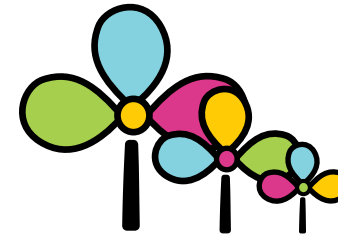


# GROWTH MINDSET B!NGO



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

Date: \_\_\_\_\_

Every day this week, select one growth mindset activity to complete. When you have successfully completed the activity, colour in the corresponding Bingo box. Your goal is to complete at least five different activities to form a horizontal, vertical, or diagonal line.

Teach yourself something new.	Replace the word <b>failing</b> with the word <b>learning</b> .	Write a song or rap about growth mindset and sing it to yourself the next time you're using a fixed mindset.	Ask your parents about their biggest mistake, how they bounced back, and what they learned.	Watch the TED Talk, "The Power of Believing You Can Improve" by Carol Dweck.
Praise someone for their process rather than their traits.	Identify something you are struggling with and 3 steps that you can take to work on that task. Then, take the first step.	Read the book, "Your Fantastic Elastic Brain" by JoAnn Deak.	Create a "Dream Board" of pictures, quotes, or ideas representing at least 10 realistic dreams for your future.	Albert Einstein said, "It's not that I'm smart, it's just that I stay with a problem longer". Identify 3 strategies that you can use to stay with a problem longer.
Ask someone for constructive feedback and apply that feedback to make improvements.	Do something that you have always wanted to do, but have been too afraid to try.	Find 3 quotes depicting a growth mindset and turn one of those quotes into a poster. Hang the poster in your room.	Make a list of at least three reasons why it's important to make mistakes.	Spend 15 minutes writing down the steps you took to achieve a goal.
Replace negative self-talk with neutral or positive self-talk.	Spend 30 minutes researching neuroplasticity and your ability to rewire the brain for the better.	Get at least 8 hours of sleep.	Make a list of everything you've been able to accomplish despite initially doubting your ability to succeed.	Eat a balanced diet by following the Canadian Food Guide for 3 days.
Make a list of five "failures" and identify at least one lesson that you learned from each of those "failures".	Draw a picture representing the differences between growth and fixed mindset.	Teach someone else (who doesn't already know) about the difference between growth and fixed mindset.	Add the word <b>yet</b> to everything you say you can't do.	Read the book, "The Most Magnificent Thing" by Ashley Spires.