

# Social Skills ~ Mindset Activity

**Material Prep.:** Print out on card stock quality paper. Laminate both the strips and the brain.

Carefully cut enough slits to slide the strips into. Be careful to cut the slits just big enough for the width of the strips. If they are too big, the strips fall out, too small...and they wont go in.

**Discussion:** If your students are not already familiar with the concept of “mindset” go over this with them first. Next, discuss how you can have a positive mindset when it comes to your social skills (interacting with other people or around other people) as well. Having a positive mindset will help you to have more and stronger friendships and will help make people feel more comfortable around you.

Directions: Have students pick and read a brain strip and put it in one of the slits on the appropriate side, FIXED OR GROWTH. Have them explain why it is a fixed mindset or a growth mindset.

Discuss.

Mine is the best

I am right

It's too hard

I all ready know it

I don't have to

I can't do it

It's not fun

This is stupid

I hate it

I really like this

This is what I think

It is challenging

I know about that too

I wish I didn't have to

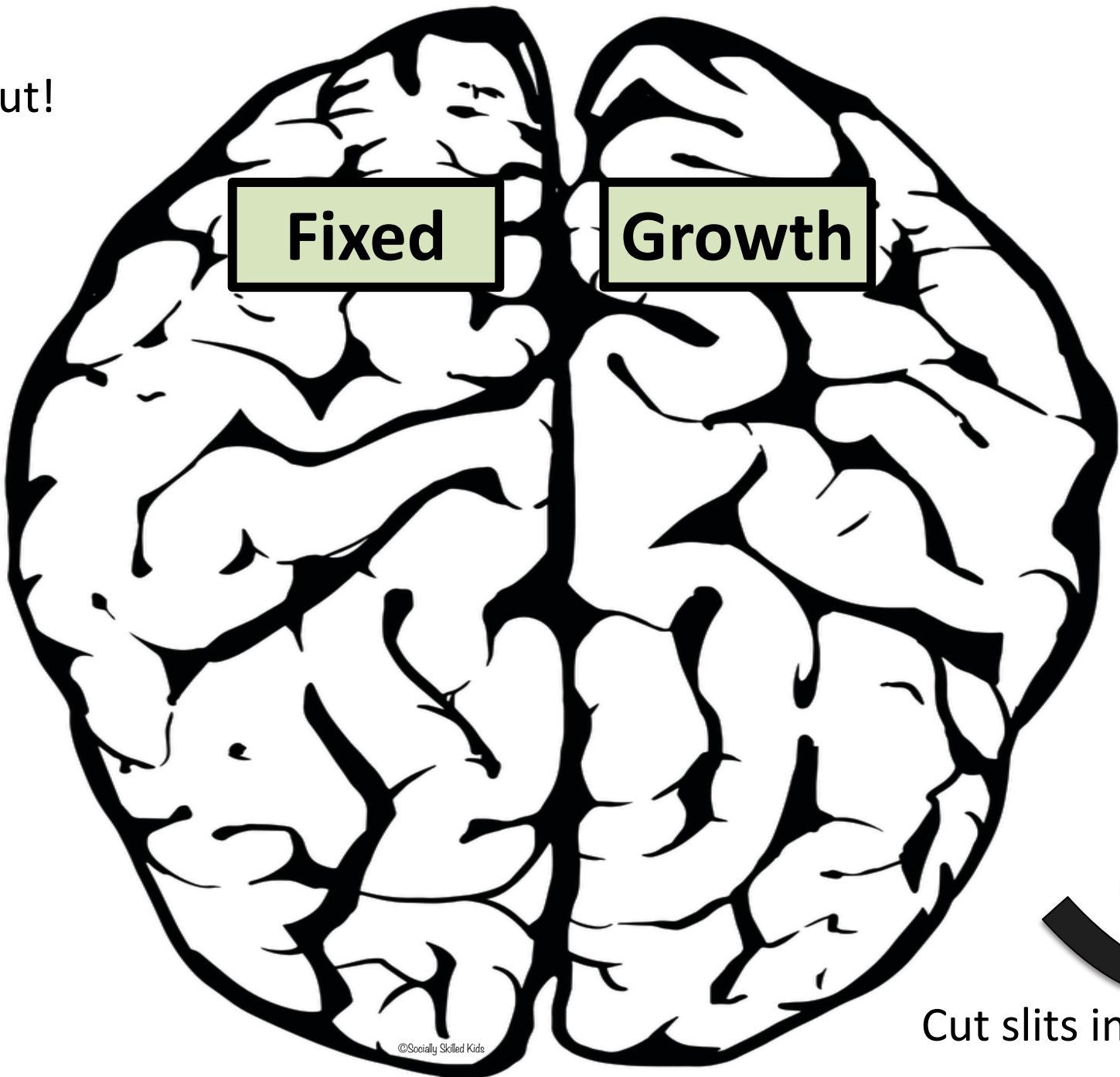
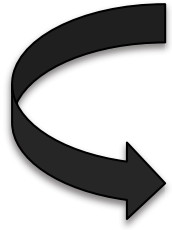
I am working on it

It's not my favorite

I don't understand it yet

It's not my favorite thing

Cut me out!



**Fixed**

**Growth**



Cut slits in me



# many thanks

Thank you for downloading this free resource! I am so thrilled to be able to share my work with you.

I hope that you find this item useful and fun and have it for years to come.

My hope is that you will LOVE this resource and that your student will too.

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I am so happy to be sharing in this journey with you and I appreciate all that you do to help our special children succeed!

All My Best,

Cindy  
Socially Skilled Kids

[www.sociallyskilledkids.com](http://www.sociallyskilledkids.com)