

My basic level of intelligence is fixed and no amount of effort will change that



I don't feel stupid if I don't get something straight away. I know I'll improve with effort



When I'm given feedback I can feel defensive



Although I can learn new things, if I'm not naturally talented, I'll never be really good at them



People who are really good at maths are born with that ability.



When someone is more skilled at something than me, I learn everything I can from them so that I can improve



If I put effort in and keep trying, I believe I can improve



When I'm given feedback I use it to improve my performance



I celebrate my successes and recognise the effort that helps me to achieve my goals.



When I approach a new challenge I try to remember other times that my hard work led to success



When I think I'm likely to 'get things wrong' I avoid the challenge.



I can improve all areas of my life by developing my strengths and abilities



When someone does better than me at something I'm good at, I feel unsure about my abilities.



I feel like I can't make any mistakes



I avoid unfamiliar things



## Growth Mindset Sort/Discussion cards

Cut out these cards as a resource to:

- Use in group discussion about what fixed and growth mindsets look like
- Use in pairs to sort into which is growth mindset, which is fixed mindset, then discuss
- Individually to sort, reflect and use as writing prompts
- Give one card to each learner, then mix and mingle to discuss