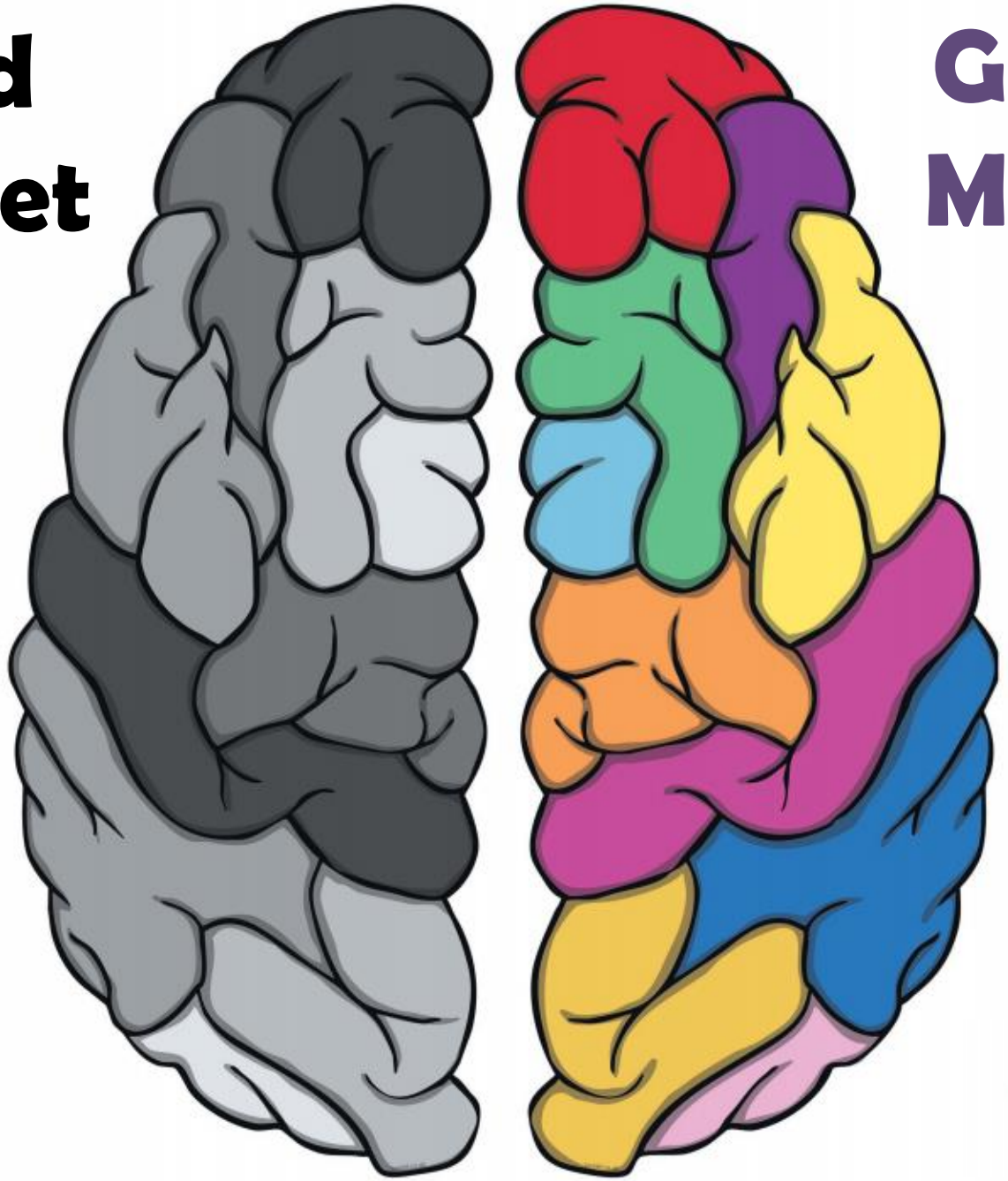
Learning Champions



Fixed Mindset



Growth Mindset

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Instead of Saying...

I can't make this any better.



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Try Thinking...

I can always improve my work.



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Instead of Saying...

I made a mistake.





Try Thinking...

Mistakes help me to learn and improve.





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Instead of Saying...

I'll never be as smart as my friend.



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Try Thinking...

I will learn from them.



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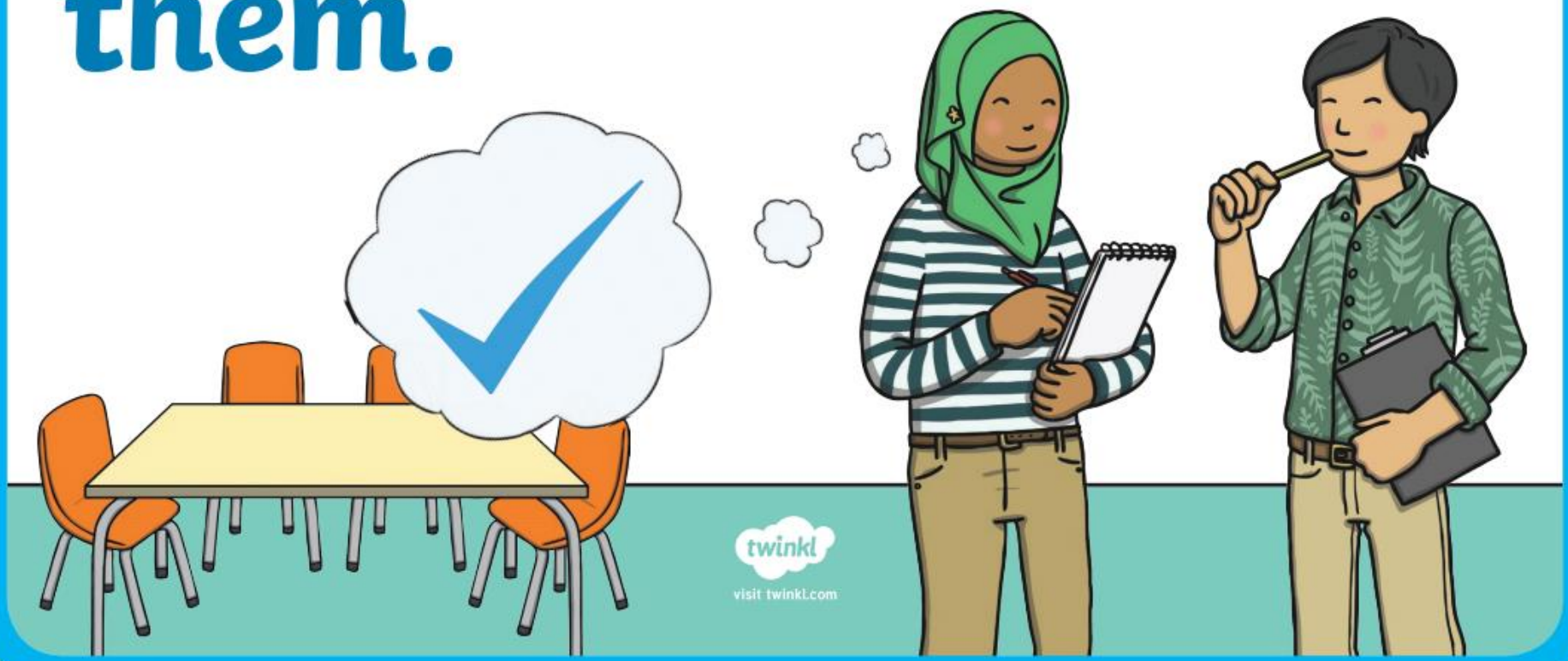
Instead of Saying...

How come my friend can do it?



Try Thinking...

I will learn from them.



Instead of Saying...

I'm not clever enough to do this.



Try Thinking...

I will learn how to do this.

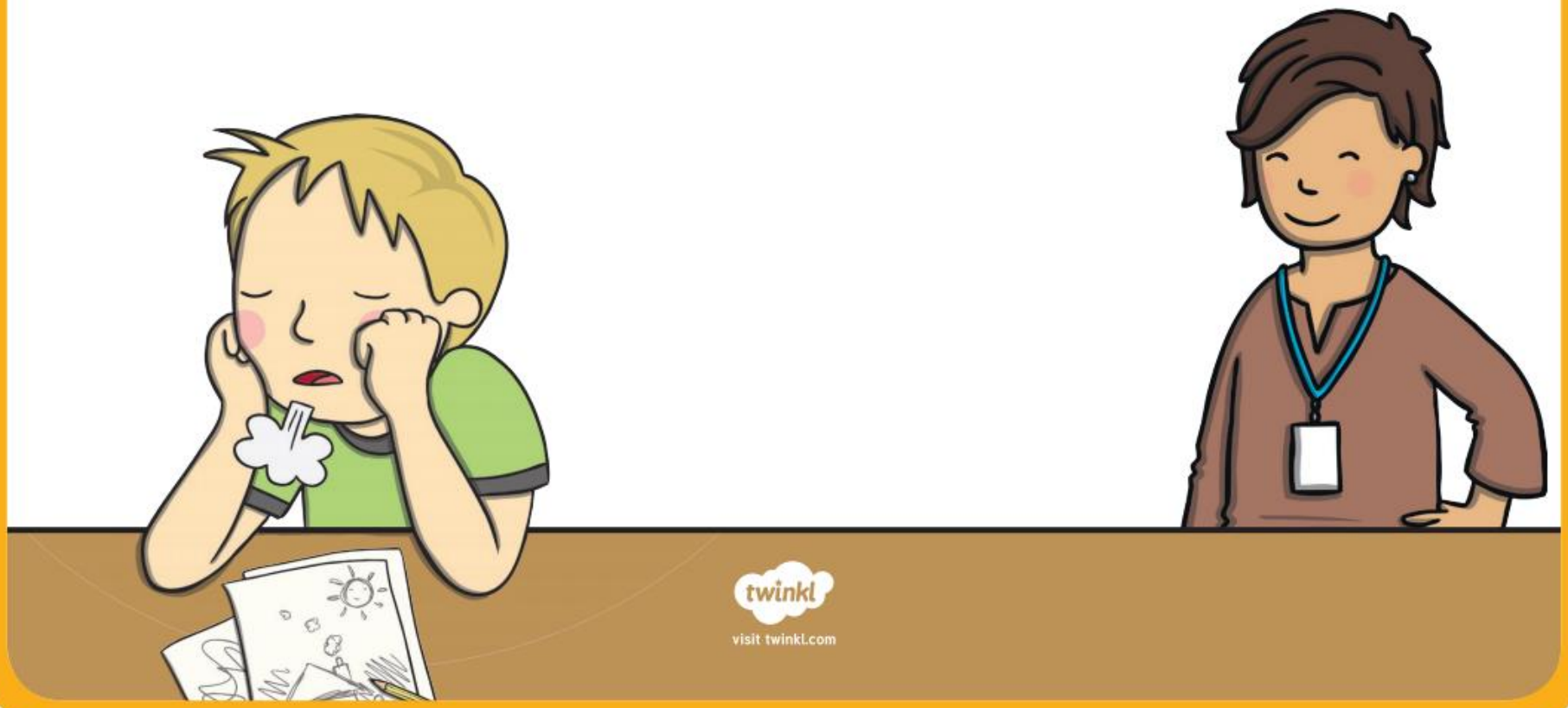




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Instead of Saying...

This will do.



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Try Thinking...

Is this my best work?



Instead of Saying...

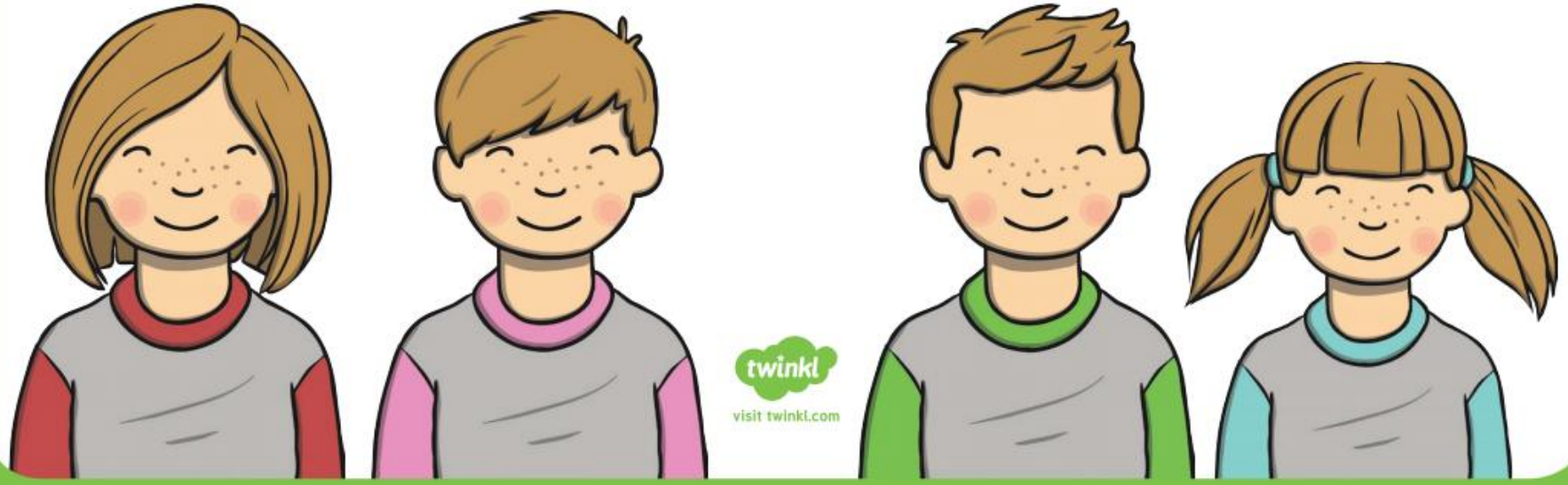
I'll never do it!

It's too hard!



Try Thinking...

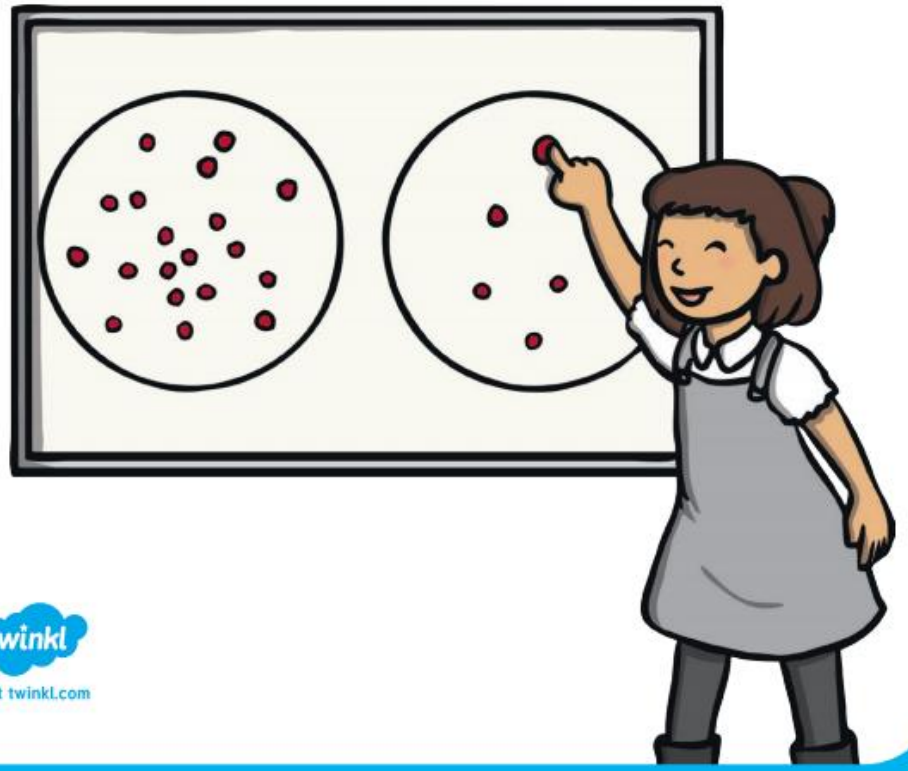
This may take some time and effort.



Instead of Saying...

I am no good at this.





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Try Thinking...

What can I do to improve?



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Instead of Saying...

I can't do it!

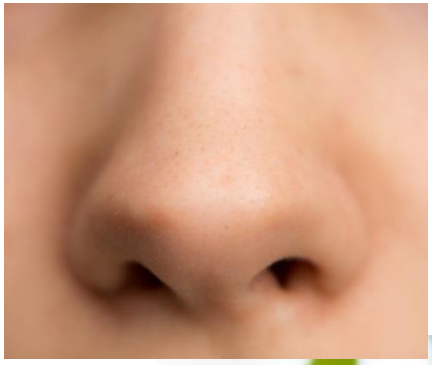


Try Thinking...

I can't do it – YET!



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Smells





Meditation



Brain breaks

What is a Brain Break?



attention

changing

activating

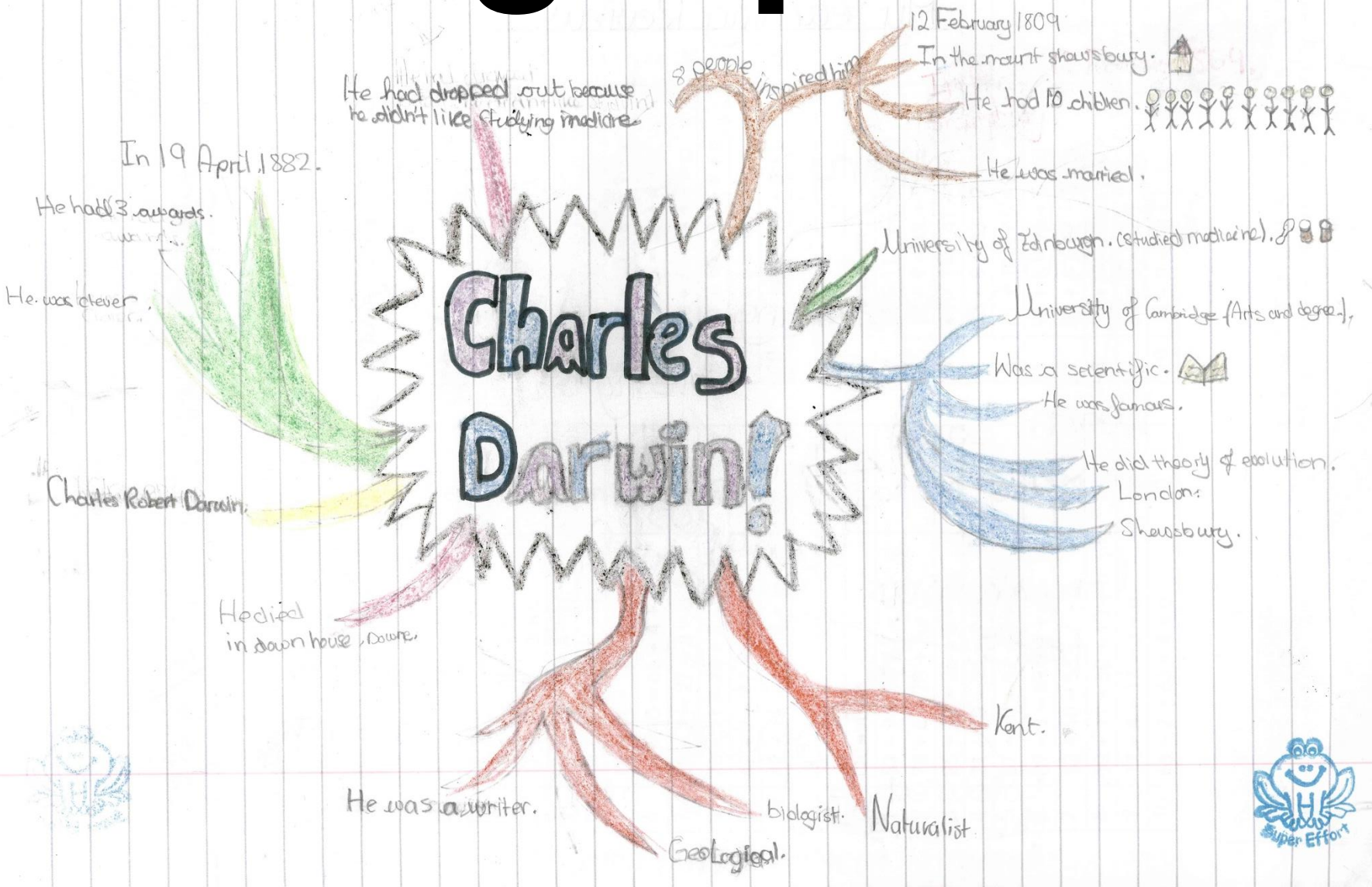
refocusing

stimulating

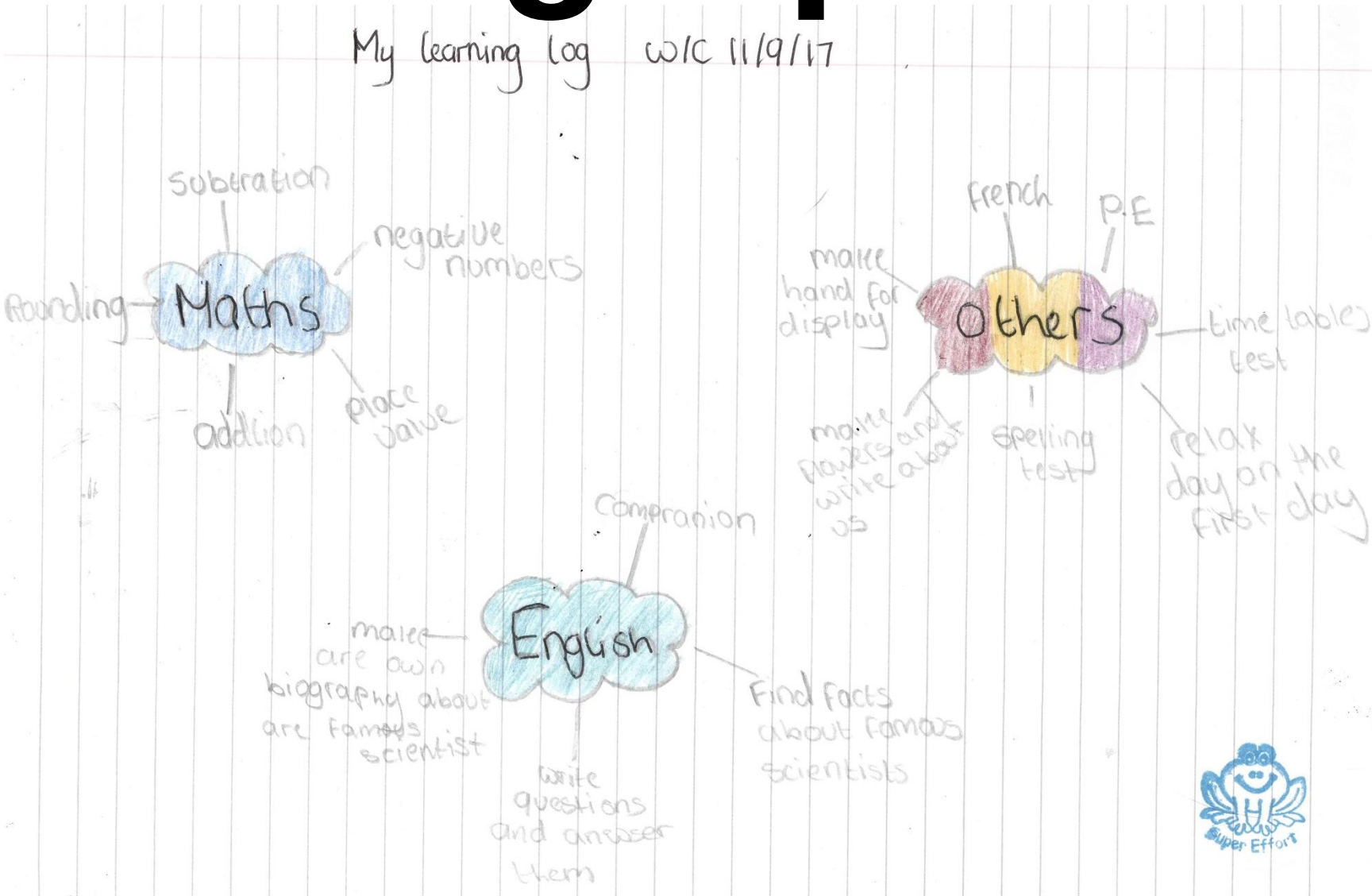
calming

energizing

Infographics



Infographics




Miley Cyrus -
The Climb