GROWTH MINDSET

DAILY ACTIVITIES FOR 10 WEEKS

Daily activities to reinforce upper elementary and middle schoolers into starting their day with a growth mindset.

YOU CAN FIND WEEK 1 FOR FREE.
GROWTH MINDSET WEEKLY ACTIVITIES

Week 1

MONDAY
I AM ENOUGH!
Write about the time that you have felt and known you are enough!
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TUESDAY
I GET BETTER EVERY DAY!
Write about something you get better at every day!
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WEDNESDAY
I AM PROUD OF MYSELF!
Write about one thing you are proud of yourself.
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GROWTH MINDSET WEEKLY ACTIVITIES

Week 1

THURSDAY

I AM AN AMAZING PERSON!

There are plenty of things that make you amazing! Write about one of them.
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FRIDAY

I DESERVE TO BE HAPPY!

Write about some things that make you know you deserve to be happy.
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DID YOU KNOW?

GROWTH MINDSET!

Students who exhibit a growth mindset believe that, despite obstacles and challenges, a person can develop abilities and achieve goals through motivation, hard work, and practice. Do you have a growth mindset? Why or why not?
_______________________________________
_______________________________________

Date: ____________________
GROWTH MINDSET
WEEKLY ACTIVITIES

Week 2

Monday
I BELIEVE IN MYSELF!

Write about a time you have believed in yourself!

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Tuesday
I AM CAPABLE OF DOING ANYTHING!

When was the last time you told yourself you can do anything? Explain.

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Wednesday
I CAN BE ANYTHING I WANT TO BE!

This is completely true! What do you want to be? Explain.

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GROWTH MINDSET
WEEKLY ACTIVITIES

Week 2

THURSDAY

MY BEST IS GOOD ENOUGH!

When have you last tried your hardest and told yourself it was good enough?

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FRIDAY

I HAVE EVERYTHING I NEED RIGHT NOW!

Make a list of all the things you have right now! You have it all!

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DID YOU KNOW?

THE BRAIN!

The brain is malleable. No, really, it’s true. The physical structure of the brain and the neural connections can actually be changed as a result of experiences, new learning, and memory formation! How can you mold your brain?

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GROWTH MINDSET WEEKLY ACTIVITIES

Week 3

MONDAY

I AM WHOLE!

You are a complete person with everything you need! Explain why.

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TUESDAY

I GIVE MYSELF PERMISSION TO MAKE CHOICES!

You have the choice to choose. Do you normally choose wisely? How?

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WEDNESDAY

I CAN DO BETTER NEXT TIME!

There are always opportunities to do better. Do you take them? When? How?

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GROWTH MINDSET WEEKLY ACTIVITIES

Week 3

Thursday

I CAN GET THROUGH ANYTHING!

Write about a time you told yourself this or you should have done it.

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Friday

IT IS OK TO NOT KNOW EVERYTHING!

What would you like to know that you do not know yet?

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DID YOU KNOW?

MISTAKES!

Mistakes are FANTASTIC! So, why are mistakes good for the brain? It has to do with strengthening the connections’ route to the correct answer. Each mistake brings us a bit closer to success. Write about the last mistake you have made.

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GROWTH MINDSET
WEEKLY ACTIVITIES

Week 4

MONDAY

Today I will face my fears!

What is one of your fears? How will you face it today?

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TUESDAY

I can work hard to reach my goals!

How are you working hard to meet the goals you have set to accomplish?

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WEDNESDAY

I have dreams!

What are some dreams you have? What would you like to accomplish?

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GROWTH MINDSET WEEKLY ACTIVITIES

Week 4

Who are the people in your life that love and respect you? How?
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What are some of the things you believe in and stand up for?
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Research shows that even with 45 minutes of growth mindset training, students showed improved engagement, which also resulted in higher grades. How are you training your mind daily?
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DID YOU KNOW?
TRAIN!

I HAVE PEOPLE WHO LOVE AND RESPECT ME!
I STAND UP FOR WHAT I BELIEVE IN!
Name: ___________________________ Date: ___________________________

GROWTH MINDSET
WEEKLY ACTIVITIES

Week 5

**MONDAY**

**I CAN CONTROL MY OWN HAPPINESS!**

How do you control your own happiness? Explain.

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**TUESDAY**

**MY POSITIVE THOUGHTS CREATE POSITIVE FEELINGS!**

When have you noticed that your thoughts have created positive feelings?

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**WEDNESDAY**

**MY CONFIDENCE GROWS WHEN STEPPING OUT OF MY COMFORT ZONE**

How can you step out of your comfort zone? When have you done it?

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How can you describe the courage and confidence inside of you? Explain.

You DO Matter! Write some of the things why this is a true statement.

A growth mindset helps you take responsibility for your actions and decisions because you don’t blame others for them. When have you taken responsibility for your actions without blaming others?
GROWTH MINDSET
WEEKLY ACTIVITIES

Week 6

MONDAY

TODAY IS GOING TO BE A GREAT DAY!

Yes it will! Explain why.

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TUESDAY

MY MISTAKES HELP ME LEARN AND GROW!

When have you ever experienced growth when making a mistake? Explain.

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WEDNESDAY

I BELIEVE IN MYSELF AND MY ABILITIES!

What are some of the abilities that make you believe in yourself? Explain.

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GROWTH MINDSET
WEEKLY ACTIVITIES

What are some of the dreams you will make come true in the near future?
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What are some of the mistakes you forgive yourself for having made?
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A fixed mindset can cause you to measure your whole self-worth on single events. A growth mindset realizes that these are single events that do not define you. When have you ever belittled yourself for an event that happened? Why? How could you have changed this?
_______________________________________
_______________________________________

DID YOU KNOW?

FIXED VS. GROWTH
GROWTH MINDSET
WEEKLY ACTIVITIES

Week 7

Monday
My Challenges Help Me Grow!

What are some challenges you have right now? How are they helping you grow?

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Tuesday
I Am in Charge of Myself!

How do you take care of yourself? How are you in charge of who you are?

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Wednesday
Today I Choose to Be Confident!

How will you choose to be confident today? What will you do?

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GROWTH MINDSET

WEEKLY ACTIVITIES

Week 7

THURSDAY

I CAN MAKE A DIFFERENCE!

How are you making a difference in the world, in your school, or at home?

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FRIDAY

ALL OF MY PROBLEMS HAVE SOLUTIONS!

What are some problems you might be facing today and which could be their solutions?

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DID YOU KNOW?

SETBACKS!

Setbacks are useful because they provide information in the form of feedback. A setback indicates that something went wrong, and you now have the opportunity to figure out why, learn from it, and prevent it from happening again. What have you learned from setbacks you have had in life?

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GROWTH MINDSET
WEEKLY ACTIVITIES

Week 8

MONDAY

I AM OPEN AND READY TO LEARN!

What are the techniques you use to be open and ready to learn? Explain.

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TUESDAY

EVERY DAY IS A FRESH START!

What are you willing to do today to make it a bright and fresh new start?

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WEDNESDAY

I AM FREE TO MAKE MY OWN CHOICES!

What kind of choices are you going to make today?

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What are some of those amazing qualities that make you lovable?

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What are the things you are doing to be the best version of yourself?

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The growth mindset doesn’t care about being superior. In fact, the success of others can be inspiring and a source for learning, whereas a fixed mindset sees the success of others as a threat. Who inspires you to be better? Why?

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GROWTH MINDSET WEEKLY ACTIVITIES

Week 9

**MONDAY**
I CONTROL MY THOUGHTS AND ACTIONS!

What techniques do you use to control your negative thoughts or actions?

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**TUESDAY**
I AM GRATEFUL FOR ALL I HAVE!

What are some of the many things you are grateful for today?

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**WEDNESDAY**
I AM A TRUST-WORTHY PERSON!

What makes you a person of trust and how have you worked to achieve this?

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GROWTH MINDSET
WEEKLY ACTIVITIES

Week 9

THURSDAY
I AM WORTHY!

What are all those amazing virtues that make you worthy? You have plenty!

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FRIDAY
I CAN DEVELOP SELF-CONTROL!

What strategies do you use to self-regulate yourself?

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DID YOU KNOW?
EMBRACE TOUGH STUFF!

When you embrace the tough stuff, you open yourself up to fully realize your potential and all that you can be. Instead of depending on luck or “natural” talent, you focus on developing your skills and abilities, and learning from your efforts. How do you embrace tough stuff?

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## Growth Mindset Weekly Activities

### Week 10

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>What are some positive thoughts and words you tell yourself daily?</td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>What are some challenges you might face today and how will you face them?</td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>What would you like to improve in yourself?</td>
</tr>
</tbody>
</table>
GROWTH MINDSET
WEEKLY ACTIVITIES

Week 10

THURSDAY
I HAVE
THE
POWER TO
SUCCEED!

What special powers inside of you will get you to succeed in life? Explain.

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FRIDAY
I HAVE THE
CAPACITY
TO OVERCOME
CHALLENGES!

What strategies do you use to overcome challenges that you meet?

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*DID YOU KNOW?

Yet* implies it will happen; it’s just a matter of time. Yet* empowers you to feel in control over doing something difficult or mastering a new skill. It builds confidence in you that even if something is hard now, you have what it takes to figure it out. What things have you yet to learn?

_______________________________________
_______________________________________
_______________________________________
THANK YOU!

Sooo much for previewing and/or purchasing my resources! Please leave your feedback and let me know how this resource helped you & earn your TpT credits towards future purchases.

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I wish you well!