

# LEARNING DIFFERENCES

to be  
like me

## SOCIAL-EMOTIONAL LEARNING (SEL)

### Growth Mindset



Click on the photo to hear Sarah talk about what it means to have a growth mindset.



Click the picture of Malcolm Mitchell to learn why this Super Bowl champ values his ability to read more than football. How does he exhibit a growth mindset?



### Fixed Mindset

**VS.**

### Growth Mindset



- If I fail, that means I can't do it.
- I take feedback personally.
- I only do things that I already know.

- If I fail, that means that I can learn something new and grow
- Feedback is constructive and helpful.
- I will try new things.

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

# Fixed Mindset vs. Growth Mindset

Fill in the blanks with an example of what a fixed/growth mindset would be in each situation. Can you reframe the thought?

I will never be able to write in cursive. I'm just going to write in print.



Division is really challenging. I'm going to spend some extra time on it and ask for help. It will be easier some day.



I'm just a math person. I can't write stories.



I can't run around the whole track YET. I think that I'll run half way this week and  $\frac{3}{4}$  of the way around next week. I'll get there soon!



I failed my spelling test. I'm horrible at spelling.

