feedback? yes / no**

_____

2 **Helpful: repeat one strategy forever? yes / no**

_____

3 **Helpful: say 'not yet'? yes / no**

_____

4 **Helpful: hide every mistake? yes / no**

_____

5 **Name one strategy change:**

_____

_____

6 **Write an evidence-based next step:**

_____

_____



Grown-up check: yes; no; yes; no; answers vary, such as use a model, smaller steps, or a different example; next step includes practice, strategy, feedback, support, and/or time.

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