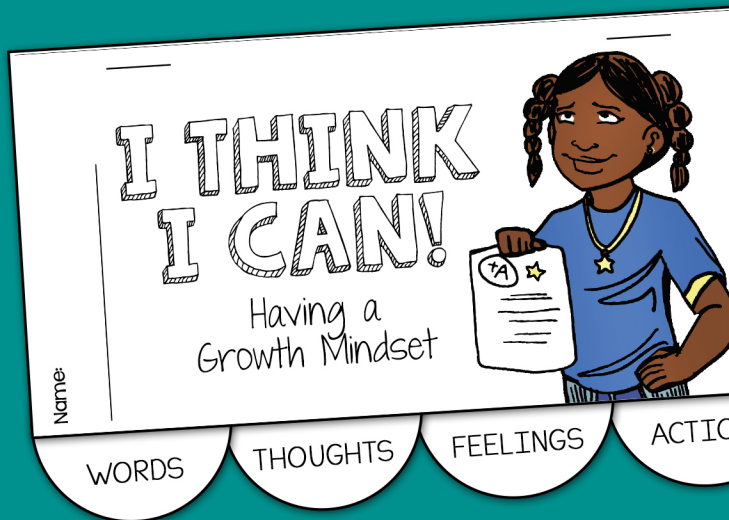


# Growth Mindset TAB BOOK

- ✓ FUN
- ✓ PERSONAL
- ✓ NO-PREP



# Growth Mindset Tab Book

Thanks for purchasing this product!



Teaching social-emotional skills doesn't have to be difficult! With Tab Books, students' drawings, writing, and graphic organizers come together to create a customized book they can be proud of and use a reference whenever they need reminders! Great on their own or as part of an [Interactive Notebook](#), Tab Books are a tried and true way to get your students excited about learning - with little to no prep for you!

This book helps students learn about positive thinking, resiliency, and having a growth mindset to help them through challenges and struggles.

Check back often for [new topics](#)!



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I THINK  
I CAN!

Having a  
Growth Mindset



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Name: \_\_\_\_\_

Cut out each page along the dotted lines. Then staple along the

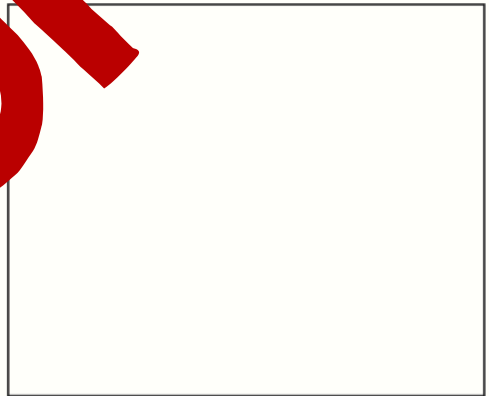
THIS ONE PAGE

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



In your own words, describe about a time when working hard paid off for you. Then, draw a picture to go with your story.

work hard improve grit give up  
quit challenge strategy complain  
positive growth try goals

## WORDS

The words we use often affect how we think and feel. Circle the words above that show a growth mindset. If you don't know what one of the words means, look it up in a dictionary!

## MAKE IT GROW

This is too hard.

I'm not smart enough.

I give up.

This work is good enough.

I'm not good at reading.

## THOUGHTS

Change each fixed mindset thought above into a growth mindset thought!



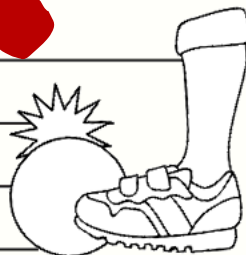
## What is a CHALLENGE?

## IMAGINE...

Pick a famous athlete or celebrity. What would have happened if they gave up when something was hard?



Why do people give up?



### CHALLENGE

The words we use often affect how we think and feel. Circle the words above that show a growth mindset. If you don't know one of the words means, look it up in a dictionary!

## FIXED MINDSET MEANS...

- giving up when something doesn't work the first time
- avoiding challenges or things that are difficult
- rushing through work just to "get it done"
- feeling like you can never get better



### FIXED

Change each fixed mindset thought above into a growth mindset thought!