

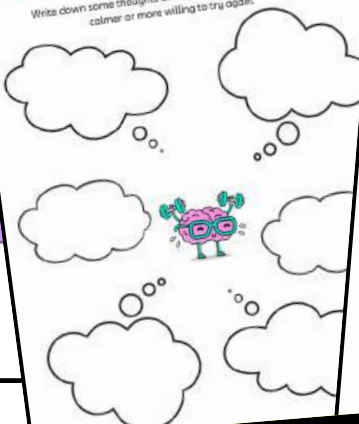
Growth Mindset Posters & Worksheets for Kids

GROWTH Mindset Statements

I can try new things, even if I feel nervous.	I can calm myself when I start to worry.	I can make friends by being kind and open.	I can and so can you.
I can keep learning and growing every day.			I can step out of my comfort zone.
I can cheer myself up when I feel sad.			so I can try again.

GROWTH MINDSET

Write down some thoughts that could help you feel braver, calmer or more willing to try again.




FIXED MINDSET

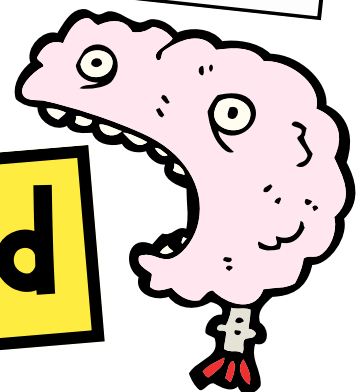
Write down some thoughts you have had when you feel stuck, worried or want to give up.



FIXED Mindset Statements

I can't try new things because I'll mess up.	When I start to worry, I can't calm down.	Nobody will want to be my friend.	I shouldn't speak up because people might laugh.
I'll never really change.			Big goals are too hard, so I won't even try.
I don't believe in myself.			Nothing good ever happens to me.
Trying doesn't matter if I don't win.	If I make a mistake, it means I'm not good enough.	I shouldn't ask questions because I'll look silly.	

Free Download



SEE OUR WEBSITE FOR MORE **FREE** RESOURCES

WWW.SOCIALWORKERSTOOLBOX.COM

www.SocialWorkersToolbox.com

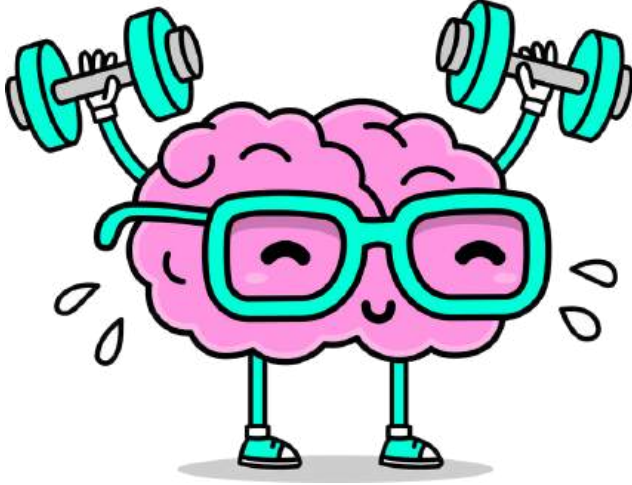
Free social work
resources for
direct work



©EDITA STIBOROVA (2025) THIS PRINTABLE PDF DOCUMENT CAN BE USED
AT NO CHARGE BY INDIVIDUALS AND NOT-FOR-PROFIT ORGANISATIONS
FOR THEIR WORK WITH FAMILIES AND/OR TRAINING PROVIDING THAT
NO CHANGES ARE MADE TO ITS CONTENT.

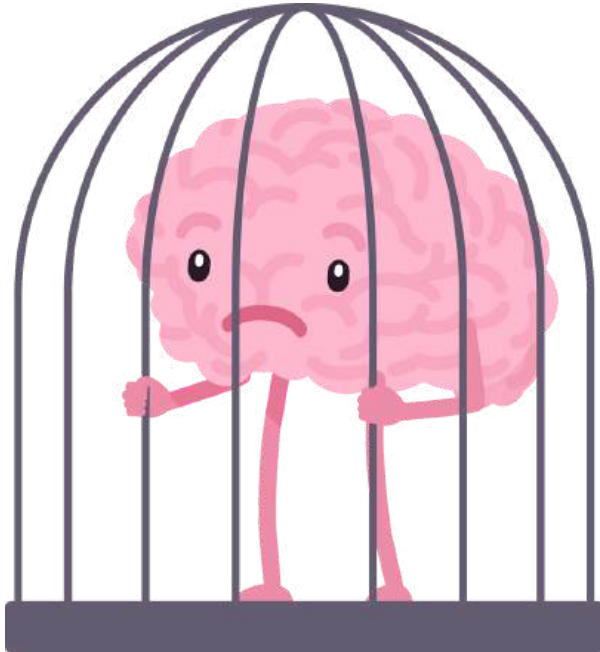
GROWTH

Mindset Statements

I can try new things, even if I feel nervous.	I can calm myself when I start to worry.	I can make friends by being kind and open.	I can speak up and share my ideas.
I can keep learning and growing every day.			I can take small steps to reach big goals.
I can cheer myself on with kind words.			I can find something good, even in hard times.
I can take a break and then try again.	I can be proud of myself for trying.	I can try again after I make a mistake.	I can ask questions when I want to understand.

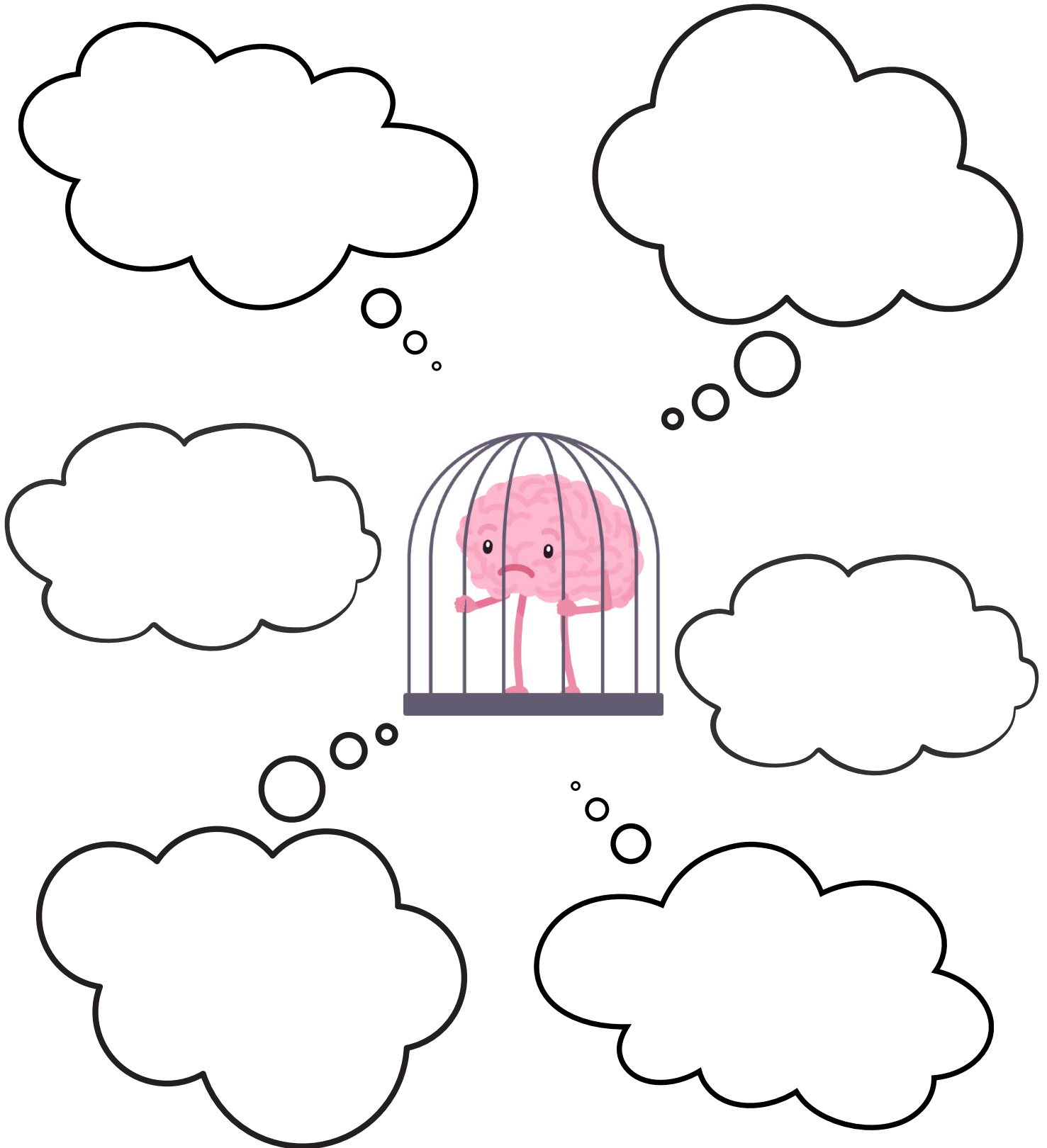
FIXED

Mindset Statements

I can't try new things because I'll mess up.	When I start to worry, I can't calm down.	Nobody will want to be my friend.	I shouldn't speak up because people might laugh.
I'll never really change.			Big goals are too hard, so I won't even try.
I don't believe in myself.			Nothing good ever happens to me.
If I stop, I'll never be able to start again.	Trying doesn't matter if I don't win.	If I make a mistake, it means I'm not good enough.	I shouldn't ask questions because I'll look silly.

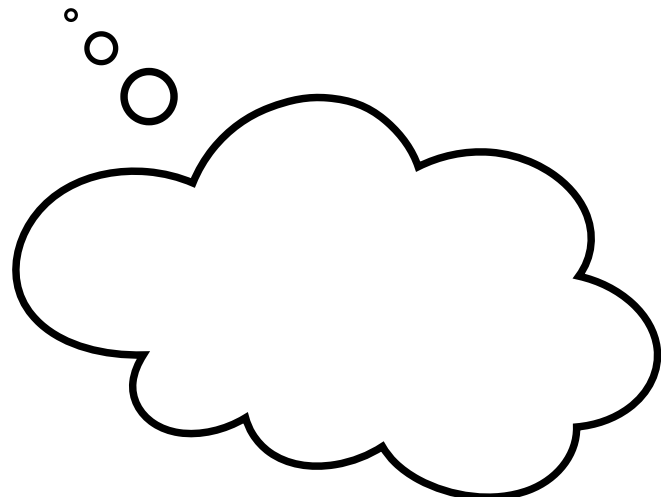
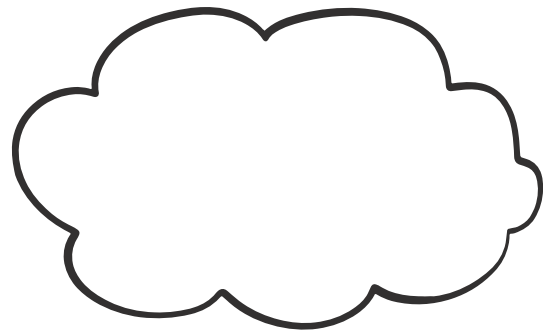
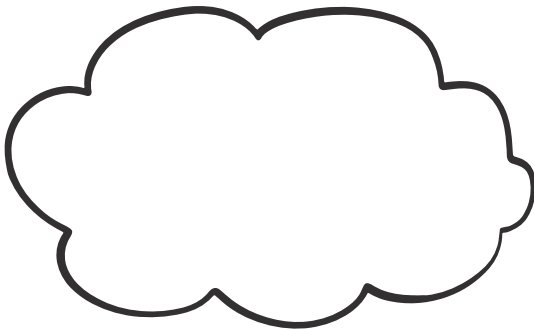
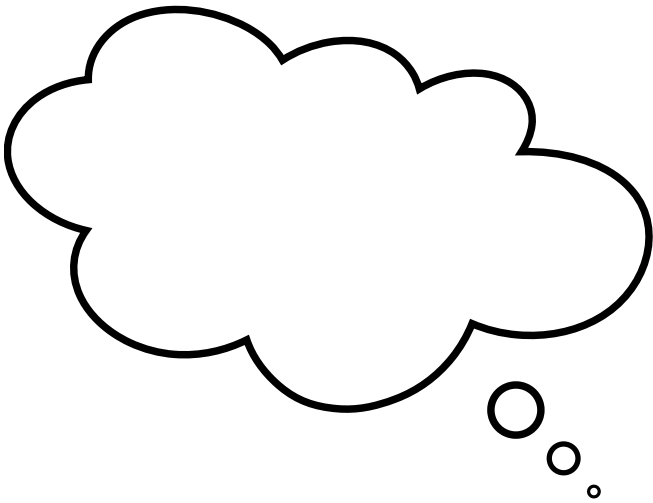
FIXED MINDSET

Write down some thoughts you have had when you feel stuck, worried or want to give up.



GROWTH MINDSET

Write down some thoughts that could help you feel braver,
calmer or more willing to try again.



ABOUT THE RESOURCE

Download free Growth Mindset posters and worksheets for kids from www.SocialWorkersToolbox.com. These child-friendly printables show the difference between Growth Mindset statements (such as “I can try new things, even if I feel nervous” or “I can take small steps to reach big goals”) and Fixed Mindset statements (such as “I can’t try new things because I’ll mess up” or “Big goals are too hard, so I won’t even try”).

The posters and worksheets help children:

- Build confidence and self-belief
- Manage worries and anxiety
- Develop resilience and a positive attitude
- Learn to see mistakes as opportunities to grow

What’s included?

- Growth Mindset Poster for kids – with positive “I can” statements children can easily understand.
- Fixed Mindset Poster for kids – with common negative “I can’t” thoughts children may recognise.
- Worksheets – with spaces for children to write their own stuck thoughts (fixed mindset) and brave thoughts (growth mindset).

Perfect for classrooms, therapy sessions, group work, or at home.

www.SocialWorkersToolbox.com