

Growth Mindset Posters & Worksheets for Kids



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GROWTH MINDSET

Try hard
things

Learn
from
mistakes

Try new
ways

Ask
questions

Know my
feelings

Listen and
learn

Think
positive

Be
flexible

Keep
going

Bounce
back

Be
brave



FIXED MINDSET

Give up

Don't
listen

Stay the
same

Don't
ask

Fear
mistakes

Ignore
feelings

Think
negative

Stay
stuck

Stop
trying

Stay
down

Play
safe



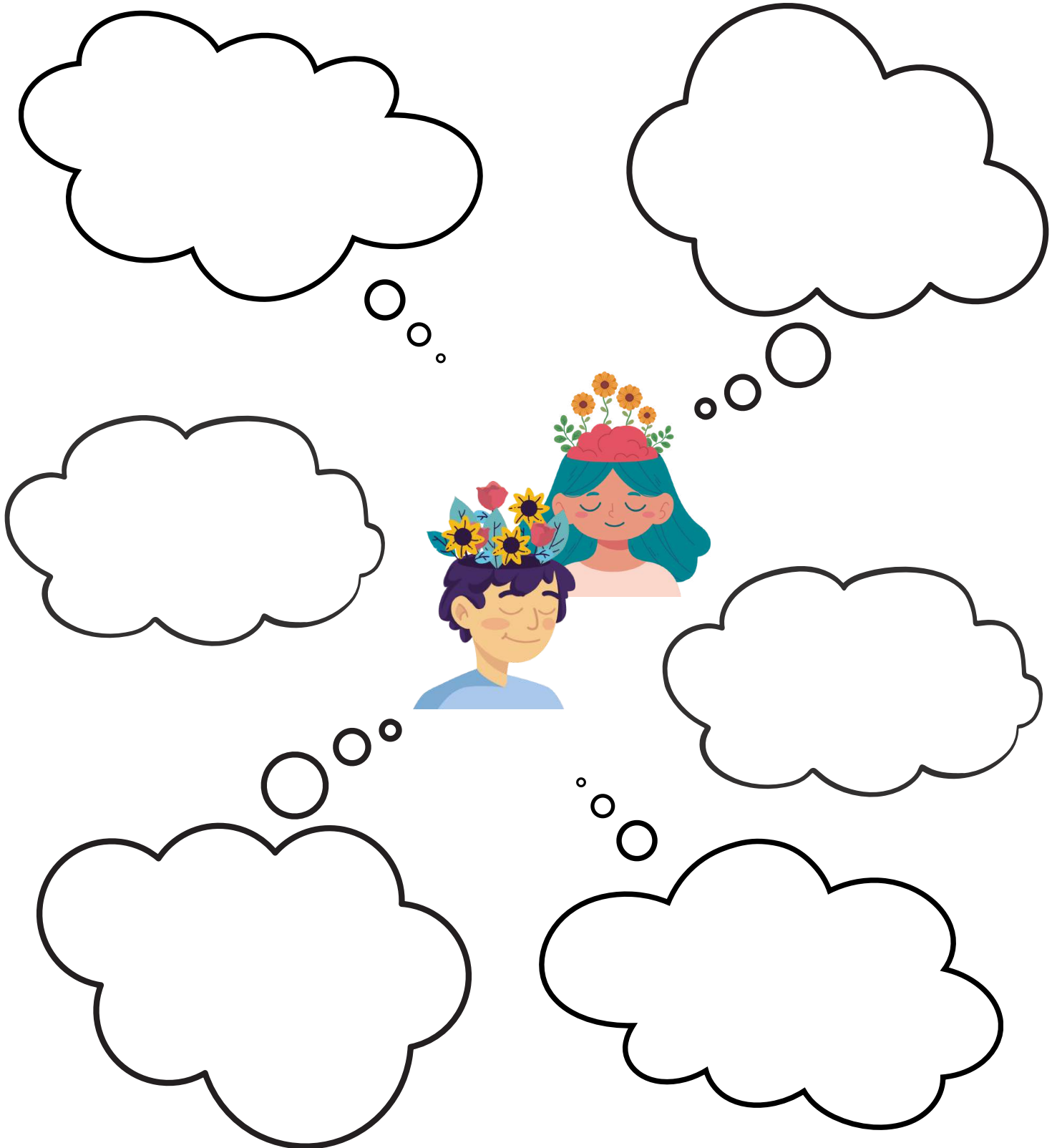
FIXED MINDSET

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

This free printable resource includes Growth Mindset vs Fixed Mindset posters and worksheets for kids. It helps children understand the difference between stuck thinking (fixed mindset) and brave thinking (growth mindset).

The poster shows clear, child-friendly examples:

- **Growth Mindset** – Try hard things, Be brave, Keep going, Learn from mistakes, Ask questions, Bounce back, Think positive
- **Fixed Mindset** – Give up, Stay stuck, Fear mistakes, Don't ask, Stop trying, Play safe, Think negative

The matching worksheets invite children to write down their own “fixed thoughts” and then turn them into more positive “growth thoughts.” This activity encourages self-confidence, resilience, and a positive attitude towards learning and life.

Why use this Growth Mindset resource?

- Helps children manage worries and anxiety
- Builds confidence and resilience
- Encourages problem-solving and trying new things
- Easy to use at home, in classrooms, or in counselling sessions

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