**Growth Mindset**

**Learning Intention:** We are learning the difference between a fixed mindset and a growth mindset

**Success Criteria:** I can reflect on a time when I used a growth mindset.

Watch the ClickView Miniclip Growth Mindset <https://clickv.ie/w/m7Om>

This is a story of two seeds – both planted on the same day, in the same soil, in the same garden bed. One has a growth mindset—with a curious desire to grow and reach the outside world—while the other has a fixed mindset—filled with fear and choosing the remain stagnant in its soil.

We would like you to reflect on a time when you tried something new:

• Were you scared before you tried it?

• Did you fail or do worse than you hoped initially?

 • Are you better/more confident about it after trying?

**Write in a paragraph below describing your reflection.**

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