

# Flip Your Thinking



Concept  
Mindset



Length  
15-20 Minutes

## Inquiry Prompts

- What can happen when someone believes the negative thoughts they have about themselves or their abilities?
- What can happen when someone believes in their abilities?
- How does your mindset affect how you treat or act towards other students?

## Instructions

The purpose of this activity is to have students reflect on their own experiences with fixed and growth mindsets. To demonstrate that they understand how to turn a fixed mindset into a growth mindset, students match “before” fixed statements to their “after” growth mindset counter-statements.

- 1 Arrange students into small groups.
- 2 Give each group a set of red [Flip Your Thinking](#) cards. Explain that the cards contain fixed mindset statements.
- 3 Ask students to go through the cards and talk to the rest of their group about a time they may have felt or said the fixed statements in class or at home.
- 4 Now give students a set of green [Flip Your Thinking](#) cards. Explain that these cards contain growth mindset statements.
- 5 Ask students to match the green cards with a red card to turn the fixed mindset statement into a growth mindset statement. (For example: I can't do this > I can't do this yet, but I'm going to keep trying.)

**Message for students:** It's not always easy to tune out self-doubt. It can take practice and effort to build self-confidence and turn a fixed mindset into a growth mindset. Keep at it!

## Materials Required

- [Flip Your Thinking cards](#)

## Artifacts

Nothing for this activity.

# Flip Your Thinking - Cards



**FIXED**

I give up.

**GROWTH**

I'll try something new until I get it.

**FIXED**

I'm no good at this.

**GROWTH**

I'm not good at this yet, but I'm going to keep trying.

**FIXED**

I'm going to screw this up.

**GROWTH**

Mistakes help me learn.

**FIXED**

I know everything there is to know about this.

**GROWTH**

I know a lot about this, but I'm always open to learning more.

Name: \_\_\_\_\_

# Flip Your Thinking - Cards



**FIXED**

I'll never be as smart as that other person.

**GROWTH**

I'm in charge of how much I learn. I'll ask the other person for help

**FIXED**

This is good enough.

**GROWTH**

This might not be my best work. I'll keep trying to make it better

**FIXED**

This is too hard.

**GROWTH**

This is tough, but I'm willing to put in the time and effort to work on it.

**FIXED**

Science is not my thing.

**GROWTH**

I'll work until I train my brain to think scientifically.

Name: \_\_\_\_\_