**Growth Mindset Activity**

A mindset makes up a person’s beliefs about themselves and their own abilities. A growth mindset is forward-thinking and positive. Connections in the brain continue to develop no matter a person’s age. The more you use your brain, the stronger it gets and the better you get at learning and doing things. Try this activity to think about the differences between a fixed mindset and growth mindset.

# Materials

* **PebbleGo Next Health** article “Growth Mindset”
* writing utensil and paper
* crayons, colored pencils, or markers

# Directions

1. Read the **PebbleGo Next Health** article “Growth Mindset.” Think of something you are trying to learn to do. It could be something you might like to try in the future. Think about what might be hard about learning or doing this new thing.
2. Fold a piece of paper in half, and then fold it in half again the other way. You should end up with four squares or rectangles on your paper. On one side, write Fixed Mindset at the top. On the other side, write Growth Mindset.
3. On the Fixed Mindset side, draw a picture of someone struggling to learn or do an activity. Add thought or word bubbles to show the person’s fixed mindset thoughts and feelings. Beneath it, draw a picture of how that person might react to the struggles. What would the end result be?
4. On the Growth Mindset side, draw a picture of someone struggling to learn or do the same activity. This time, add thought or word bubbles to show the person’s growth mindset thoughts and feelings. Beneath it, draw a picture of how that person might react to the struggles. What would the end result be this time?
5. Think about which mindset might make the person feel better. Which would best help them learn new things and achieve their goals?
6. Discuss the difference in mindsets with a friend or family member.

# Critical Thinking

1. What is the difference between a fixed mindset and a growth mindset?
2. What is neuroplasticity, and how does it relate to a growth mindset?
3. What are some ways you can develop a growth mindset?