

Learning Activity 2.2 Growth Mindset Dice

Using a six-sided or online dice, roll and complete the corresponding mindset activity.

- 1 = Write down a time that you made a mistake and what you learned from it.
- 2 = Explain why making mistakes is a good thing for your learning.
- 3 = Write down a challenge you had today and how you overcame it.
- 4 = Explain some ways you can motivate yourself when things get difficult.
- 5 = Write down four mantras you can say to yourself when you are feeling discouraged.
- 6 = Write down strategies that you see/hear other people using and think about how you might be able to adapt their methods to suit you.

