

# Bright Futures Counseling

## INDIVIDUAL ACTIVITIES

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# GROWTH MINDSET

VS.

# FIXED MINDSET

Having a **growth** mindset means that you believe your intelligence can grow through effort and hard work.

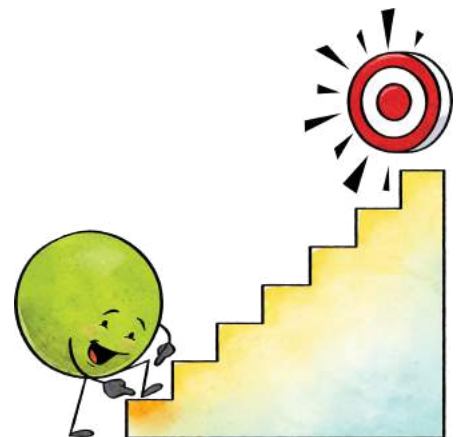
Having a **fixed** mindset means you believe that people are born with a certain amount of intelligence.

**Directions:** Color the growth mindset phrases in green to reveal a secret word.

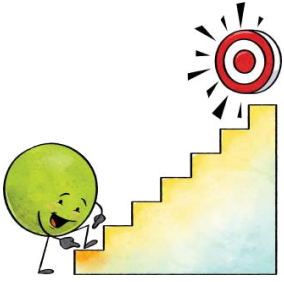
I can learn how to do that!	I can't do this.	Mistakes help me learn.	I can't do that now, but I work on it.	Watching other people succeed inspires me.	My brain can grow.	Hard work helps me grow.	Feedback helps me improve.	I can always improve.
This is too hard.	Effort is more important than outcome.	I'll just quit.	I can't do this yet, but I can learn!	Setbacks are proof that we're trying.	It's not worth the effort.	What's the point?	Progress instead of perfection.	Why should I try?
I'll never be as good as that person.	Mistakes help me learn.	I give up.	My brain is a muscle.	Hard work is the goal.	I can ask for help if I'm having trouble.	I was never good at that.	I enjoy learning new things.	I don't want to learn.

**Write the secret word on the line below:**

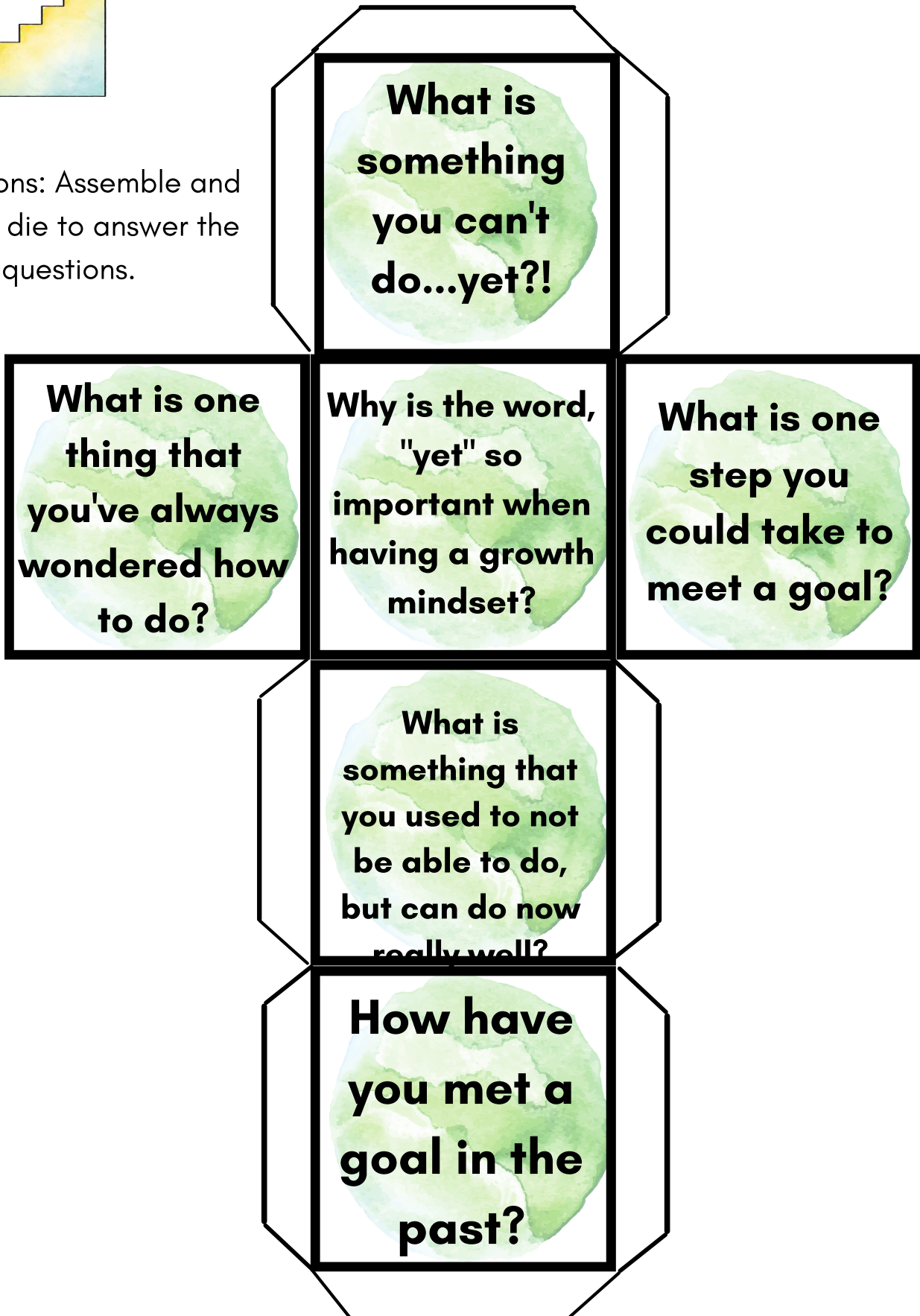
Discover the power of \_\_\_\_\_.



# THE POWER OF YET DICE GAME



Directions: Assemble and roll the die to answer the questions.

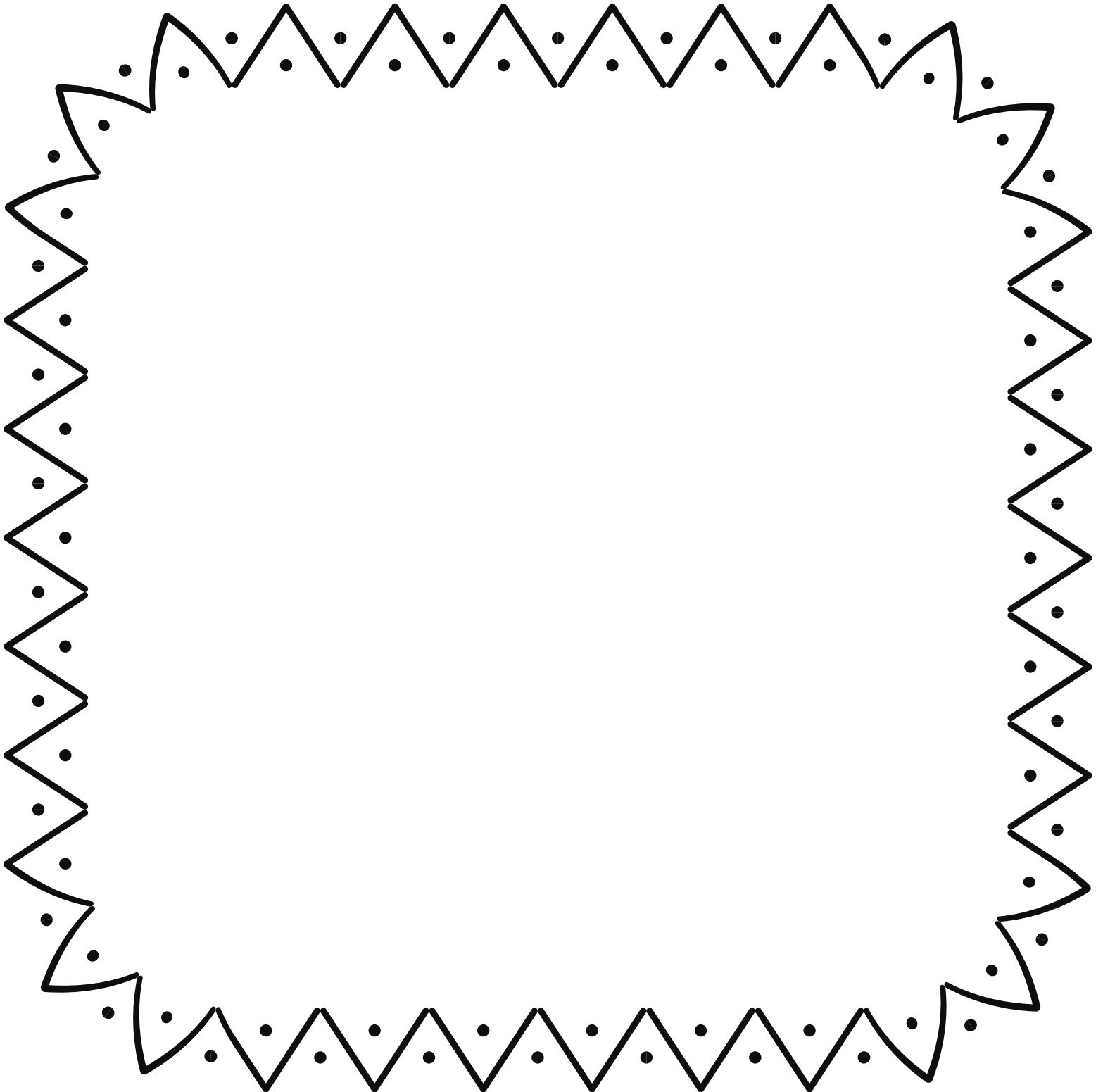


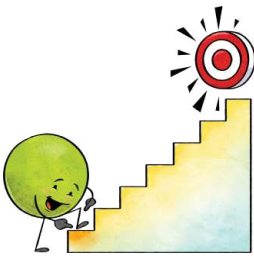


# MAGICAL MISTAKES

**Directions:** Begin to draw a picture of your choice. Make an intentional mistake.

**Challenge:** Create something beautiful using your mistake.



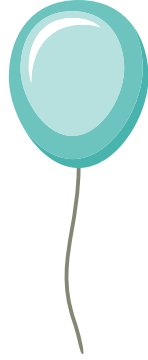


# PERSEVERANCE CHALLENGE

**Directions:** Choose three activities to complete. You have one minute to complete each activity. Rate your effort after each activity on the rating scales below.

## BALLOON BOUNCE

Keep a balloon in the air for 1 whole minute using only one hand or no hands.



## TIGHT LIPS

Place a popsicle stick in your mouth. Balance five dice on the end of the popsicle stick.



## KNOCK 'EM DOWN

Blow up a balloon. Use the air from the balloon to knock down as many plastic cups as you can.



## PING PONG SKIPPING

Fill 3 cups to the top with water. Move the ping pong ball from one cup to another using only your breath.



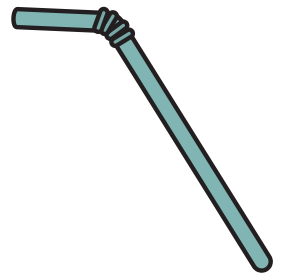
## FACE IT

Place a cookie on your forehead. Move the cookie down to your mouth without using your hands.



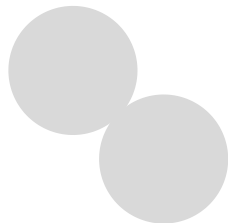
## STRAW STRENGTH

Transfer teddy grahams, goldfish, marshmallows, or M&M's from one plate to another using only a straw. No hands!



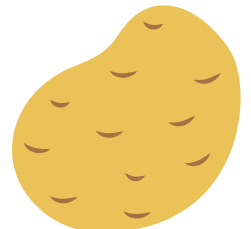
## STAND & TOSS

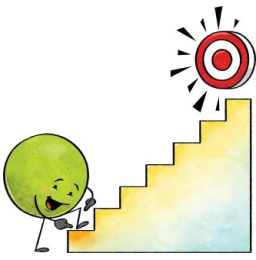
Stand on a chair. Toss 3 consecutive ping pong balls into a cup without missing any.



## ROLL WITH IT

Roll a small ball (or potato) across the room, using only your nose.





# PERSEVERANCE CHALLENGE

**Directions:** Choose three activities to complete. You have one minute to complete each activity. Rate your effort after each activity on the rating scales below.

Activity 1:

Effort Level:

1 2 3 4 5 6 7 8 9 10

Activity 2:

Effort Level:

1 2 3 4 5 6 7 8 9 10

Activity 3:

Effort Level:

1 2 3 4 5 6 7 8 9 10

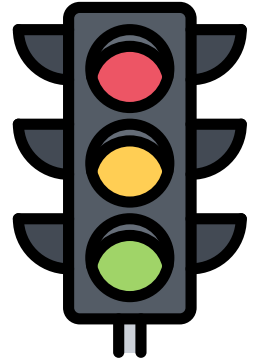
**It's important to be proud of your effort level instead of only the result!**

# FIXED VS. GROWTH

## RED LIGHT, GREEN LIGHT

**School Counselor Directions:** Instruct your student to stand on one side of the room. Read from the fixed mindset list when you want your student to stand still and the growth mindset list when you want him/her to move forward.

**Student Directions:** Stand on one side of the room. Walk forward when your counselor says a growth mindset and stand still when they say a fixed mindset.



### FIXED MINDSET

### GROWTH MINDSET



"I can't do this!"

"I can learn how to do that!"

"I'll never learn how to do that."

"Mistakes help me grow."

"This is too hard."

"I can always improve."

"I hate making mistakes."

"I appreciate other's feedback."

"I give up."

"I can learn from failure."

"That person is smarter than me."

"I am inspired by others' successes."

"I'll never get better at this."

"I can't do this yet, but I can learn."



Thank you!

Thank you so much for your purchase. If you have any feedback, suggestions or things you would like to see please reach out to me. Hearing your stories and connecting with other counselors is what keeps me inspired to create new content.

The best way to reach me is via email at **[rachel@brightfutures-counseling.com](mailto:rachel@brightfutures-counseling.com)** or any of the socials listed below. I can't wait to connect with you!

Be sure to check out my **blog** and **podcast**.

*You've got this!*

- Rachel





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