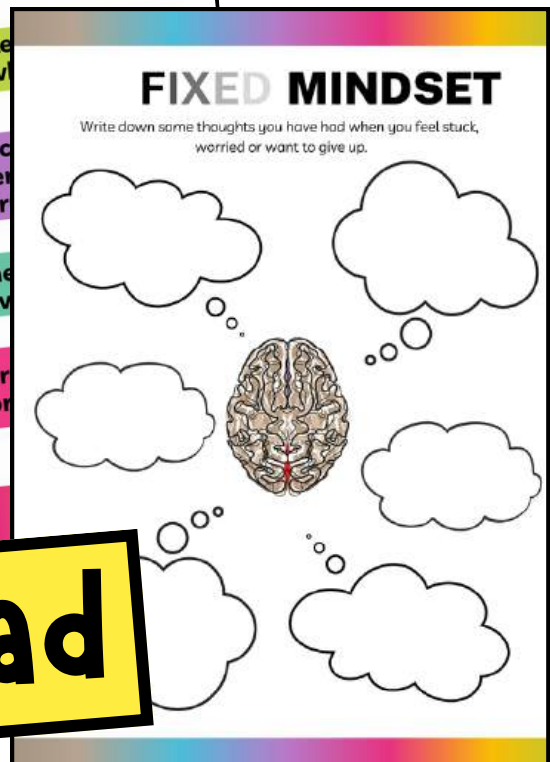
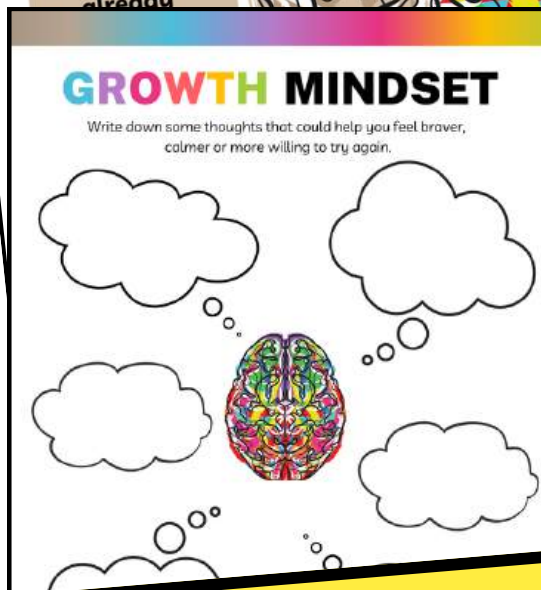
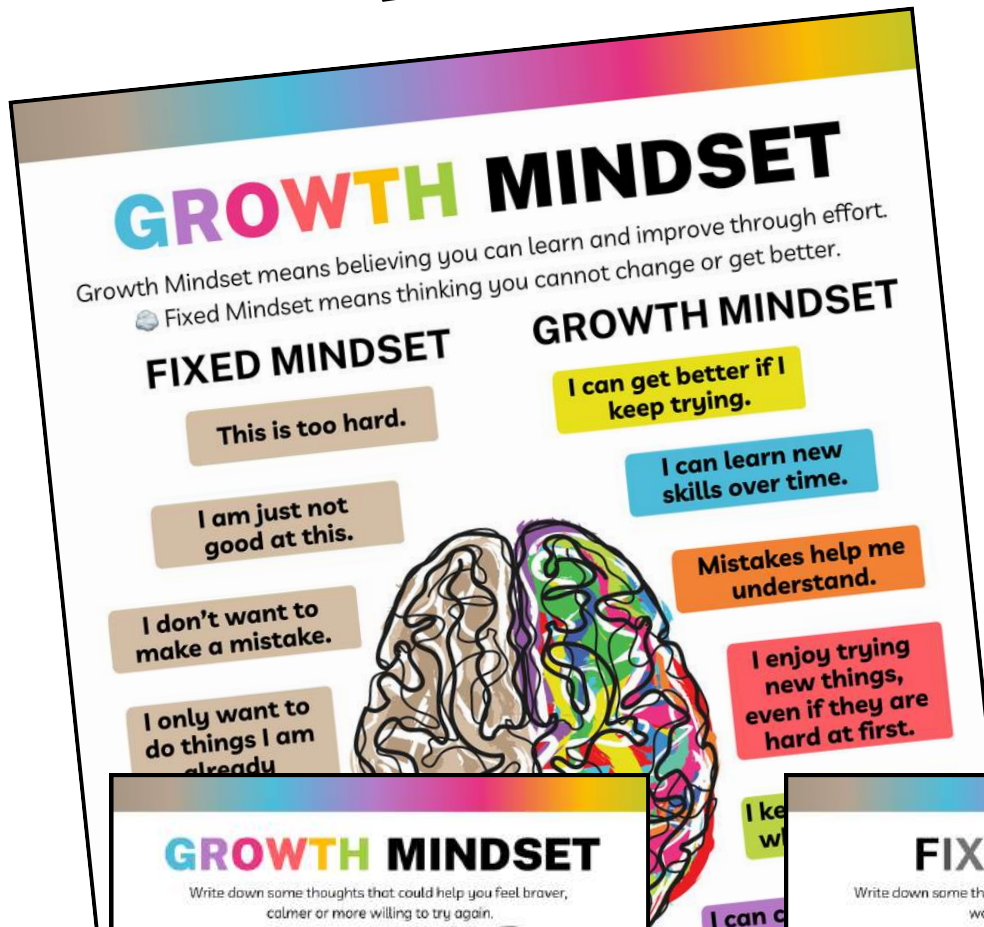
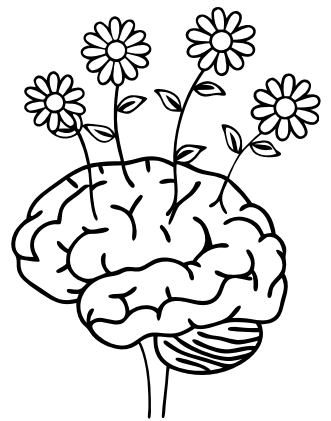


Growth Mindset Poster & Worksheets

for
Kids



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GROWTH MINDSET

Growth Mindset means believing you can learn and improve through effort.

☁ Fixed Mindset means thinking you cannot change or get better.

FIXED MINDSET

This is too hard.

I am just not good at this.

I don't want to make a mistake.

I only want to do things I am already good at.

I give up when it's tricky.

It's not fair, others are lucky.

Other people are better than me.

If I can't do it quickly, I stop.

GROWTH MINDSET

I can get better if I keep trying.

I can learn new skills over time.

Mistakes help me understand.

I enjoy trying new things, even if they are hard at first.

I keep going, even when it's tricky.

I can celebrate what others do well and learn from them.

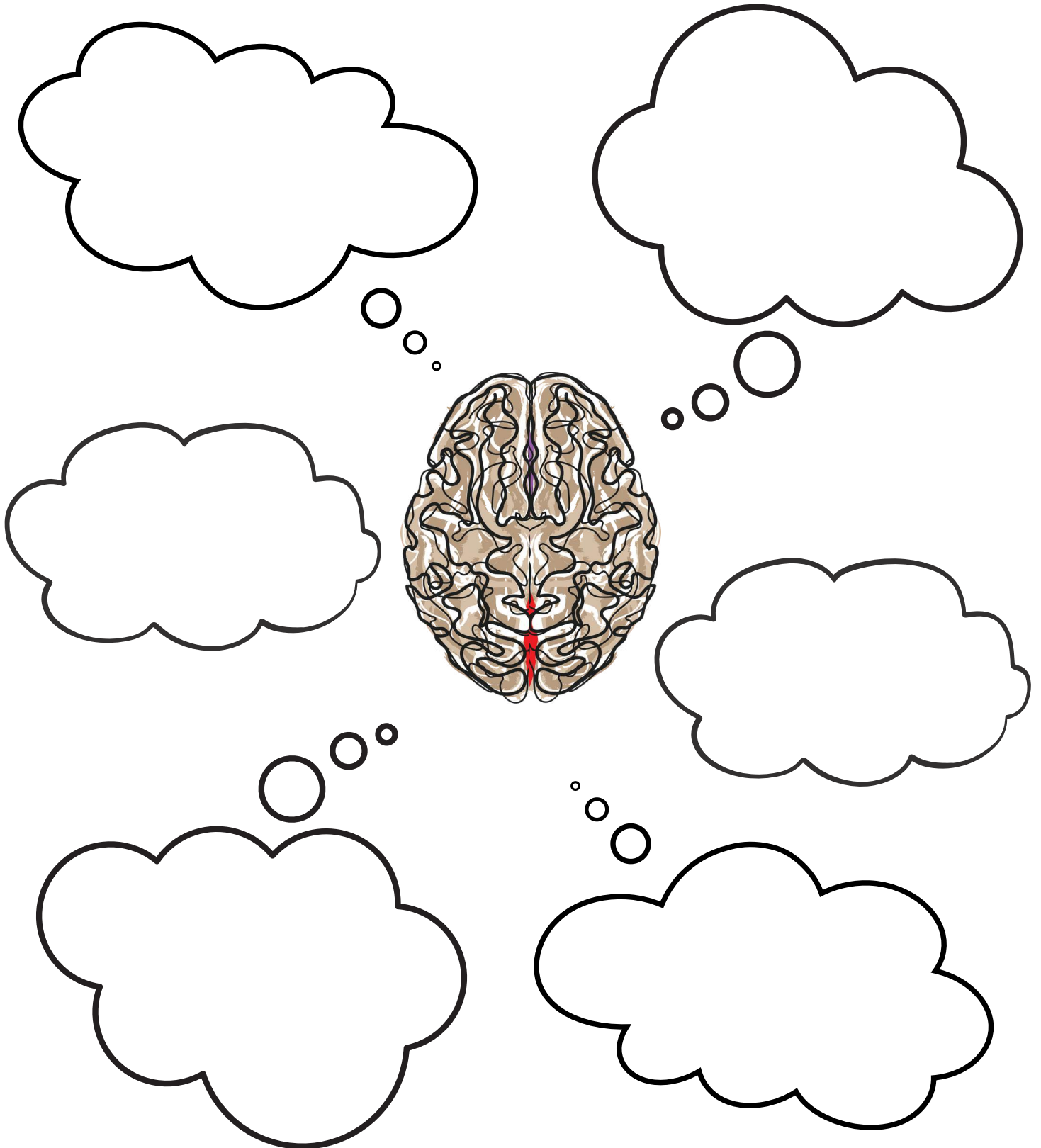
Everyone learns at their own speed.

I can feel proud when I improve.



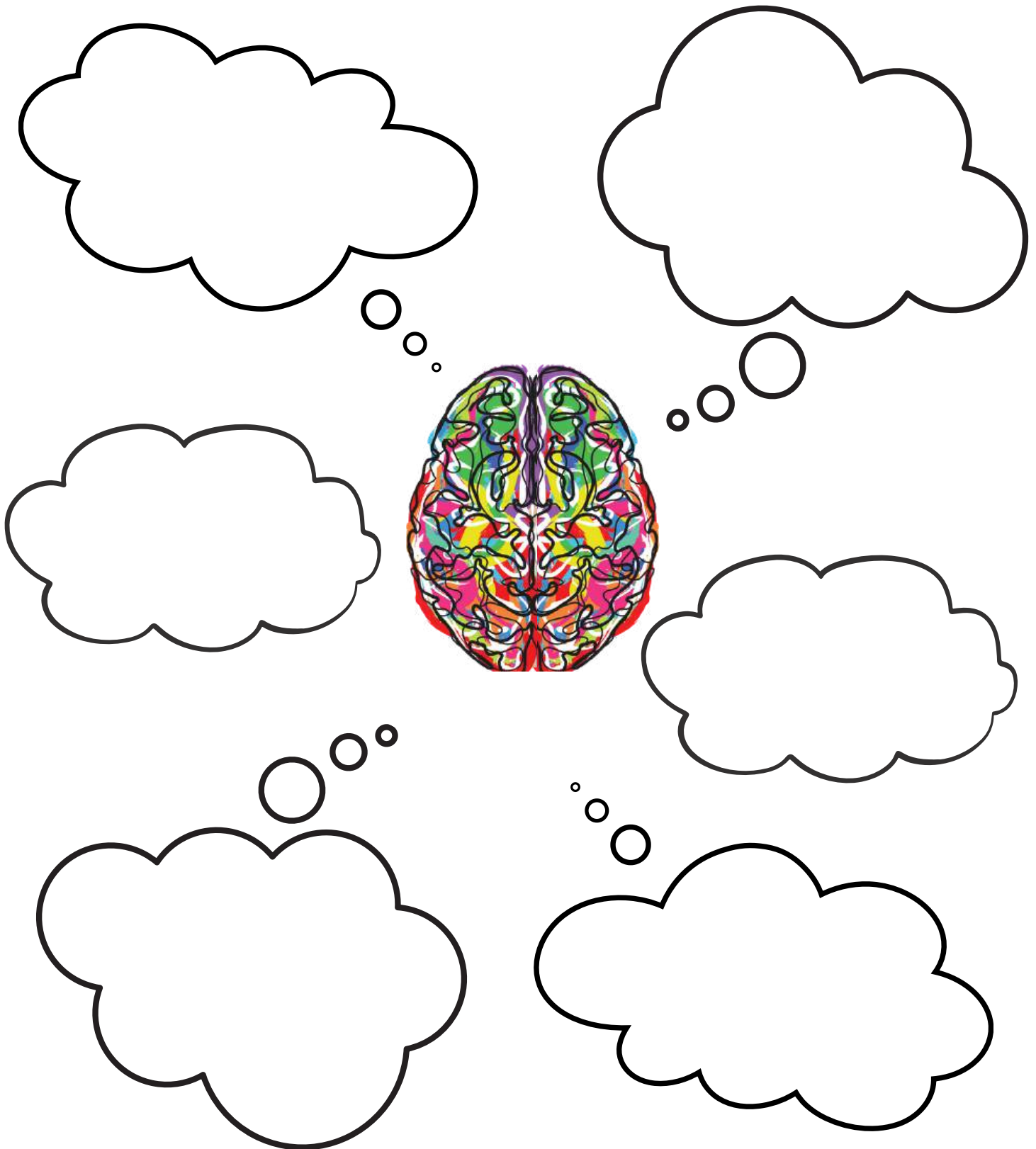
FIXED MINDSET

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

Help children understand the difference between a fixed mindset and a growth mindset with this free printable Growth Mindset Poster and Worksheets for kids.

This child-friendly resource includes a colourful growth mindset poster showing common fixed mindset thoughts (such as “This is too hard” or “I give up when it’s tricky”) alongside positive growth mindset statements (such as “I can get better if I keep trying” and “Mistakes help me understand”).

The set also comes with simple growth mindset worksheets for children. These worksheets invite kids to reflect on their own thinking by writing down examples of their “stuck thoughts” (fixed mindset) and “brave thoughts” (growth mindset). This activity helps children build confidence, manage worries, and develop resilience.

Who can use this resource?

- Teachers can use the growth mindset activities in the classroom
- Parents can download the free printable worksheets to encourage confidence and positivity at home
- Social workers, counsellors, and youth workers can use the poster and worksheets in 1:1 sessions or group work with children

Why use growth mindset posters and worksheets with kids?

Teaching children about growth mindset helps them:

- Build self-confidence
- Manage anxiety and worries
- Learn from mistakes
- Keep trying when things are tricky
- Develop resilience and a positive attitude

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