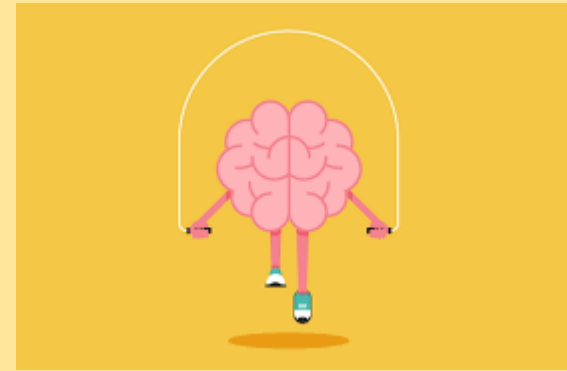


Wellbeing



Week 2

GROWTH MINDSET

- "Failure is an opportunity to grow"
- "I can learn to do anything I want"
- "Challenges help me to grow"
- "My effort and attitude determine my abilities"
- "Feedback is constructive"
- "I am inspired by the success of others"
- "I like to try new things"

FIXED MINDSET

- "Failure is the limit of my abilities"
- "I'm either good at it or I'm not"
- "My abilities are unchanging"
- "I don't like to be challenged"
- "I can either do it, or I can't"
- "My potential is predetermined"
- "When I'm frustrated, I give up"
- "Feedback and criticism are personal"
- "I stick to what I know"



First of all, start to complete your Lockdown diary activity for this week.

Today you are writing 5 awesome things that have been great about today.

You might not be able to think of five things straight away but try and write down as many as you can by the end of the lesson or the day.

Square breathing

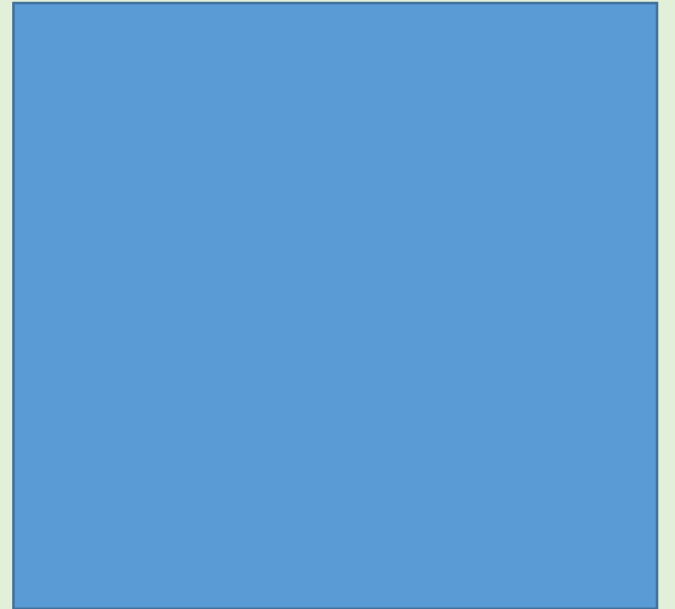
I now want everyone to take a deep breath in through their nose.

Hold it.

And breathe out through your mouth.

Hold it.

Practice your square breathing two more times.



Growth mindset and affirmations

Affirmations are ways to help us believe in ourselves. We are used to being a Yeti in Year 3 and using our growth mindset and today we are going to think about what makes us great and special and amazing.

An example of an affirmation is:

**IT'S OK FOR ME TO MAKE MISTAKES BECAUSE I
CAN LEARN FROM THEM.**

This is something we can say to ourselves using the positive voice in our head to say positive things about yourself.

Your task

You are going to write down a set of affirmations about yourself, coming from the positive voice inside your head. These are all about ways you love yourself.

Make them as decorative and beautiful as you can. You might even want to put them in a frame to remind yourself of them if you are ever feeling like you can't do something.

When you read these out loud to yourself it can make you realise how much you believe them and how wonderful you are.

Have a look at my example on the next page.

My list of affirmations

- I am capable of doing anything.
- I am creative.
- I am kind to others and people notice it.
- When I practice I see great results.
- If I don't get it right the first time, then I try again.
- It is ok for me to make mistakes.
- I am able to make up my own mind.
- Sometimes things take me longer, and that's ok.
- I've got this! I can do this!
- I am strong.
- I am open to trying new things.
- When people give me a compliment, they really mean it.

If you're finding it difficult to know where to start, have a look at this sheet to help you.

Click the picture of the sheet to find it or click [HERE](#).

