

## Growth mindset

A growth mindset means your brain gets stronger when you practice and keep trying—even if something feels hard at first.

What positive things can we say to ourselves when we face something challenging?



| Instead of...                       | Try thinking... |
|-------------------------------------|-----------------|
| I'm rubbish at this                 |                 |
| I can't get any better              |                 |
| There's no point, so I won't bother |                 |
| It's too hard                       |                 |
| Everyone's better than me           |                 |
| I'll never be as good as my friends |                 |
| I'll never be able to do it         |                 |
| I know it all already               |                 |
| I'm not reading my feedback         |                 |
| I'm stupid                          |                 |

### We're here. Isle Listen

Isle Listen is a trading name of MCH Psychological Services, a registered charity on the Isle of Man number 1024 and a registered organisational member of the British Association for Counselling and Psychotherapy.

# Growth mindset

A reflective worksheet to help young people turn negative self talk into more positive, growth-focused thinking that supports learning and resilience.

## Overview

Our 'Growth mindset' worksheet helps children recognise unhelpful thoughts (e.g. "I can't do this" or "I'm not good at this") and reframe them into more constructive, encouraging statements. By guiding young people to notice how they speak to themselves, they build awareness of mindsets and develop more positive, resilient ways of thinking. Over time, this supports confidence, perseverance, and a willingness to try, even when tasks feel difficult or they are making mistakes.

## Benefits:

- Encourages children to keep going when things feel hard rather than giving up
- Helps replace negative inner dialogue with supportive, realistic thinking
- Reduces frustration and boosts confidence by normalising mistakes and effort
- Promotes the idea that ability can improve with practice and effort

## How to use this worksheet

1. Introduce the idea of a growth mindset by explaining that everyone can learn and improve
2. Give young person the worksheet and talk through each example of negative thinking
3. Work together on an example of a more helpful, encouraging response
4. Get young person to work through the other examples and come up with alternatives
5. Try saying some of the alternatives out loud to reinforce these messages
6. Revist the worksheet when needed to help build consistency

Estimated time: 15-20 minutes

Materials needed: Worksheet, pen or pencil

## Conversation Starters/Reflection Questions

- Can you remember a time when something felt too hard at first but got easier later?
- What could you say to yourself when you feel like giving up?
- What mistakes have helped you learn something new?
- How does it feel when you try again instead of stopping?
- What would you say to a friend who felt they weren't good at something?

## **Parents/Carers**

The 'Growth mindset' activity can be used as part of everyday routines, such as homework time or reflecting on the day, and to help praise effort and persistence rather than just results.

### **At home, you can:**

- Talk through alternative options together and share own examples
- Gently challenge negative statements by referring back to the worksheet
- Write growth mindset wording in easy to see places at home to help reinforce the messages

### **After the activity, you can ask:**

- Which of these statements do you find yourself thinking during the day?
- How would you like us to practice this at home?
- How could you remind yourself of this at school?

## **Teachers/Education Settings**

The 'Growth mindset' worksheet is ideal for PSHE sessions or tutor time where students have the opportunity to reflect on their emotional literacy.

### **You can:**

- Use it as a group activity where students share examples
- Display a growth mindset phrases in the classroom for regular reinforcement
- Integrate growth mindset into feedback practices

### **Additional Considerations:**

- Some of the statements may resonate with students who struggle with self esteem. Normalise that everyone has unhelpful thoughts and don't pressure individuals to share
- Provide a supportive and non-judgemental environment
- Avoid toxic positivity by emphasising growth mindset is not just thinking positively, but includes effort and making mistakes
- For those who don't want to write, encourage them to talk through options

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