

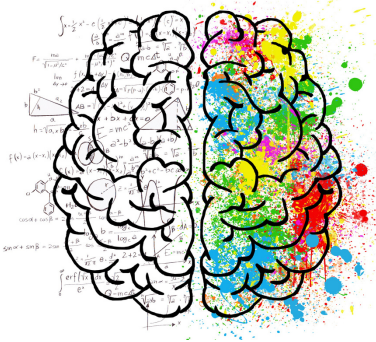
"Taking Care" A Mental Health & Wellness Monthly Newsletter

Prepared by: GSSD School Counsellors

This month is dedicated to:

GROWTH MINDSET

"Love challenges, be intrigued by mistakes, enjoy effort, and keep on learning."
~ Carol Dweck



For Teachers:

- [10 Ways Teachers Can Instill a Growth Mindset in Students](#)



For Students:

K-Grade 3

- [The ABCs of Making Mistakes](#)
- [The Power of Yet Song](#)
- [Growth Mindset for Kids](#)

Grades 7-12

- [Malleable Mind Lesson Plan](#)
- [Goal Setting Lesson Plan](#)
- [Teaching Teens Growth Mindset](#)
- [Interactive Quiz](#)

Grades 4-6

- [Growth VS. Fixed Mindset](#)
- [Introduction to Growth Mindset](#)
- [Teach Growth Mindset](#)
- [Ten of the Best Growth Mindset Activities for Kids](#)

For Parents/Guardians

- [14 Conversations to Encourage a Growth Mindset in Your Kids](#)

For Everyone

- [Growth VS. Fixed Mindset Video](#)

