



GROWTH MINDSET KIT

 Big Life Journal

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GROWTH MINDSET

printables

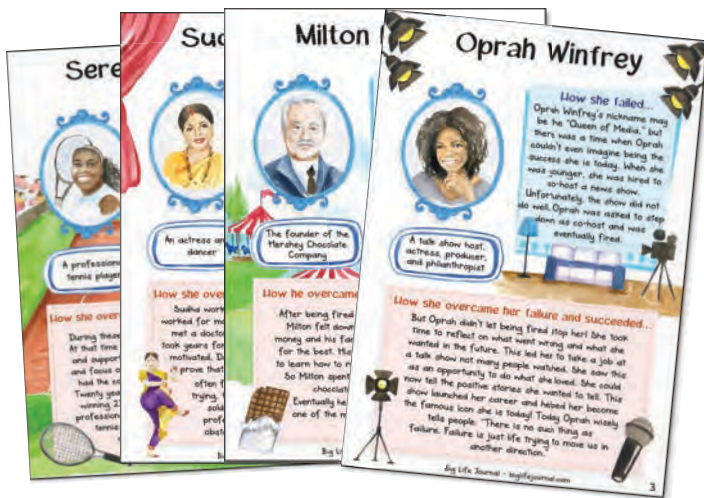
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CHALLENGES KIT

These printable challenges provide fun activities which help children develop growth mindset, cultivate an attitude of gratitude, and improve their self-esteem. This kit includes 5-Day **Growth Mindset** Challenge, 7-Day **Gratitude** Challenge, and 7-Day **Positivity** Challenge. It is 27 pages of printable worksheets, puzzles, and writing activities.

[Click here to learn more.](#)



FAMOUS FAILURES

These stories are designed to help kids overcome the fear of failure. They teach about the importance of effort and perseverance.

Includes 10 stories about famous people from around the world who have failed on their way to success.

[Click here to learn more.](#)





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Worksheets & Activities for Children

Growth Mindset A-Z Poster	10
This might be the coolest ABC poster you'll ever see! Read it together with your children and ask which words they like the most and why. Pull out some paper and crayons and ask them come up with their own illustrations for each word.	
What Happens When Someone Has a Growth Mindset	11
This printable is an excellent handout for grandparents, teachers (or parents if you're a teacher), parents of friends, coaches -- all the adults in your kid's life. Use it as a poster or tape it to your fridge door as a constant reminder.	
My Growth Mindset Statements and Math + Growth Mindset = I CAN!	12-13
Use these printables to discuss how our words impact our mindset. Suggested use:	
1. Cover the part under "I Can Say" and only show the part where it says "Instead of."	
2. Ask your children how they can change each statement from negative to empowering.	
3. Go down the list and write your children's suggestions down on a separate piece of paper.	
To learn more, read the article here .	
25 Growth Mindset Statements and Affirmations	14
These statements and affirmations help cultivate a growth mindset, build confidence, and develop a can-do attitude.	
Suggested uses:	
- Have your children pick and circle affirmations they identify with. Write them down on a piece of paper and post it up on their bathroom mirror.	
- Sit down as a family on a weekend or in the evening. As a family, choose one to five affirmations from this printable. Agree to say these affirmations together every day.	
- Encourage your kids or students to turn the affirmations into a song and sing them out loud to your favorite tunes.	
- Have your kids or students draw or paint their favorite affirmations and make them into a poster.	
I Have a Growth Mindset Poster	15
This poster makes a great growth mindset manifesto for kids. It helps children focus on practice and achieving their personal best. The design includes illustrations of various athletes, so it's perfect for children who are into sports. Laminate or frame this printable and post it in your home or classroom.	



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This fun activity helps children practice differentiating between growth mindset and fixed mindset thoughts. You can also use it to help measure your children’s knowledge of the mindsets.	
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This fun poem can help children develop a more positive attitude about making mistakes.	
Suggested uses:	
- Laminate it or frame it and place it in your children’s room. Encourage them to memorize it.	
- Use it as a cover or front page to their binder.	
My Power of Yet	18
Whenever your child is saying they can’t do something, remind them about the power of yet -- they can’t do it YET! This printable includes a goal ladder -- an effective method to break down big goals into small actionable steps. Teachers can use this printable at the beginning of the school year to help students set their learning goals.	
Things I Can Control / Things I Can’t Control (two pages)	19-20
This printable poster can help your children overcome disappointments and frustrations and focus on problem-solving instead. It’s a great visual showing that, in each situation, there are things they can control and things they cannot control.	
Suggested uses:	
- Use this printable as a discussion guide. As a family (or class), take turns explaining why each of the situations depicted belong in the specific category.	
- Tape it to the front door or a place which everyone can see before leaving home or classroom.	
- Attach this printable to your children’s school planner or place it with their school binder.	
Your Amazing Brain Grows and Changes	21
Research shows that when children learn HOW their brain works, they’re much more likely to adopt a growth mindset. Use this colorful poster to demonstrate how we can build new connections in the brain by learning new things and practicing.	



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Build a Growth Mindset Poster.....22-28

This printable has six pages which need to be assembled to create a poster.

Use this printable as a weekend, rainy day, or classroom activity. As you and your children or students color the posters, discuss the questions together.

Brain Breaks (three pages).....29-31

If you want to raise smart, resilient, happy children, let them move! Active physical movement and play help kids learn, improve their memory, and increase their motivation. These brain breaks are excellent to add more movement to your child's day. To learn more, read the article [here](#).

Having a Growth Mindset Means / One Goal, Different Paths (two pages).....32-33

Use these printables if your children or students tend to compare their progress to that of others. This activity helps children understand there's no point comparing themselves to others; we all have different paths to our goals.

Have your child or students read the first page (the comic illustration). Ask them how they understood the comic and give an example of how you once compared yourself to others and how it made you feel. Have them complete the second page.

We Are a Growth Mindset Family / Class (two pages).....34-35

Use this printable as a conversation starter with your family or students. Ask each participant to share their ideas of what growth mindset feels, looks and sounds like. Once completed, you can frame and hang it to serve as a reminder of how you can apply the concepts on a daily basis.

My Mini Book Review (three pages).....36-38

This printable is a fun activity to help your children or students reflect on books they read. This type of reflection solidifies lessons learned and makes the next reading more focused.

Suggested uses:

- Encourage your kids to share their book reviews with friends or relatives who live far away (use snail mail for more fun).
- If your child has a pen pal, they can exchange their book reviews with each other.
- Have your students present their book reviews in front of the class.



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Top 85 Growth Mindset Books for Children and Adults.....39-40
Bring this list with you on your next trip to the library or bookstore. Ask your children to pick one they would like to read next. Use the Mini Book Review sheets to have your kids write down their thoughts after they've read the book.

Top 75 Growth Mindset Movies & Videos for Children.....41-42
For your next movie night, pick from this list of titles. Take notes of the different characters and the mindsets they demonstrate in the movie. Afterwards, engage in a discussion with your family or students. You can ask these questions:

- What did you learn from this movie?
- Did the characters have a fixed or a growth mindset? Why?
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Top 40 Growth Mindset Podcasts for Children and Adults.....43
A great way to keep learning about growth mindset is to listen to podcasts. You can play the episodes during car rides or at home while your kids are working on their coloring sheets.

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Guides for Parents & Teachers

Parent's Guide to A Growth Mindset.....46
This is a summary of key principles to remember when teaching and modeling a growth mindset. You may choose to laminate or frame it. Keep it handy in your room, your classroom, or post it on your refrigerator as a reminder.

How to Explain Growth Mindset to Kids (Neuroplasticity Activities & Resources).....47
When kids understand neuroplasticity, it becomes much easier for them to understand growth mindset and embrace mistakes, obstacles, and challenges. This printable provides resources and activities to teach your children or students about their brain's ability to grow and change. Use together with Your Amazing Brain poster. To learn more, read the article [here](#).



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Guides for Parents & Teachers, cont.

10 Growth Mindset Conversation Starters.....48

This printable offers growth mindset alternatives to asking your children, “How was your day?”

Suggested use:

1. Print on cardstock paper then cut out questions and glue them on a popsicle or craft stick.
You can also simply print on regular paper and fold each question in half.
2. Place the sticks or pieces of paper inside a jar.
3. After dinner or during family night, participants can take turns picking a question from the jar.

5 Essential Steps to Create a Growth Mindset Corner.....49

A growth mindset corner is a special space you can create at home (or in the classroom) where children can go to find inspiration or work through their challenges. To learn more, read the article [here](#).

3 Reasons You Might Struggle To Teach Growth Mindset.....50

We already know about the magnificent power of teaching children a growth mindset. However, if you are struggling to teach this to your kids or students, you are certainly not alone. It appears it's NOT an easy task and many parents and teachers face three similar challenges.

To learn more, read the article [here](#).

The Ultimate Guide to Praising Your Children.....51

This printable provides practical ways to help foster growth mindset with praise. Choose one type of praise to work on at first and then move down the list throughout the week.

To learn more, read the article [here](#).

Growth Mindset Praise Examples.....52

This printable provides eight examples of how you can praise your children to foster a growth mindset. Remember to focus on progress, strategies, effort, practice, and determination. Use this printable along with The Ultimate Guide to Praising Your Children.

6 Ways to Help Your Child Overcome the Fear of Failure.....53

Some children give up before they even begin, preferring to avoid the possibility of failure. These effective strategies can help your child overcome the fear of failure. Use the printable together with When I Make a Mistake. To learn more, read the article [here](#).



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How to Help Your Perfectionist Child to Worry Less and Do More.....54

Perfectionism can be unhealthy and damaging, especially for young children. The fixed mindset perfectionists are likely to procrastinate challenges or avoid them entirely for fear of failure. If your child is showing signs of unhealthy perfectionism, use these strategies to help him worry less and accomplish more. To learn more, read the article [here](#).

5 Powerful Ways to Help Kids Develop Growth Mindset in Mathematics.....55

Research shows a connection between growth mindset and math success. Try these practical ideas to help your child or students develop growth mindset in math. Use together with *Math + Growth Mindset = I CAN!* on page 26. To learn more, read the article [here](#).

Kids and Sports: 5 Effective Ways to Foster a Growth Mindset.....56

When we talk about growth mindset, we usually apply it to academics. But practicing growth mindset in sports is extremely beneficial as well. Discover five effective ways to nurture your child's growth mindset through sports. To learn more, read the article [here](#).

4 Ways to Handle Fixed Mindset Adults in Your Kids Lives.....57

As we cultivate a growth mindset in our families, it's helpful to recognize that not everyone will support (or understand) it. At the same time, partnering with key adults can make our teachings even more impactful. Discover 4 simple ways to tackle this potentially tricky situation, while strengthening your and your kids' growth mindsets at the same time.



AIM FOR PROGRESS



BE BRAVE



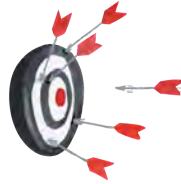
BE CURIOUS



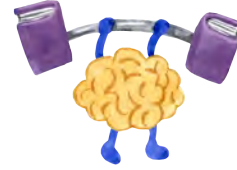
DO YOUR BEST



EMBRACE CHALLENGES



FAIL FORWARD



GROW YOUR BRAIN



HELP OTHERS



INVENT



JUST BE YOURSELF



KEEP TRYING



LEARN FROM MISTAKES



MAKE A DIFFERENCE



NEVER GIVE UP



OVERCOME OBSTACLES



PUT FORTH EFFORT



QUESTION OLD WAYS



BE RESILIENT



SET GOALS



TRY SOMETHING NEW



USE THE "NOT YET"



BE VIGOROUS



WORK HARD



EXPLORE



YIELD RESULTS



BE ZEALOUS



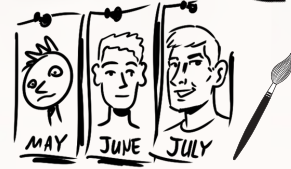
THEY KEEP TRYING UNTIL THEY SUCCEED



THEY LOVE LEARNING



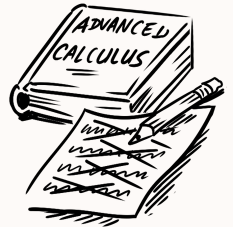
THEY KNOW PROGRESS TAKES TIME



THEY LEARN FROM FEEDBACK



THEY ASK FOR HELP



WHAT HAPPENS WHEN SOMEONE HAS A GROWTH MINDSET?

THEY PUT FORTH EFFORT



THEY GET INSPIRED BY OTHERS



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THEY VIEW MISTAKES AS OPPORTUNITIES



THEY LOVE NEW CHALLENGES



THEY ARE NOT AFRAID TO FAIL



MY GROWTH MINDSET STATEMENTS

I can CHANGE my MINDSET with my WORDS!



INSTEAD OF:

I am not good at this.

I am great at this.

This is too hard.

This is too easy.

I am afraid I will make a mistake.

I give up.

I can't do this.

This is good enough.

I won't try because I might fail.

I am not as smart as my friend.

I CAN SAY:

I am not good at this YET, but I will learn.

I practiced and learned how to do this.

This will require effort and finding the right strategy.

How can I make this more challenging?

When I make a mistake, I will learn from it and get better.

I will succeed if I put forth effort and find a better strategy.

I need some feedback and help from others.

Is it my best work? Can I improve it?

If I fail I can try again until I succeed!

I am in charge of how smart I am because I can grow my brain by learning hard things!



2+2=?

MATH + GROWTH MINDSET = I CAN!

I can CHANGE my MINDSET with my WORDS!

INSTEAD OF:

I CAN SAY:

- I am not good at math. ● I'm going to train my brain in math.
- I can't do this problem. ● I can ask for help.
- I give up. ● I need to go back and use a different strategy.
- I won't try because I might fail. ● If I fail I can try again!
- Math is too hard. ● Math helps me stretch and grow my brain.
- I am not as smart as my friend. ● I can learn from others and ask for help.
- I keep making mistakes. ● Mistakes are opportunities to grow my brain.
- It's good enough. ● Is this really my best work?
- I'm already good at math. ● I can challenge myself with a more difficult problem.



25

GROWTH MINDSET

STATEMENTS AND AFFIRMATIONS

1. Mistakes help me learn and grow
2. I haven't figured it out YET
3. I am on the right track
4. I can do hard things
5. This might take time and effort
6. I stick with things and don't give up easily
7. I strive for progress, not perfection
8. I go after my dreams
9. I cheer myself up when it gets hard
10. I am a problem solver
11. I try new things
12. I embrace new challenges
13. Learning is my superpower
14. I am brave enough to try
15. I get better at things when I practice
16. I grow my brain by learning hard things
17. I try different strategies
18. When I don't succeed right away, I try again
19. I ask for help when I need it
20. I learn from my mistakes
21. I focus on my own results and don't compare myself to others
22. I was born to learn
23. When I fail, I say "I can't do it YET" and try again
24. I strive to do my best
25. I can learn anything!

I have a

GROWTH MINDSET.

With lots of

PRACTICE AND EFFORT

I can achieve great results!

I love new **CHALLENGES**

because this is how I

GET BETTER.

I know when I lose I can

always try

AGAIN AND AGAIN.

And I **WIN** every time

I DO MY BEST

and

IMPROVE MY RESULTS.



GROWTH mindset or FIXED mindset? Which do you think it is for each phrase below? Follow the maze to see if you got it right!

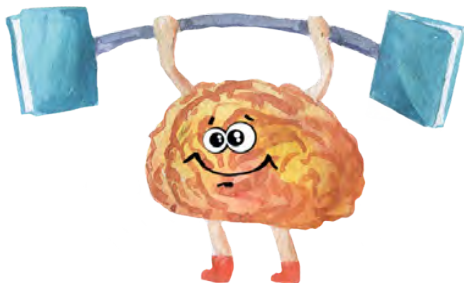
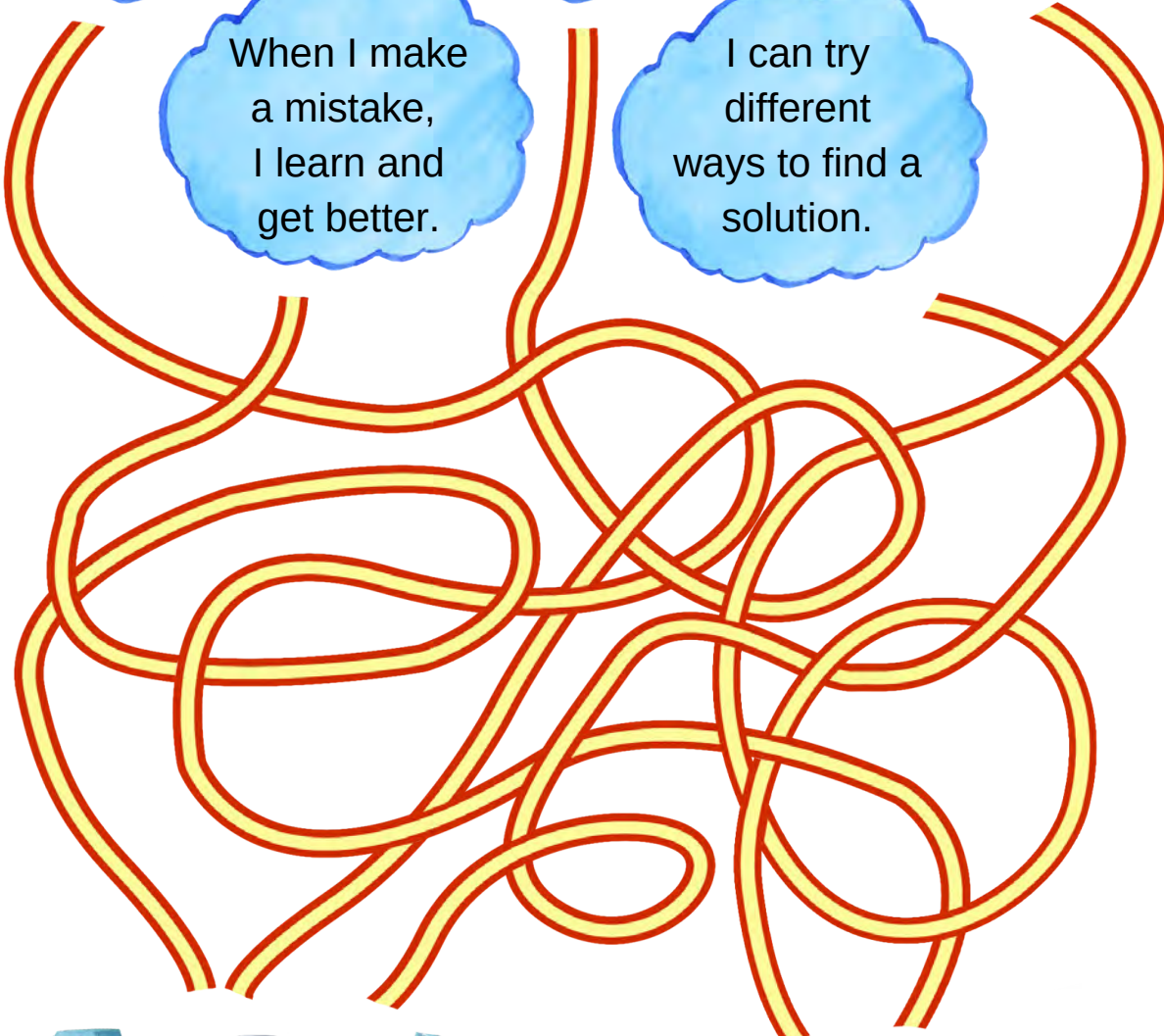
It's hard, I don't know if I can do this.

Challenges make me stronger.

I am afraid I will make a mistake, so I won't try.

When I make a mistake, I learn and get better.

I can try different ways to find a solution.



GROWTH MINDSET



FIXED MINDSET

When I make a **mistake**
I know what it means
My **Brain** is ready to **GROW**
And learn hard things

When I make a **MISTAKE**
I cheer, there's no frown
I KNOW I'LL GET BETTER
The next time around



MY POWER OF YET

My name is _____

Think of something you haven't learned how to do YET. What is it?

I haven't learned how to...

YET!

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SUCCESS!

Make a PLAN of HOW you're going to learn it.

Write down the STEPS you will take on each rung of the ladder starting from the BOTTOM.

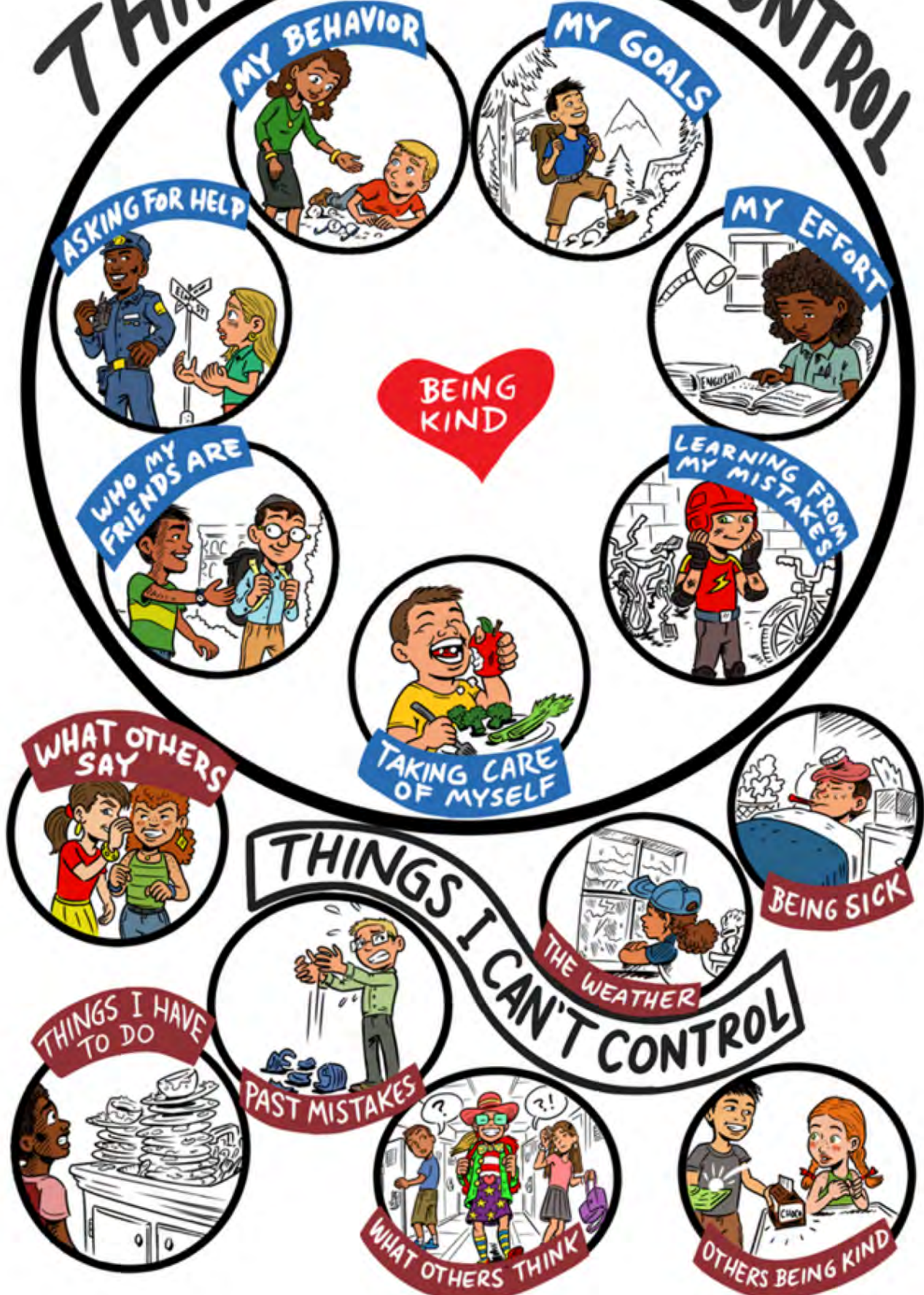
My Step 4

My Step 3

My Step 2

My Step 1

THINGS I CAN CONTROL



THINGS I CAN CONTROL

A large circle containing ten smaller circles, each with a tab at the top, for writing things you can control.

BEING KIND

THINGS I CAN'T CONTROL

A group of seven smaller circles, each with a tab at the top, for writing things you can't control.

YOUR AMAZING **BRAIN** GROWS AND CHANGES



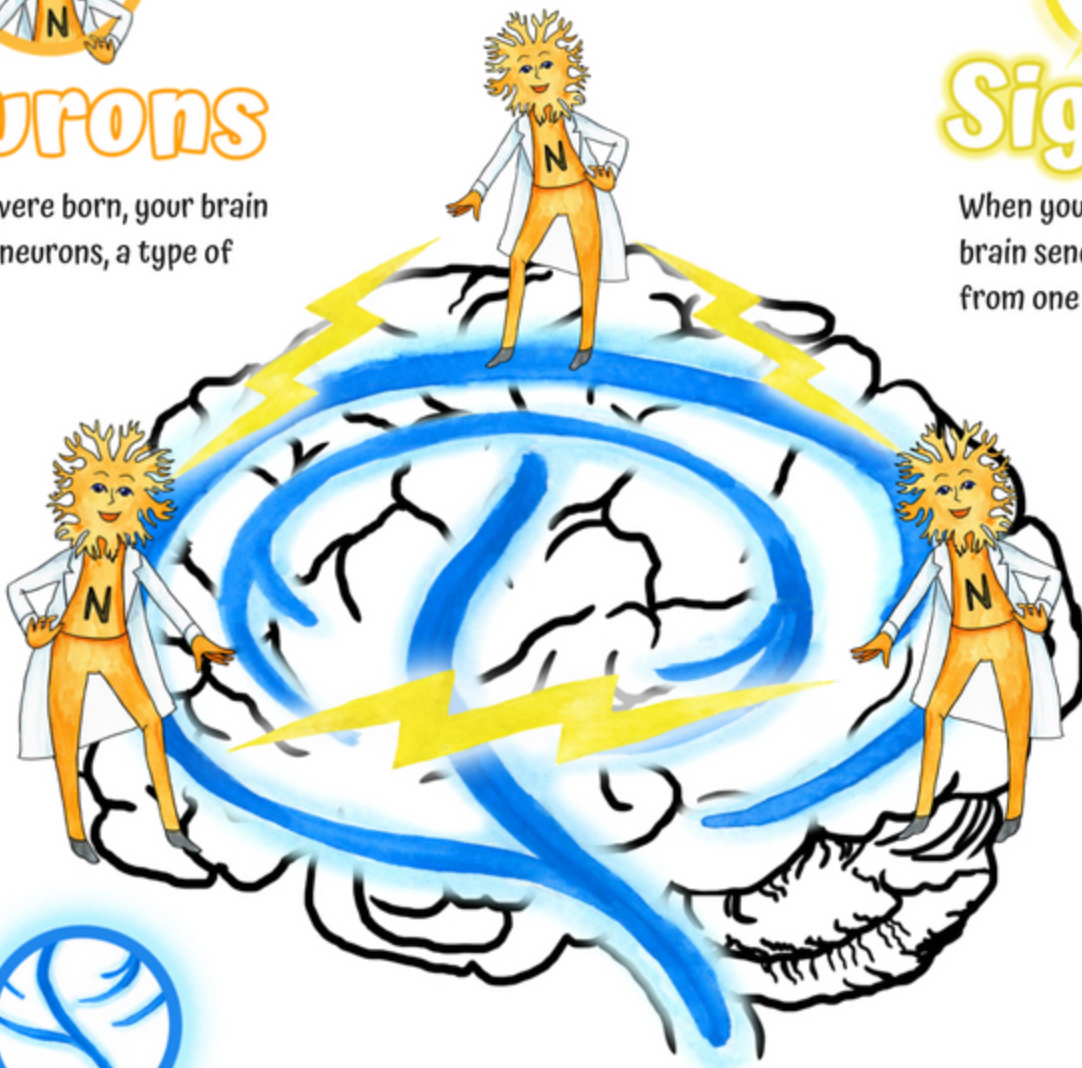
Neurons

When you were born, your brain came with neurons, a type of tiny cell.



Signals

When you learn things, your brain sends signals (messages) from one neuron to another.



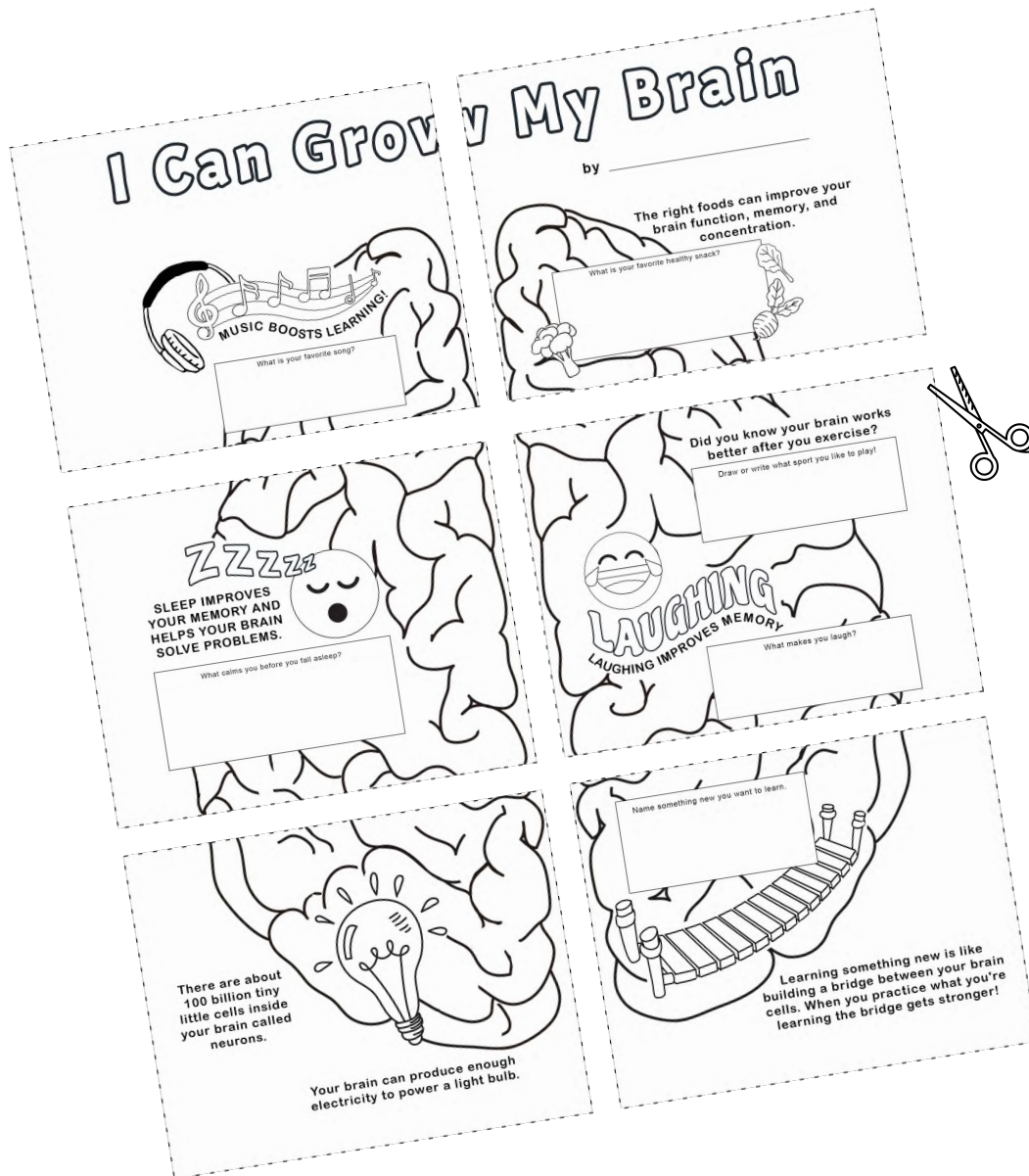
Pathways

If you do the same thing enough times, your brain eventually makes a connection (or pathway) between neurons. This makes activities easier, and you can do them better and better.

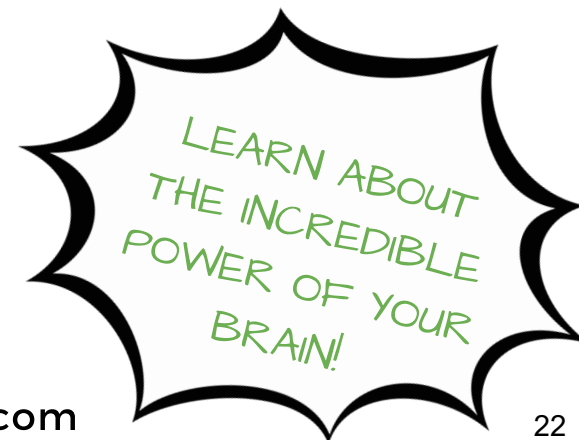
**WHEN YOU EXERCISE YOUR
BRAIN, THINGS THAT WERE
ONCE DIFFICULT BECOME
EASIER!**

Build a GROWTH MINDSET

Brain Poster!



- 1** Print out the 6 pieces of the poster. Cut along the dotted lines (cut on the *inside* line so the black dotted line does not show).
- 2** Line up the edges and **tape** the front and/or back of the poster.
- 3** Have fun **coloring in** and answering questions!



My Brain

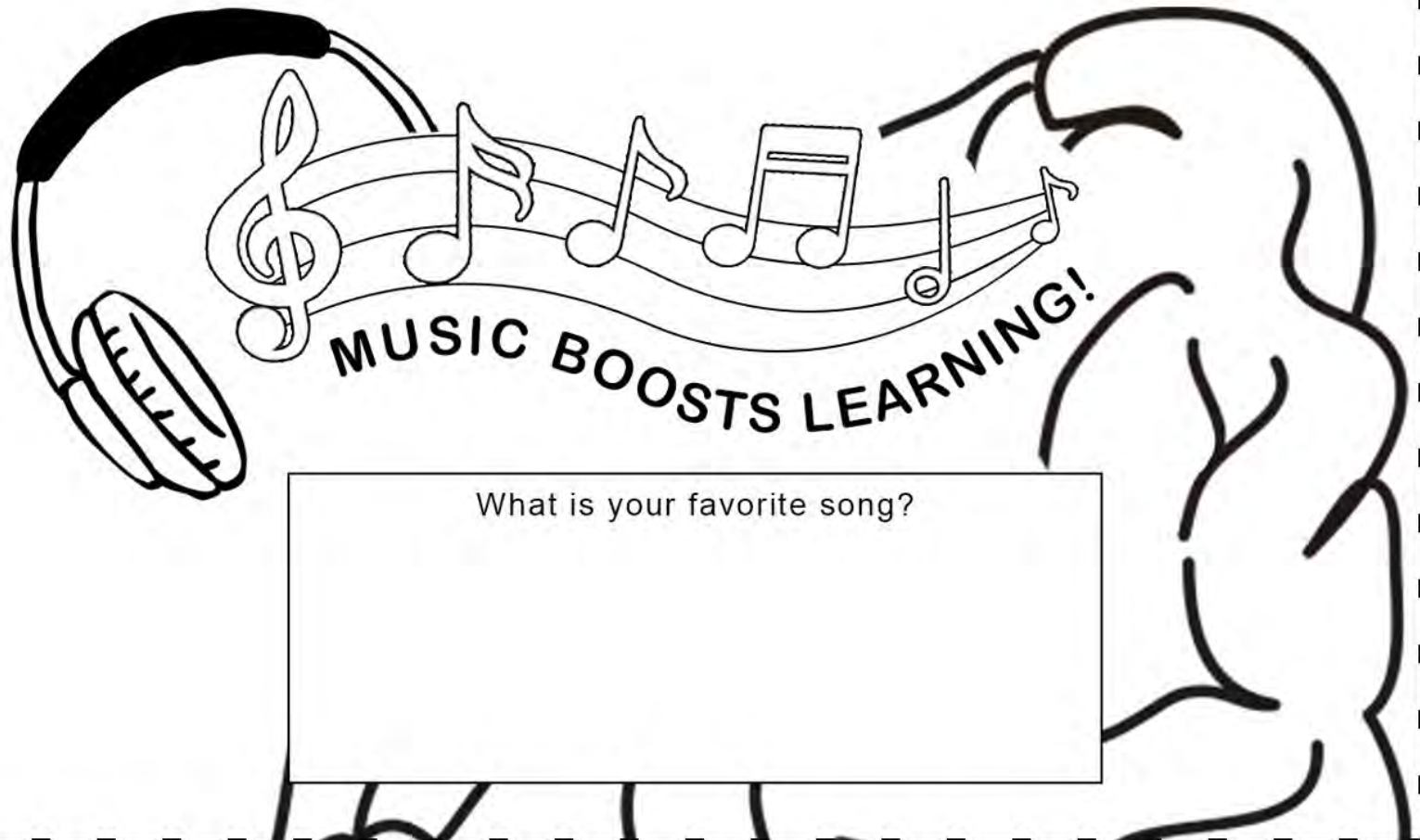
by _____

The right foods can improve your
brain function, memory, and
concentration.

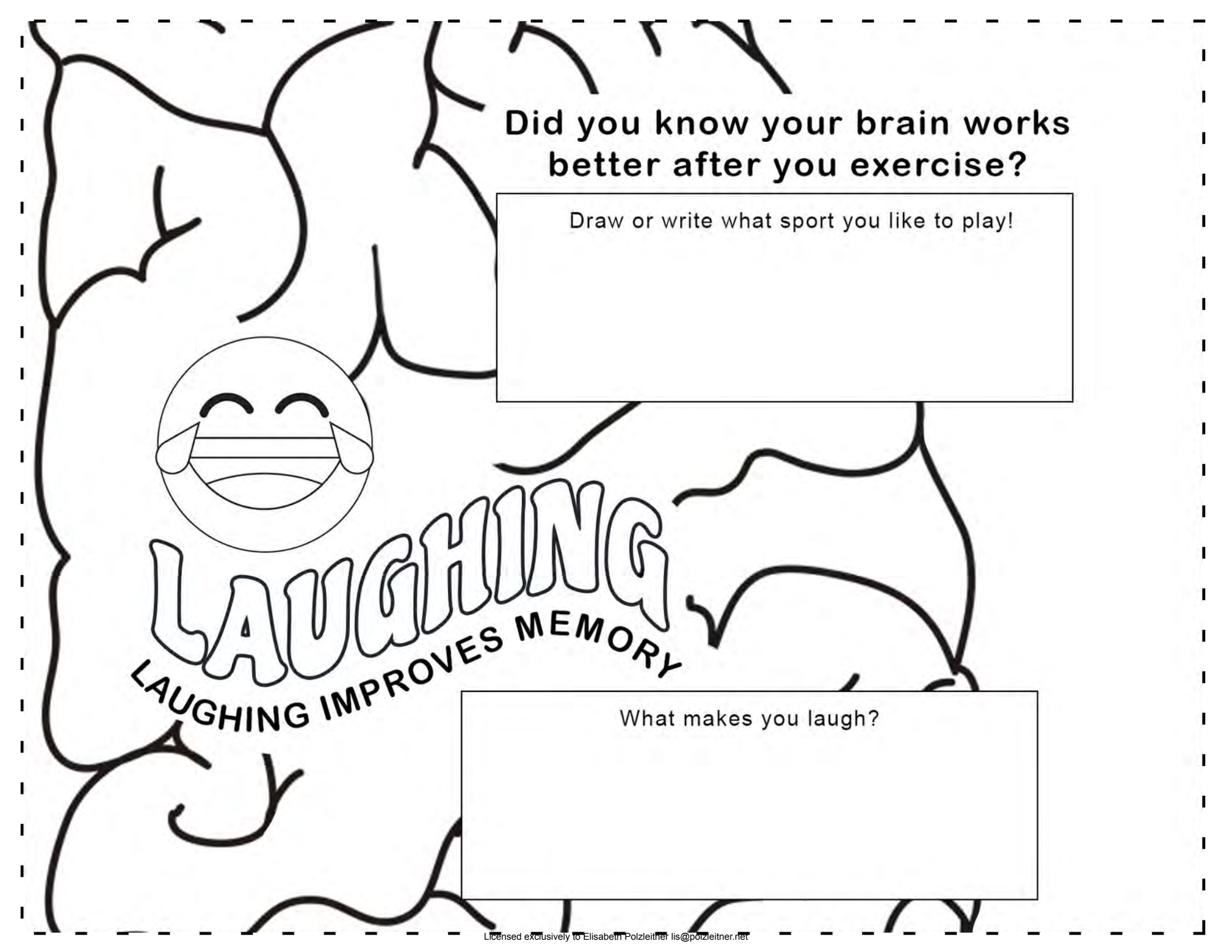
What is your favorite healthy snack?



I Can Grow



What is your favorite song?



Did you know your brain works better after you exercise?

Draw or write what sport you like to play!



LAUGHING
LAUGHING IMPROVES MEMORY

What makes you laugh?



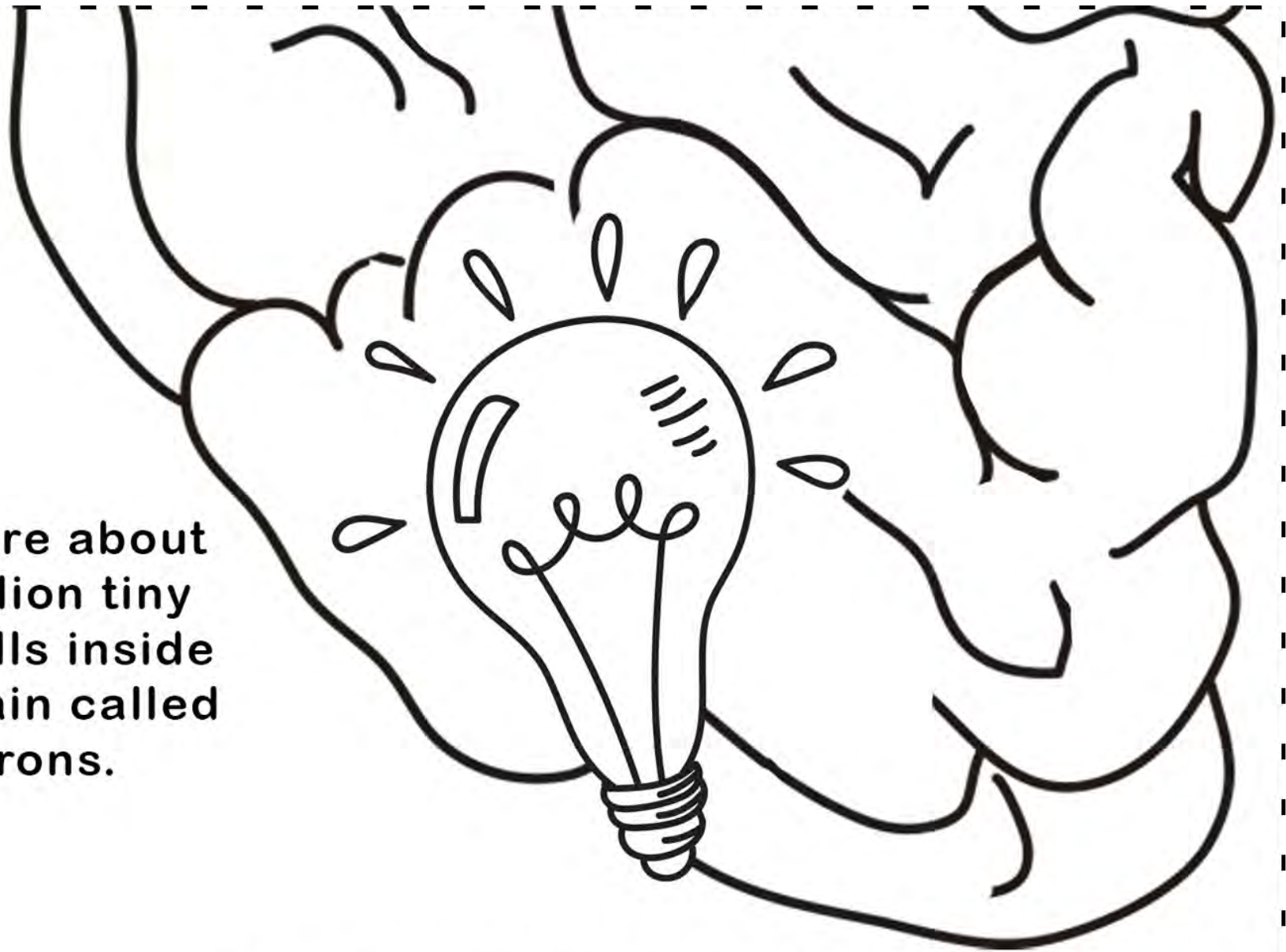
Zzzzz

**SLEEP IMPROVES
YOUR MEMORY AND
HELPS YOUR BRAIN
SOLVE PROBLEMS.**



What calms you before you fall asleep?

**There are about
100 billion tiny
little cells inside
your brain called
neurons.**



**Your brain can produce enough
electricity to power a light bulb.**



Name something new you want to learn.

Learning something new is like building a bridge between your brain cells. When you practice what you're learning the bridge gets stronger!

HELP YOUR BRAIN GROW BY TAKING A BREAK!

Roll a die and perform the brain break in the 1st column. For example, if you rolled a 1 for your 1st roll, do 10 jumping jacks. Roll again to perform the 2nd brain break, then the 3rd. For extra fun, print out the affirmations die on page 2 and roll both dice. Say the affirmations during or after you perform the activity!

1st Roll

2nd Roll

3rd Roll



Do 10 jumping jacks



Dance to your favorite song

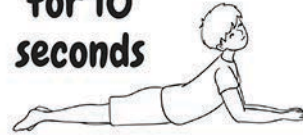


Balance on one foot as long as you can



Imaginary jump rope for 20 seconds

Snake pose for 10 seconds



Do a triangle Pose



Run in place for 20 seconds



Dog pose for 10 seconds



Do a bear walk for 1 minute



Waterfall pose for 10 seconds

Hop like a frog 5 times



Run in place for 20 seconds



Flamingo pose for 5 seconds



Skip for 1 minute



Tiptoe for 10 seconds



Pretend you are walking on a tightrope

Walk like a robot




Air guitar to your favorite song



glue or tape

I am kind.
I am loved.
I am AWESOME!



glue or tape

I am a leader.
I choose my attitude.
I am proud of myself.

glue or tape

I don't give up!
I reach for the stars.
I can do anything!

glue or tape

I am courageous.
I focus on the positive.
I am a good listener.

glue or tape

I keep my body healthy.
I am strong.
I am kind.

glue or tape

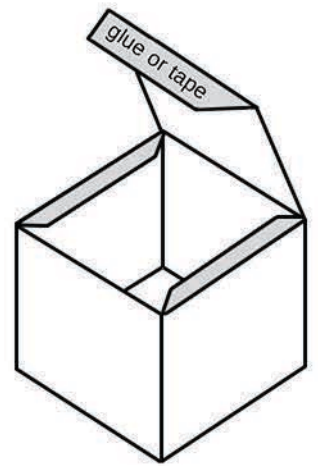
glue or tape

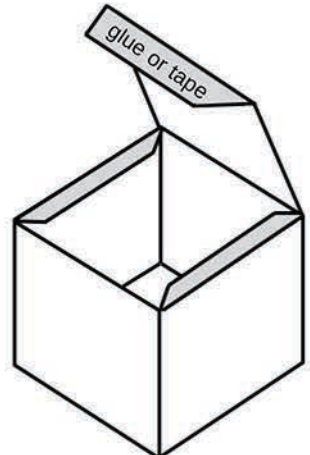
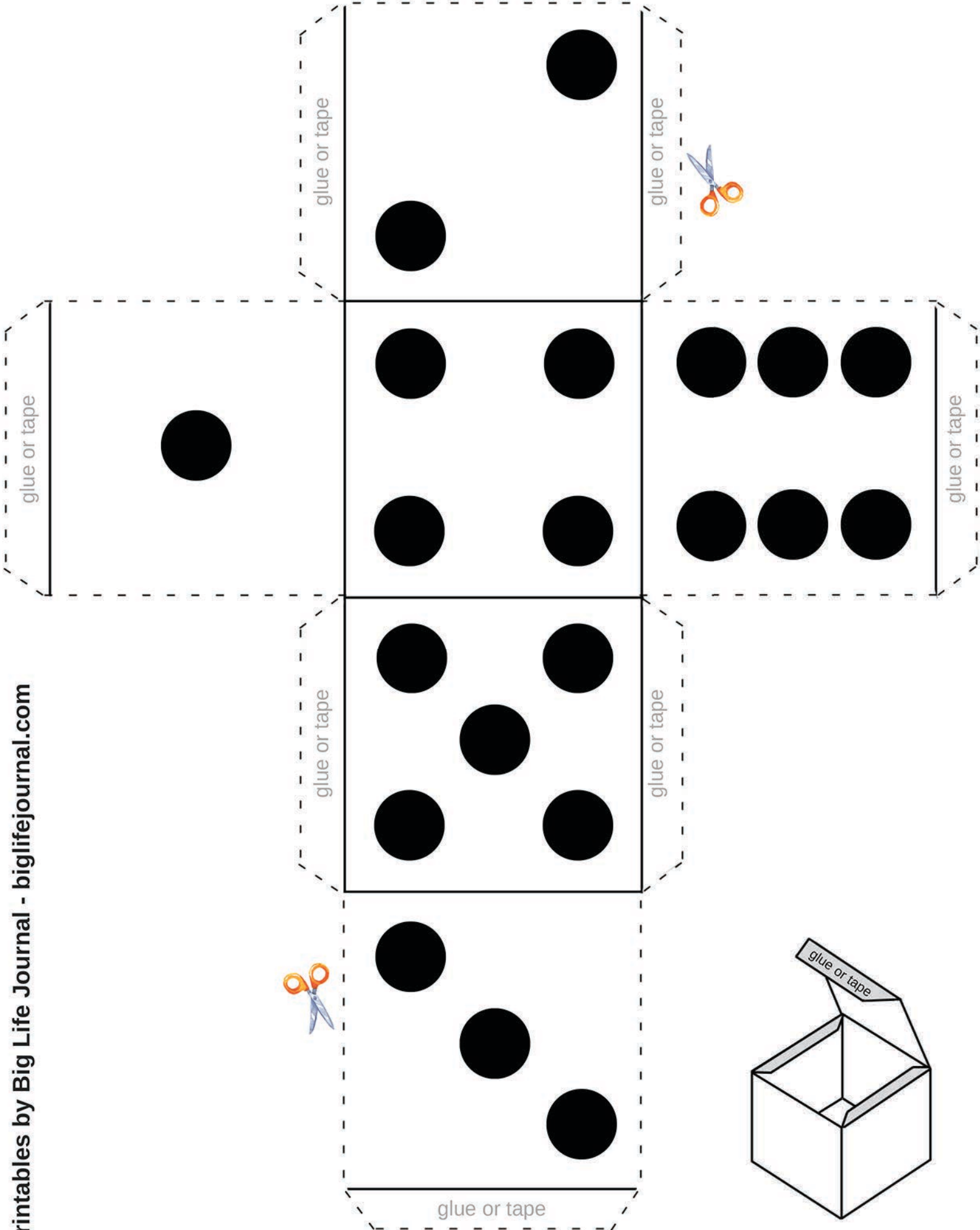
glue or tape

glue or tape

glue or tape

glue or tape



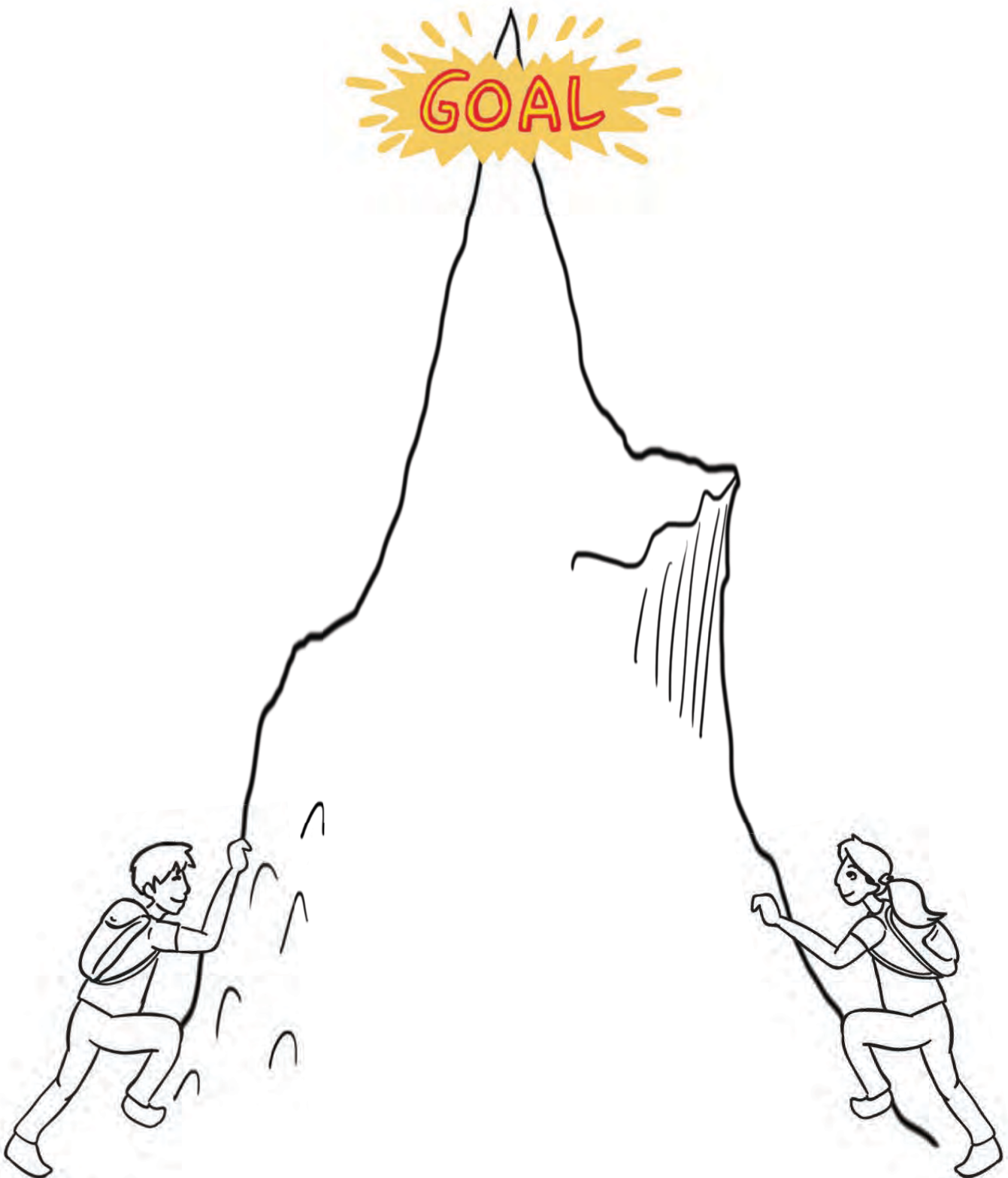


HAVING A GROWTH MINDSET MEANS



ONE GOAL, DIFFERENT PATHS!

Imagine two climbers are reaching for the same goal (the top of the mountain). Below, draw on each side of the mountain different **obstacles** (snow, rain, trees, animals, etc.) and **helpful resources** (another climber helping, a rest stop, a snack, etc.). Show that just like in real life, they have very different paths to the top!



WE ARE A GROWTH MINDSET *family!*



Feels like

1 SUPPORTIVE

2 POSITIVE

3

4

5



Sounds like

1 MISTAKES HELP US LEARN

2 WE CAN DO HARD THINGS

3

4

5



Looks like

1 GOING AFTER OUR DREAMS

2 CHEERING EACH OTHER UP

3

4

5

WE CAN ACHIEVE ANYTHING BY WORKING HARD, TRYING DIFFERENT STRATEGIES, AND SUPPORTING EACH OTHER!

WE ARE A GROWTH MINDSET class!



Feels like

1 SUPPORTIVE

2 POSITIVE

3

4

5



Sounds like

1 MISTAKES HELP US LEARN

2 WE CAN DO HARD THINGS

3

4

5



Looks like

1 GOING AFTER OUR DREAMS

2 CHEERING EACH OTHER UP

3

4

5

WE CAN ACHIEVE **ANYTHING** BY WORKING **HARD**, TRYING DIFFERENT **STRATEGIES**, AND **SUPPORTING** EACH OTHER!

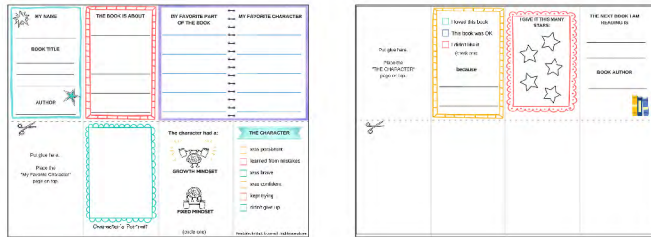


MY MINI BOOK REVIEW



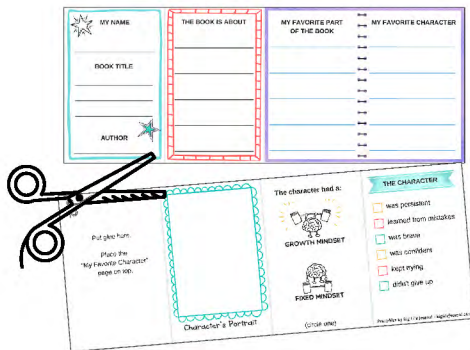
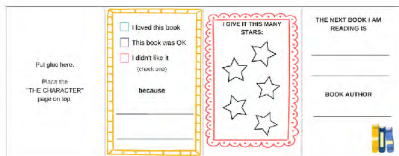
1

Print on two separate sheets of paper.



2

Cut on the dotted lines. You will have three strips of paper.



3

Fold each strip in half, unfold. Then, fold the ends to meet the crease in the middle.



4

Glue the strips together. Fold as an accordion book as shown.





MY NAME



BOOK TITLE



BOOK AUTHOR

THE BOOK IS ABOUT

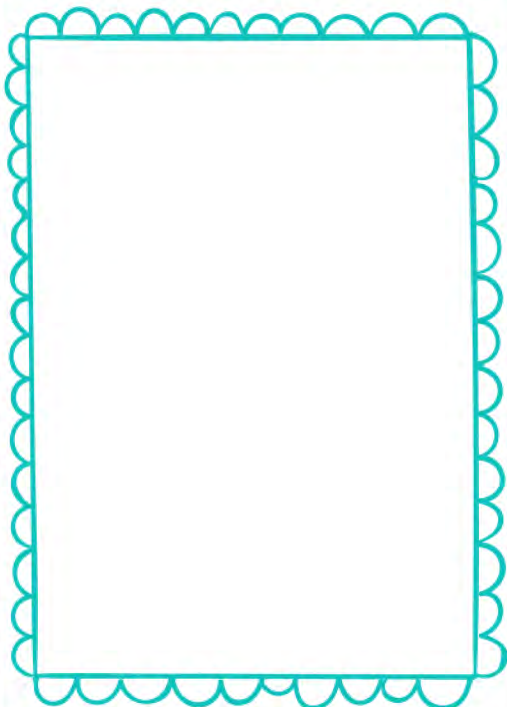
MY FAVORITE PART
OF THE BOOK

MY FAVORITE
CHARACTER



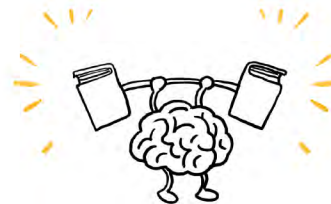
Put glue here.

Place the
"My Favorite Character"
page on top.



Character's Portrait

The character had a:



GROWTH MINDSET



FIXED MINDSET

THE CHARACTER

- was persistent
- learned from mistakes
- was brave
- was confident
- kept trying
- didn't give up

(check the boxes)

(circle one)

Put glue here.

Place the
"THE CHARACTER"
page on top.

- I loved this book
- This book was OK
- I didn't like it
(check one)

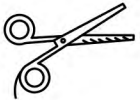
because

I GIVE IT THIS MANY
STARS:



THE NEXT BOOK I AM
READING IS

BOOK AUTHOR



TOP 85 GROWTH MINDSET books for children & adults

by Big Life Journal

Ages 1-4

- 1. The Cow Tripped Over the Moon by Tony Wilson
- 2. My Truck Is Stuck! By K. Lewis
- 3. Llama Llama Red Red Pajama by A. Dewdney
- 4. The Little Engine that Could by W. Piper
- 5. Brontorina by J. Howe
- 6. The Empty Pot by Demi
- 7. Frederick by L. Lionni
- 8. Owen by K. Henkes
- 9. Oh, the Places You'll Go! by Dr. Seuss
- 10. Pete the Cat by E. Litwin
- 11. Jonathan James and the What if Monster by M. Nelson-Schmidt
- 12. The Wonderful Things You Will Be by E. Winefield Martin
- 13. The Day the Crayons Quit by D. Daywalt
- 14. Giraffes Can't Dance by G. Andrea and G. Parker-Rees
- 15. be happy! By M. Sheehan

Ages 4-8

- 16. Big Life Journal (ages 7-11)
- 17. After the Fall by D. Santat
- 18. Your Fantastic Elastic Brain by J. Deak
- 19. Making a Splash by C.E. Reiley
- 20. The Most Magnificent Thing by A.Spires
- 21. The Girl Who Never Made Mistakes by M. Pett

- 22. Beautiful Oops! by B. Saltzberg
- 23. Uncle Jed's Barber Shop by M.K. Mitchell
- 24. Bubble Gum Brain by J. Cook
- 25. Whistle for Willie by E. Jack Keats
- 26. Not Yet by L. Cox
- 27. Mindset Matters by B. Smith
- 28. She Persisted by C. Clinton
- 29. Good Night Stories for Rebel Girls by E. Favilli
- 30. Mistakes that Worked by C.F. Jones
- 31. Thanks for the Feedback, I think by J. Cook
- 32. What Do You Do with an Idea? by K. Yamada
- 33. What Do You Do with a Problem? by K. Yamada
- 34. Salt in His Shoes by D. Jordan
- 35. Nadia: The Girl Who Couldn't Sit Still by K. Gray
- 36. Drum Dream Girl: How One Girl's Courage Changed Music by M. Engle
- 37. Unstoppable Me! 10 Ways to Soar Through Life by W. W. Dyer
- 38. Creatriology Boxed Set (Ish, The Dot, Sky Color) by P. Reynolds
- 39. Dreams Come True...All They Need Is You! by M. Dooley
- 40. Flight School by L. Judge
- 41. Brave Irene by W. Steig
- 42. You Can Do It! Bert! by O. Konnecke
- 43. No Excuses! by W.W. Dyer
- 44. Ruby's Wish by Shrinin Yim Bridges
- 45. Hana Hashimoto, Sixth Violin by C. Uegaki



GROWTH MINDSET

books for children & adults

by Big Life Journal

Ages 4-8 (continued)

- 46. How to Catch a Star by O. Jeffers

- 47. A Splash of Red: The Life and Art of Hoarce Pippin by J. Bryant

- 48. Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah by L. Thompson

- 49. The Thing Lou Couldn't Do by A. Spires

- 50. Iggy Peck, Architect by A. Beaty

- 51. Ada Twist, Scientist by A. Beaty

- 52. What Should Danny Do? by A. Levy & G. Levy

- 53. I Won't Quit by D. McGill

- 54. I Can't Do That, YET: Growth Mindset by E. Cordova

- 55. What Do You Do with a Chance? K. Yomada

- 56. The 7 Habits of Happy Kids by S. Covey

- 57. I Think, I Am! Teaching Kids the Power of Affirmations by L. Hay and K. Tracy

- 58. You! S. Magsamen

- 59. I Am Peace: A Book of Mindfulness by S. Verde

Ages 9-12

- 60. The Key to Extraordinary by N. Lloyd

- 61. Marvelous Mattie by E.A. McCully

- 62. Ronia, The Robber's Daughter by A. Lindgren

- 63. Pippi Longstocking by A. Lindgren

- 64. Mrs. Piggle Wiggle by B. MacDonald

- 65. Anne of Green Gables by L.M. Montgomery

- 66. Wonder by R.J. Palacio

- 67. Strong is the New Pretty by K. Parker

Ages 12+

- 68. If I Stay by G. Forman

- 69. James and the Giant Peach by R. Dahl

- 70. Series of Unfortunate Events by L. Snicket

- 71. Wizard of Oz by B. Bracken

- 72. Maniac Magee by J. Spinelli

- 73. The GRIT Guide for Teens by C. Baruch-O'Brien

- 74. Stone Fox by J.R. Gardiner

- 75. Hatchet by G. Paulsen

- 76. Kira-Kira by C. Kadohata

ADULTS

- 77. Mindset by C. Dweck

- 78. GRIT by A. Duckworth

- 79. How Children Succeed by P. Tough

- 80. Mindsets for Parents by M.C. Ricci

- 81. The Growth Mindset Coach by A. Brock

- 82. Grit for Kids by L. Daniels

- 83. The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child by D. Siegel

- 84. Year of Yes by S. Rhimes

- 85. Mathematical Mindsets by J. Boaler



GROWTH MINDSET

movies & videos for children

by Big Life Journal

Animated Films

- 1. Zootopia (2016), PG
- 2. Sing (2016), PG
- 3. Leap! (2016) or Ballerina, PG
- 4. Moana (2016), PG
- 5. The Good Dinosaur (2015), PG
- 6. Meet the Robinsons (2007), G
- 7. Inside Out (2015), PG
- 8. Trolls (2016), PG
- 9. Frozen (2013), PG
- 10. Brave (2012), PG
- 11. Storks (2016), PG
- 12. UP (2009), PG
- 13. Finding Dory (2016), PG
- 14. Finding Nemo (2003), G
- 15. Chicken Run (2000), G
- 16. Stick Man (2016), G
- 17. Rock Dog (2017), PG
- 18. Kung Fu Panda (2008), PG
- 19. Coco (2017), PG
- 20. Cars 3 (2017), PG
- 21. Kiki's Delivery Service (1989), G
- 22. Secret World of Arriety (2010), G
- 23. Wall-E (2008), G
- 24. Ferdinand (2017), PG
- 25. Turbo (2013), PG

Featured Films

- 26. Hotel for Dogs (2018), PG
- 27. Dolphin Tale (2011), PG
- 28. Queen of Katwe (2016), PG
- 29. Cool Runnings (1993), PG
- 30. The Neverending Story (1984), PG
- 31. Hidden Figures (2016), PG
- 32. The Martian (2015), PG-13
- 33. Walt Before Mickey (2015), PG
- 34. Wild Hearts Can't Be Broken (1991), G
- 35. Fly Away Home (1996), PG
- 36. Rudy (1993), PG
- 37. Pay It Forward (2000), PG-13
- 38. The Blind Side (2009), PG-13
- 39. The Lord of the Rings (2001), PG-13
- 40. The Karate Kid (1984), PG
- 41. October Sky (1999), PG
- 42. Wonder (2017), PG
- 43. Greatest Showman (2017), PG
- 44. Because of Winn-Dixie (2005), PG
- 45. Charlotte's Web (2006), G
- 46. The Wizard of Oz (1939), Not Rated
- 47. The Little Prince (2016), PG
- 48. The Adventures of Sharkboy and Lavagirl (2005), PG
- 49. Anne of Green Gables (1986), Not Rated
- 50. The Secret Garden (1993), G



GROWTH MINDSET

movies & videos for children

by Big Life Journal

Featured Films (continued)

- | | |
|---|--|
| <input type="checkbox"/> 51. Matilda (1996), PG | <input type="checkbox"/> 71. Pathway Transformation Initiative - Growth Mindset by Fullerton College |
| <input type="checkbox"/> 52. A Wrinkle in Time (2018), PG | <input type="checkbox"/> 72. Growth Mindset Video on YouTube by infobundl |
| <input type="checkbox"/> 53. School of Rock (2003), PG-13 | <input type="checkbox"/> 73. Learning and the Brain by Learning and the Adolescent Mind |
| <input type="checkbox"/> 54. Ramona and Beezus (2010), G | <input type="checkbox"/> 74. Sesame Street: Janelle Monae - Power of Yet |
| <input type="checkbox"/> 55. Akeelah and the Bee (2006), PG | <input type="checkbox"/> 75. C.J. Luckey - The Power of Yet |

Short Animated Films

- 56. Piper (2016), G
- 57. Soar (2014), G
- 58. The Boy Who Learned to Fly (2017), G
- 59. Let Me In (2008)
- 60. For The Birds (2001)
- 61. KIWI! (2006)
- 62. The Gift (2016)
- 63. Jinxy Jenkins & Lucky Lou Short Film (2014)
- 64. Elmo Doesn't Give Up (2017)

Videos

- 65. Famous Failures by Motivating Success
- 66. Understanding Talent by sportscotland
- 67. Fixed vs. Growth Mindset: The Natural Talent Myth! by Make Up Your Mind
- 68. You Can Learn Anything by Khan Academy
- 69. How Many Times Should You Try Before Success? by fundersandfounders
- 70. Grit: The Key to Your Success by Florida Virtual School



GROWTH MINDSET

podcasts for children & adults

by Big Life Journal

Kids

- 1. Dream Big Podcast
- 2. Wow in the World
- 3. Peace Out
- 4. Story Time
- 5. What If World
- 6. But Why?
- 7. Brains On!
- 8. Short & Curly
- 9. Sesame Street
- 10. Storynory
- 11. TedTalks Kids & Family
- 12. Five Minutes with Dad
- 13. Rebel Girls
- 14. Circle Round
- 15. Sparkle Stories
- 16. Story Pirates
- 17. Be Calm on Ahway Island

Teens

- 18. Unstoppable Teen
- 19. Youth Radio
- 20. The Moth – True Stories
- 21. How Stuff Works
- 22. BrainStuff
- 23. Part-Time Genius

- 24. The Stuff of Life
- 25. Mentor 4 Teens

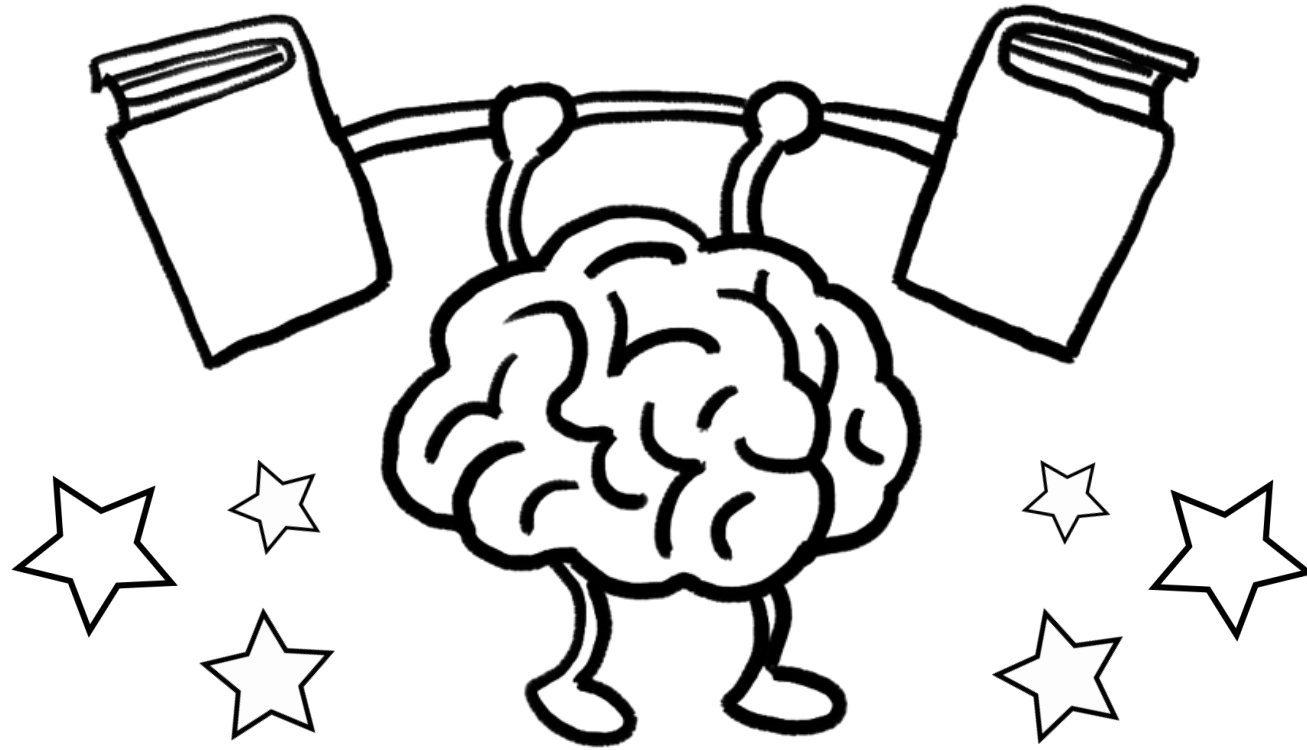
Parenting

- 26. Brave Writer
- 27. Little Sprigs
- 28. The Modern Dads
- 29. Spawned
- 30. Zen Parenting Radio
- 31. The Read-Aloud Revival
- 32. Parenting Today's Teens
- 33. Parenting Beyond Discipline
- 34. Parenting Great Kids
- 35. Maggie Dent
- 36. Janet Landsbury Unruffled
- 37. The Mindful Kind
- 38. Everyday Motherhood
- 39. The Balanced Educator Podcast
- 40. The Adult Chair

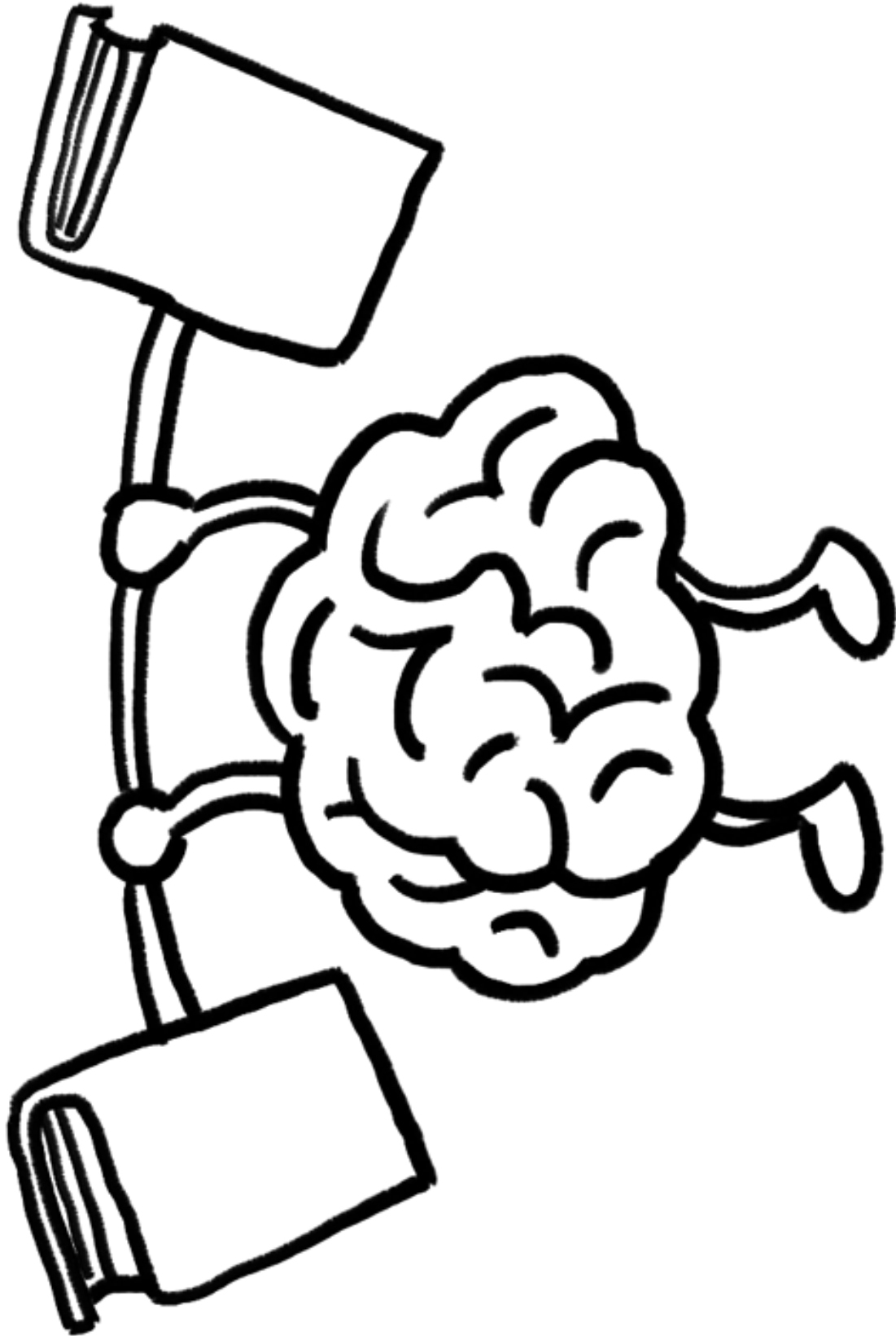


I CAN

GROW



MY BRAIN



PARENT'S GUIDE TO A GROWTH MINDSET

Big Life Journal

*Your brain is like a muscle. When you learn, your brain grows.
The feeling of it being hard is the feeling of your brain growing!*

PRAISE



FOR:

- EFFORT
- STRATEGIES
- PROGRESS
- HARD WORK
- PERSISTENCE
- RIISING TO A CHALLENGE
- LEARNING FROM A MISTAKE

NOT FOR

- TALENT
- BEING SMART
- BORN GIFTED
- FIXED ABILITIES
- NOT MAKING MISTAKES

THE POWER OF "YET"

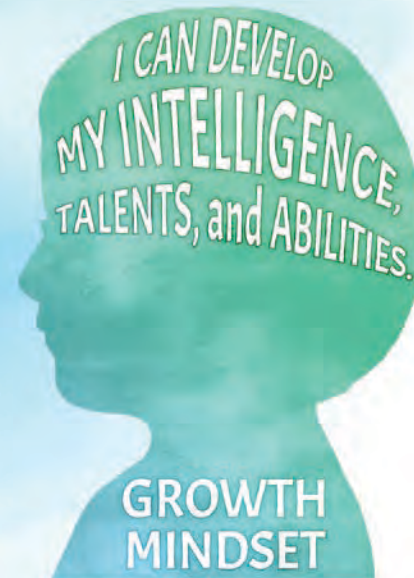
SAY

- "YOU CAN'T DO IT **YET**."
- "YOU DON'T KNOW IT **YET**."
- "IF YOU LEARN AND PRACTICE, YOU WILL!"

BRAINS can GROW



VS



FAILURES AND MISTAKES = LEARNING

SAY

- "MISTAKES HELP YOU IMPROVE."
- "YOU CAN LEARN FROM YOUR MISTAKES."
- "LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

RECOGNIZE YOUR OWN MINDSET

BE MINDFUL OF YOUR OWN THINKING AND THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.



ASK

- "WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
- "WHAT NEW STRATEGIES DID YOU TRY?"
- "WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
- "WHAT DID YOU TRY THAT WAS HARD TODAY?"

HOW TO EXPLAIN GROWTH MINDSET TO KIDS

NEUROPLASTICITY ACTIVITIES AND RESOURCES

by Big Life Journal

1 TALK ABOUT THEIR BRAIN

- Provide a basic explanation of the main parts of the brain.
- Explain neurons and pathways.
- Use analogies such as establishing new neural pathways between brain cells is like building a bridge to cross a ravine.
- Discuss the value of making mistakes.



2 SHARE AMAZING FACTS

- There are as many neurons in the brain as there are stars in the Milky Way: about 100 billion.
- The brain physically stops growing around age 18, but it keeps changing forever.
- The brain can produce enough electricity to power a light bulb!
- By design, our brains are all about growth and change— as is the whole human body.



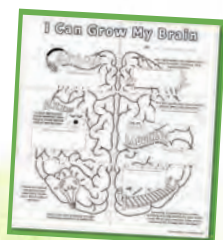
3 BUILD A BRAIN MODEL

- Build a basic brain model using Play-Doh.
- Make a brain hat.
- Create neurons from modeling clay, beads, rope, or string.



4 CREATE A BRAIN POSTER

- Make the “I Can Grow My Brain” poster (available in Big Life Journal’s Growth Mindset Printables Kit).



5 CELEBRATE MISTAKES

- Explain that mistakes make the brain grow.
- The brain does NOT grow just from getting the answers right. To keep strengthening neural pathways, we must continue challenging ourselves.
- Celebrate when someone makes a mistake. Give a high five and say, “High five! You’re learning!” or, “Woohoo! Your brain is growing!”



6 BRAINSTORM WAYS NEUROPLASTICITY HAS ALREADY WORKED

- Help your children or students come up with a list of activities that were once difficult and became much easier with practice.
- Keep the list somewhere visible.
- When children feel that something is too hard, remind them of all the things that were once “too hard” and are now second nature.



7 READ FANTASTIC ELASTIC BRAIN

- Your children will learn about the brain by reading Your Fantastic Elastic Brain: Stretch It, Shape It by JoAnn Deak.
- This book explains that trying new things without giving up strengthens your brain.



8 CREATE INTERACTIVE VISUALS

- Provide many pieces of cut yarn to represent connections between neurons.
- Ask children what they can do to get better at something.
- Each child who gives a suggestion selects a piece of yarn and gives one end to each of the children holding the neurons.
- After many examples, children can see how thick the collection of yarn is getting.



10

GROWTH MINDSET

conversation starters



1. What did you do today that made you **think hard**?
2. What **challenge** or **problem** have you worked on today?
3. Can you think of something **new** you tried today? What was it?
4. Was there anything that made you feel stuck today?... Great! What **other ways** might be there to solve this?
5. What did you **learn** today outside of school?
6. Can you think of a **mistake** you made today? ... Great! How can you use this mistake to **do better** next time?
7. Is there anything you are struggling with? ... Excellent! What **new strategies** can you try next?
8. Can you think of something you could have done better today?... Great! Who can you **ask feedback** from to make it better?
9. What would you like to **become better at**?
10. Did you do anything today that was easy for you? ... How can you make this **more challenging**?

5

Essential Steps TO CREATE A GROWTH MINDSET CORNER

at home or in the classroom

by Big Life Journal

A **Growth Mindset Corner** is a place at home or in the classroom where kids can learn about the incredible power of their brain, problem solve, reflect on their mistakes, brainstorm ideas, work on projects, and dream big!

1

PICK A SPACE

- Find a space that is inviting and has enough room for your child to explore, stretch out, build, and create. It could be an actual corner, a desk area, or a small section of a room.
- Add a comfortable place to sit using pillows, blankets, or yoga mats.



2

DECORATE

- Choose a style or theme.
- Grab markers and paper and ask kids to sketch out what they want the corner to look like.
- Encourage kids to create a vision board to be inspired and dream big.
- Hang up or frame drawings, photos of friends and family, and quotes (use the Inspirational Quotes Bundle by Big Life Journal).



3

INCLUDE MUSIC + PODCASTS

- Bring a device to play uplifting or calming music (find Big Life Journal playlists on Spotify).
- Print out the Top 35 Growth Mindset Podcasts (available in the Growth Mindset Printables Kit). Have the kids check off the podcasts they want to listen to.
- Invite kids to listen to the music or podcasts while coloring or building something.



4

SELECT GROWTH MINDSET BOOKS

- Gather a variety of books that teach about persistence, not giving up, following your dreams, and other important growth mindset topics.
- Grab the Top 85 Growth Mindset Book List available in the Growth Mindset Printables Kit.



5

CREATE AN ACTIVITY BASKET

- Create an activity basket that kids can reach for when they are hanging out in their growth mindset corner.
- Fill the basket with items like modeling clay, blocks, recyclable materials to make inventions, art supplies, and the Growth Mindset Activity Kit.



3

GROWTH MINDSET: REASONS YOU MIGHT STRUGGLE *to teach it*

1

YOU'RE TEACHING SOMETHING YOU'RE STILL LEARNING

- **Be transparent.** When you feel “**stuck**” in a fixed mindset, point out your moments of difficulty and how you did the hard work of changing your perspective.
- **Know your options.** A great variety of strategies and activities are available to you. Try resources like the **Big Life Journal**, printable growth mindset kits, books, and movies.
- **Make mistakes in real time.** Let kids see you make mistakes in front of them using growth mindset language. Did it help you learn something new? What can you improve? Talk about it!



2

YOU'RE FACING RIGID AND NEGATIVE THINKERS

- **Draw connection between thoughts and feelings.** When we feel down, it's often just the result of how we're thinking. And thinking can be changed!
- **Help them recognize the positive voice inside.** Once kids see that their bad feelings come from negative thinking, they can choose to turn towards their positive voice inside them for answers instead.
- **Encourage them to name and accept their feelings.** Explain that ALL feelings are okay to have, even ones that are unpleasant.
- **Increase their feelings vocabulary.** Discuss how feelings come and go, and that we can honor them but watch them pass without getting too attached.
- **Believe in your message.** Immediate results aren't guaranteed. Trust that you're already making a difference.



3

YOU FEEL ALONE ON THIS JOURNEY

- **Know your triggers.** Keep track of your own mindsets is what we can do, and the best place to start!
- **Connect praise with RESULTS.** Rather than being inherently fixed-mindset, assigning grades and tying them to effort is a way of instilling the ability to persevere.
- **Reframe grades.** Kids can be taught that grades are simply an indication of past performance, not predictions of the future.



The **ULTIMATE GUIDE** to **PRAISING** children

by Big Life Journal

EFFECTIVE PRAISE IS

Sparing ✨ Specific ✨ Sincere

don't ✖

PERSON PRAISE

Avoid ability-oriented praise, like:
"You're very good at solving puzzles"

PRAISE AS REWARD

Avoid "rewarding" with praise. When kids anticipate rewards, they lose interest.

SOCIAL COMPARISON

Avoid comparing to others.

TOO LOW OR HIGH EXPECTATIONS

Avoid setting low expectations, like "Great job! You wrote a story!" or too high, like "This is the best story I've ever read!"

EVALUATION

Avoid focusing on judgement with "I like" statements, such as, "I like how clean your room looks."

do ✔

PROCESS PRAISE

Focus on process, strategies, effort, like:
"You're using great puzzle-solving strategies"

INFORMATIONAL FEEDBACK

Provide specific feedback on performance.

PERSONAL MASTERY

Focus on child's *individual* performance.

REASONABLE EXPECTATIONS

Praise should reflect standards that could be *realistically* met.

ENCOURAGEMENT

Give encouragement, like "Your room looks clean!". This helps develop *internal* evaluation.

Vs.

PRAISE MORE THAN ACHIEVEMENTS

generosity, forgiveness, compassion, courage, being a loving friend or sibling, taking a stand, appreciation of art, etc.

ALTERNATIVES TO PRAISE

Say thank-you ✨ Acknowledge goals ✨ Say nothing ✨ Ask questions

GROWTH MINDSET PRAISE

EXAMPLES

- ★ Great **effort!** You must have worked really hard.
- ★ You **practiced** a lot and your **improvement** shows it.
- ★ You tried all kinds of **strategies** on that math problem until you finally got it.
- ★ You stayed at your desk, you kept your **concentration**, and you **kept on** working.
- ★ You **didn't give up** when it was hard!
- ★ See, you **studied more** and your grade on this test is higher.
- ★ You tried **different strategies** and you figured out how to solve the problem.
- ★ You **stuck to this** and now you really understand it.

6

WAYS TO HELP YOUR CHILD *overcome* the **FEAR OF FAILURE**

by Big Life Journal

1

CHANGE YOUR ATTITUDE ABOUT FAILURE

- Be mindful of **your own** responses to mistakes and failure. Talk about what you've learned, and be willing to pick yourself up and try again.
- **Encourage** and **celebrate** your child's mistakes as learning experiences.



2

EMPHASIZE EFFORT, NOT ABILITY

- Emphasize **effort** (and the process) over ability (and the outcome).
- When they struggle, discuss **specific strategies** that might work next time.



3

DEMONSTRATE UNCONDITIONAL LOVE

- Make it clear that you **love** your child unconditionally, even when they make mistakes or use poor judgment.



4

CONDUCT THE "WORST-CASE SCENARIO" EXERCISE

- Start by grabbing a piece of paper so you can **brainstorm** together with your child.
- Ask them questions like, "If it all goes wrong, what's the **worst** thing that could happen?"



5

HELP THEM FOCUS ON THE SOLUTION

- Discuss what **actions** they took, the **consequences** of these actions, and how these consequences can be **avoided** in the future.
- Ask questions like, "What went wrong?", "How can you fix or prevent this next time?"



6

HAVE CONVERSATIONS ABOUT SUCCESS AND FAILURE

- Talk about success using the "**iceberg analogy**."
- Explain that when you see successful people, you only see the tip of the iceberg. You don't see what's "under the water": failures, rejection, grit, effort, discipline, persistence, etc.



How to Help Your PERFECTIONIST CHILD

WORRY LESS AND DO MORE

✓ EXCELLENCE-SEEKER

- has a GROWTH mindset
- is intrinsically motivated
- focuses on learning

VS.

✗ PERFECTIONIST

- has a FIXED mindset
- avoids judgement
- focuses on mistakes



● Encourage High Standards, Not Perfection

- Avoid using the word “perfect”.
- Help your child set goals and standards that are reachable with effort.



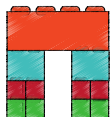
● Teach Your Child “The Power of Yet”

- Add “YET” to your child’s “I can’t” statements.
- Use the 3-step strategy:
 1. Ask them to create a DRAFT
 2. Acknowledge what they did WELL
 3. Provide specific feedback for improvement



● Be an Example of Someone Who’s Not Perfect

- Model imperfection by sharing YOUR mistakes.
- Ask your child for ADVICE when you experience a setback or a struggle.



● Emphasize the Fun

- Highlight enjoyment and learning when you question and praise your child.
- Ask, “Did you have fun today?”



● Recognize Negative Thoughts

- Use the “balloon technique” to teach your child to let go of self-critical thoughts.
- Play the Five Senses Game to combat anxiety and feelings of doubt and blame.

5

POWERFUL WAYS

to help kids develop a

GROWTH MINDSET in
MATHEMATICS

1 Teach kids about brain's ability to grow

- For younger children, show fun YouTube videos like the *Neuron Song* to teach them about neuroplasticity.
- For older children, show them a brief clip from the BBC documentary *'The Human Body'*.
- Take your kids or students through a free online course from Jo Boaler of Stanford University.
- Have your children or students create their own [Brain Poster](#) (included in Big Life Journal's *Growth Mindset Printables Kit*)



2 Model and praise mistakes as opportunities for brain growth

- Show your kids you make mistakes too, and it's a good thing.
- Analyze mistakes together to see what and how we learn from them.
- Read together *Mistakes That Worked* by Charlotte Foltz Jones.
- Create a mistake-welcoming home or classroom by decorating with inspiring posters and graphics.
- Have your child read the [Mistakes Poem](#) and display it someplace they can see it often (included in Big Life Journal's *Growth Mindset Printables Kit*).



3 Provide rich, open-ended math tasks

- Try out a variety of tasks from [YouCubed.org](#) with your kids. These tasks are designed to spark a deeper love of math.
- Take traditional, closed problems and turn them into rich challenges. Ask questions like, "Can you solve this two different ways?"
- Use another engaging challenge from Boaler, the "four 4's" task. This challenge asks you to find all the numbers from 1-20 using 4 fours and any mathematical operation.
- Challenge kids to create their own problem. Ask them to write a new similar question, but more difficult.

$$2+2=?$$

$$A+B=?$$

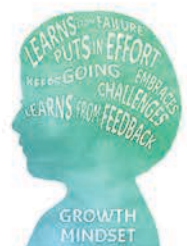
4 Remove an emphasis on speed

- Teach kids that the strategies they use are more important than the final answer.
- Assign fewer problems and make sure kids justify their answers or look for multiple solutions.
- Replace a set of practice problems with reflective questions such as, "What was a big idea we learned about today?"
- Use the [growth mindset conversation starters](#) to talk through their process and efforts (included in Big Life Journal's *Growth Mindset Printables Kit*).



5 Be mindful of your own attitude towards math

- Continue to learn about growth mindset and be an example to your kids as you show them how to persevere.
- Learn new strategies together. Have fun discussing big ideas by spending quality time together and engaging in meaningful math learning at the same time!
- Complete the free course from Jo Boaler yourself.
- Follow the [free 4-week guide](#) on How To Teach Growth Mindset to Kids (available on [biglifejournal.com](#)), it provides specific examples on how to model growth mindset and teach it to your children.



KIDS & SPORTS:

5

effective ways to foster a

GROWTH MINDSET

by Big Life Journal

1

MOTIVATE TO TRY NEW THINGS

- Talk to your child about the **BENEFITS** of trying a variety of sports.
- Help them see that playing a new sport can make them **STRONGER** and **BETTER**.
- Discuss how the skills they learn through sports can help them reach their **DREAMS**
- Adopt "*Hard Thing Rule*" to choose a new thing to try.
- Discuss with your child **WHY** they are afraid to try a new sport.



2

ENCOURAGE PERSISTENCE

- Remind about the **COMMITMENT** they made to themselves and/or their team.
- Discuss in advance what your child will do if they want to give up (use the **WOOP** technique).
- Discuss how persistence leads to success using the **ICEBERG** analogy.
- Discuss examples of **FAMOUS** athletes who have struggled or experienced failure.



3

REFRAME LOSING

- Emphasize personal **MASTERY** and **IMPROVEMENT**.
- Teach your child to focus on the **POSITIVE** and celebrate improvement and progress.
- Help them **REFLECT** on what they/their team could do better **NEXT** time.
- Point how **FAMOUS** athletes respond to losses.
- Help your child embrace the **FUN** of sports.



4

REFRAME WINNING

- Emphasize their **EFFORT, FOCUS,** and **DISCIPLINE**.
- Help them understand the connection between winning and their **ACTIONS**.
- When your child wins without effort, apologize for wasting their time and find a new challenge.



5

TEACH TO HANDLE CONSTRUCTIVE CRITICISM

- Teach your child to view criticism as a piece of **ADVICE**.
- Don't criticize children in front of others, avoid giving criticism while angry, criticize thoughtfully and gently.
- Give your child the opportunity to **SELF-ASSESS** by asking, "*Did that go how you expected it to go?*"



4

WAYS TO HANDLE FIXED MINDSET

adults in your kids' lives

Big Life Journal

1 START WITH YOURSELF

- What are my fixed mindset “triggers”?
- How do I currently monitor and **overcome these triggers**? Are there ways I could do it differently?
- What mistake did I make that taught me something?
- How can I **create more learning experiences** for myself?



2 SHARE THE CONCEPT

- Share your excitement about learning a new mindset and the **powerful effect** it's had on your family
- Ask if they would be willing to use **Growth Mindset language** during the day or in the classroom
- Offer resources for getting started (check out Big Life Journal and How to Teach Growth Mindset to Kids (The 4-Week Guide)
- Discuss the **Power of “Yet”**



3 CLARIFY MISCONCEPTIONS

Misconception #1: Results Don't Matter

- Growth mindset ties praise to *success*. As Dweck says, “The whole idea...is to **focus on the learning process**. When you focus on effort, you have to show how effort created learning progress or success.”

Misconception #2: You Either Have It or You Don't

- Growth mindset is a spectrum. Dweck states that “nobody has a growth mindset in everything all the time. **Everyone is a mixture of fixed and growth mindsets.**”



4 SEE THE POSSIBILITIES

- Use fixed mindset comments as discussion starters (Did the teacher say she's smart because she got an 'A' on the test? Prompt her to identify other possible **causes of her success--studying, persistence, or asking questions.**
- Help your child cultivate empathy and understanding of those who think differently. Living with a **fixed mindset doesn't always feel good.**
- Find your **growth mindset tribe**

