

Welcome to
Wellbeing Wednesday



Growth Mindset

Last week we learned about two types of mindset.

Can you remember what they mean?

Fixed mindset

Growth mindset

The Power of Yet

Let's watch this video...



What did Mojo do when he got stuck?

The Power of Yet

Yet is a very powerful word that can help us move from a fixed mindset to a growth mindset.

Have a go at changing these fixed mindset statements with the Power of Yet!

I can't do this



I'm not good at this

I don't understand this

The Power of Yet

It's your turn write some statements about things you find hard in the top box of your sheet.

It could be something at school.

It could be something in a club or hobby outside of school.

It could be something you find hard around the house.



I can't...

I don't...

The Power of Yet
I can't...
I can't run for an hour
I can't bake a cake
I don't understand adverbs

The Power of Yet

Let's turn these fixed mindset statements into growth mindset statements!

Re-write each of your statements in the next box but add the Power of Yet!



I can't...yet!!

I can't run for an hour yet.

I can't bake a cake yet.

I don't understand adverbs yet.

I can't... yet!

I don't... yet!

The Power of Yet

I can't...

I can't run for an hour.

I can't bake a cake.

I don't understand adverbs.

I can't...yet!!

I can't run for an hour yet.

I can't bake a cake yet.

I don't understand adverbs yet.

What I could do to help myself improve...

I could ask for help.

I could practice more.

I could watch a video to teach me.