

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

BEFORE WE DIVE IN



# FLIP THE SCRIPT

How you talk about yourself MATTERS. Look at the fixed mindsets and suggest an alternative growth mindset you could use to try to overcome adversity in math. Add more than one if you can think of a few!



FIXED MINDSET	GROWTH MINDSET
I got that question wrong, I'm not smart!	<b>I tried my best and I can try again next time.</b>
&#\$e% I messed up again!	
Why can't I be as good at this as _____?	
I give up.	
I can't do it.	
I'll never get it right	
Math is so stupid.	<b>I bet I can learn something valuable from this.</b>
It's good enough.	
Whatever.	
It doesn't even matter anyway	