

## Mindset Minute

Choose one of the mindset categories (skills and intelligence, challenges, effort, feedback, obstacles, or success of others) and have students consider it for one minute. Have them reflect in writing or through conversation about whether the category is something you are born with or whether it is something that can be developed and learned. Use the Fixed vs. Growth Mindset poster as a visual reminder for yourself or your students. Use the Mindset Quiz with your students to help them self-evaluate their own mindset and target specific areas to work on.



*For more strategies, go to*  
**BlueAppleTeacher.org**

