Growth Mindset
Activity Workbook for Kids

I can learn and grow!

Identify your strengths and improve self-esteem

Mistakes help me improve!

I am proud of my progress!

I believe in myself!

Success begins with changing your thoughts

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Have a positive attitude
Be self-aware
Learn from mistakes
Be curious
Seek and implement feedback
Growth Mindset
Take risks
Embrace change
Be resilient
Embrace challenges
Be persistent
Be flexible

ALL ABOUT ME

Name:_____ Nickname:_____

Favorite Foods:

Favorite Hobby/Activity?

If you could have a superpower, what would it be?

Words that describe me:

My favorite memory:

Someone I look up to and why:

Finding My Purpose

What activities or subjects make you feel excited and energized?

What skills or talents do you have that you enjoy using?

When do you feel most fulfilled and proud of yourself?

Finding My Purpose

What issues or causes are you passionate about and why?

What would you like to be remembered for in the future?

How do you envision making a positive impact in the world or in your community?

My Core Values

Identifying your core values is important because they guide decision-making, help you understand your priorities and beliefs, aid in setting meaningful goals, and promote authentic happiness and fulfillment. Circle your core values below.

Accountability	Empathy	Knowledge
Achievement	Enthusiasm	Leadership
Ambition	Excellence	Learning
Authenticity	Fairness	Love
Balance	Faith	Loyalty
Beauty	Family	Optimism
Bravery	Flexibility	Patience
Commitment	Freedom	Peace
Compassion	Friendship	Perseverance
Confidence	Generosity	Positivity
Connection	Growth	Respect
Consistency	Happiness	Responsibility
Cooperation	Harmony	Security
Creativity	Honesty	Service
Curiosity	Humility	Simplicity
Dependability	Inclusion	Spirituality
Determination	Independence	Strength
Diversity	Innovation	Teamwork
Joy	Integrity	Trust
Kindness	Justice	Wisdom

Exploring Values

As you examine the principles of those around you, including those you admire and respect, you can reflect on the origins of your own values. It's important to strive to embody your values actively, acknowledge them, and then implement them into your life.

My Mother's values

My Father's values

Values of a person I respect

My personal values

My social values

My friend's values

Beneath the Surface

You possess a unique beauty, both inside and out. Take a moment to reflect on your personality, talents, how you relate to others, and your sense of self. Then, write down a few things you appreciate about yourself.

I am at peace when..

What are your biggest strengths and talents?

What activities or hobbies make you feel most alive?

Beneath the Surface

You have a unique beauty, both inside and out. Take a moment to reflect on your personality, strengths, how you connect with others, and your sense of identity. Then, write down a few things you appreciate about yourself.

Things that make me laught are..

What are your most cherished values in life?

What challenges have you overcome, and how have they shaped you?

Discovering Myself

What I like about me

Things I have overcome

Things that make me unique

My biggest accomplisments

Things I'm good at

I've helped others by...

Compliments I've received

I'm a good friend because...

My Achievements

You feel proud of an accomplishment because it represents your hard work and effort. Take a moment to list your achievements and the challenges you had to overcome to reach your goal.

Accomplishment	What I had to overcome
Accomplishment	What I had to overcome
Accomplishment	What I had to overcome
Accomplishment	What I had to overcome

Finding My Purpose

Finding your passion is essential to help you grow and gain confidence and self- esteem.

When I was younger I loved...

I lose track of time when I am ...

Three people who inspire me the most are ...

If I knew I couldn't fail I would...

My Strengths

People that can identify their strengths and actively put them into action often show higher self-esteem, and confidence, stress less, and are in happier moods.

People who can identify their strengths and actively use them often have higher self-esteem and confidence, experience less stress, and maintain a happier mood.

Below, you can create a plan to put your strengths into action:

1. Rank Your Strengths: List your strengths from 1 to 25, with 1 being your greatest strength. (There are five blank spaces to add your own unique strengths.)
2. Create an Action Plan: Write down specific ways you will demonstrate each strength.
3. Take Action: Put your plan into practice.
4. Reflect on Your Experience: Consider how using your strengths made you feel and what you learned from the experience.

Honesty	Curiosity	Gratitude	Teamwork	Supportive
Respect	Forgiveness	Leadership	Self-Care	Enthusiastic
Compassionate	Loyal	Patient	Fair	Optimistic
Mindful	Confident	Appreciation of nature	Brave	Motivated

Day	Strength	Plan
1	Kindness	Tomorrow I will give my friend a compliment.
2	Mindful	I will practice mindfulness by listening to people's conversations and not distracting myself with my phone or the people around me.
3	Appreciation of nature	On Saturday I will go for a walk outside.

The key is to intentionally and purposefully focus on the strengths you ranked lowest, working to make them a natural part of your habits and routine.

My Strengths Goals

Day	Strength	Goal
1		
2		
3		
4		
5		
6		
7		
8		
9		
1		
0		
11		
12		
13		
14		
15		
16		

SELF-ESTEEM JOURNAL

What I love about myself

Others say I'm good at

What is unique about me

Positive Self-Talk

I believe in myself.

I am capable of managing whatever challenges come my way.

I am worthy of love and respect.

I am proud of my achievements.

I am constantly growing and improving.

I am enough just as I am.

I am deserving of happiness.

I trust my intuition.

I am confident in my abilities.

I believe in myself.

I am resilient and can overcome challenges.

I have the power to create positive change.

Positive Self-Talk

Positive Experiences

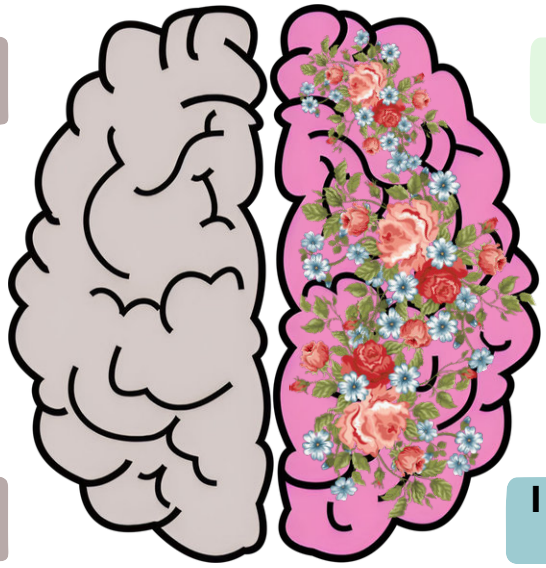
Write about a time when you displayed these positive qualities.

Kindness	
Responsibility	
Perseverance	
Honesty	
Respectfulness	
Creativity	
Confidence	
Patience	

Growth Mindset

Success begins with changing your thoughts

Instead of this ...	say this ...
I already know it all	I want to learn
I give up easily	I learn from others
I ignore useful feedback	I welcome and learn from feedback
I can't change how smart I was born	I can train my brain
I don't need to practice	I will keep trying
I'll never be good at this	I can work hard to get better at something
Mistakes are bad so I avoid them	Mistakes are learning opportunities
I avoid things that require effort	I want to be challenged



SELF-CARE IDEAS

FOR YOUR MENTAL HEALTH

Take a bath or shower

Listen to calming music

Write in a journal or diary

Spend time outdoors

Do yoga or stretching

Enjoy a warm beverage

Meditate

Watch a favorite movie or series

Take a nap

Read a book

Be creative, i.e. paint, knit

Reach out to a supportive friend

SELF-CARE IDEAS

CHOOSE YOUR FAVORITE OF THE DAY

Take a bath or shower

Listen to calming music

Write in a journal or diary

Spend time outdoors

Do yoga or gentle stretching

Enjoy a warm beverage

Take a nap

Watch a favorite movie or series

Reach out to a supportive friend

Read a book

Be creative, i.e. paint, knit, crochet

Meditate

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Growth Mindset Activity Workbook for Kids

Growth Mindset Activity Workbook for Kids is a reflective children's workbook combining self-esteem activities, personal strengths prompts and purpose-finding questions. It is likely to suit primary school children, especially pupils who benefit from structured opportunities to talk about identity, confidence, interests and goals.

Print the full workbook for a classroom wellbeing activity, use individual sheets in school counselling or mentoring, or complete it together at home. Children can identify growth mindset habits, describe themselves, consider people they admire and think about how their skills could help others. The prompts provide a simple record of a child's ideas and can support follow-up conversations about achievable personal goals.