

Flipping Our Thinking Discussion Cards

#1 (Fixed)

I feel angry when my coach tells me how to improve.

#2 (Fixed)

This is too hard. I'll never be able to learn this.

#3 (Fixed)

I wish I was as smart as my big sister. She's good at everything!

#4 (Fixed)

These directions are too confusing. I'll ask my dad to do this for me.

#5 (Fixed)

I don't want to try that. Everyone will think I'm dumb if I can't do it.

#6 (Fixed)

It's okay that I'm not good in math. My mom wasn't good at it either.

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Print on the reverse side of the fixed mindset statements.

#2 (Growth)

This seems hard now, but I can keep trying different strategies until I find one that works.

#1 (Growth)

I appreciate my coach taking time to help me improve, and I know I'll get better with practice.

#4 (Growth)

I'll ask my dad to explain this to me, but I'll tell him I want to do it myself.

#3 (Growth)

My big sister is older than me, and when I'm her age, I'll know more and be able to do more than now.

#6 (Growth)

If I keep practicing in math and using the strategies I learned, I know I'll improve. My teacher can help me if mom can't.

#5 (Growth)

It's fun to try new things because that's how we grow. I might feel nervous at first, but I'll be proud of myself for trying.