

## MIND FLEX

Some thoughts are flexible and help you grow. And some thoughts are fixed and can make you stuck.

Circle each flexible thought below:

This is too hard  OR I'll take a deep breath and keep trying until I get it

I can find something interesting about everything  OR I'm bored and I want to do something else

I messed up  OR Mistakes are how I learn

I'm tired and don't have any energy  OR When I move and play I get more energy

I can figure out how other people do it and train my brain or body to do it too  OR I'm not as good at this as everyone else

I like challenging things because that's how I get smarter and stronger  OR I like things to be easy

Someone knows how to do this and all I need to do is ask for help  OR This is impossible

I'll never be able to do it  OR I can't do it yet

Now write 3 flexible thoughts of your own:

I can keep trying when I am having a hard time with \_\_\_\_\_

I can take a deep breath when I feel frustrated about \_\_\_\_\_

I can tell myself "You've got this" when I'm feeling worried about \_\_\_\_\_