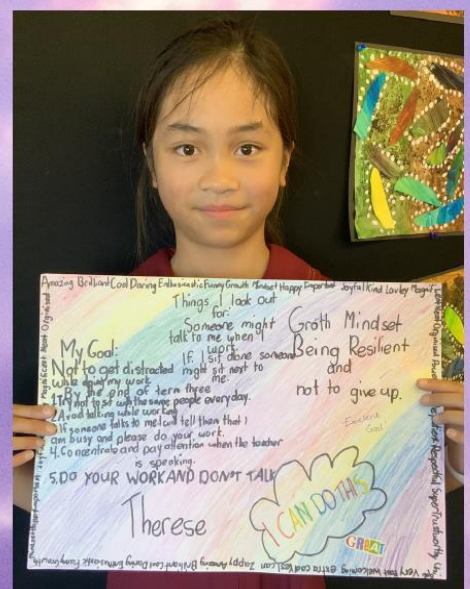
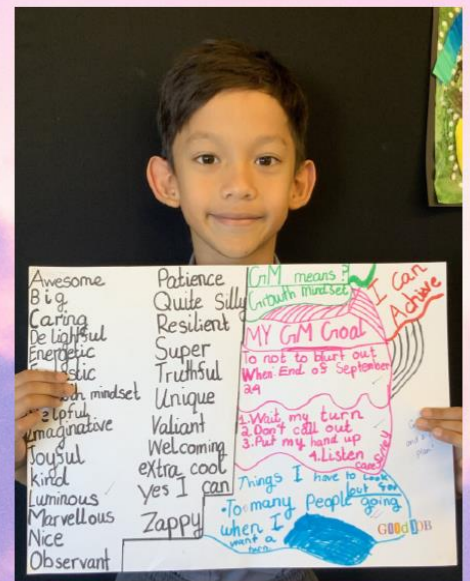
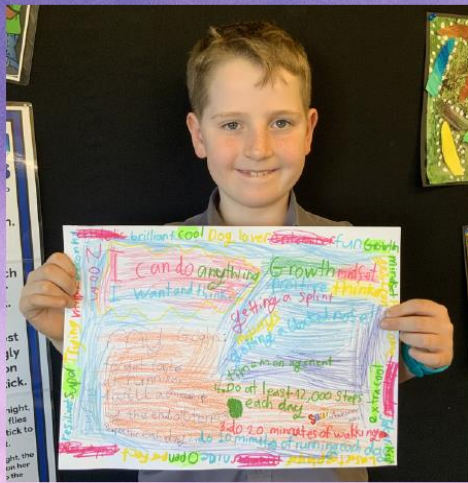


# Growth Mindset in Year Three

In Year Three, students have been learning about Growth Mindset and how it can help in different aspects of their lives. Students have defined the term, completed an A - Z of me task to identify their strengths and talents, and set themselves SMART growth mindset goals to work towards including useful "I can" statements.



Growth mindset is a goal that you really want to achieve. We set growth mindset goals to help us bring out our talents. I learnt that if I never give up, I can achieve all of my goals - **Vernitus**

Growth mindset is something that makes you relaxed because it can calm you down when you are mad. We set ourselves goals to that we could be more focussed. I learned about different ways to calm myself down like breathing in and out - **Sunny**

Growth mindset is something that helps you achieve your goals, and cool down in difficult situations. We set goals so that we knew what to focus on. I found it interesting to learn about different ways to cool down in stressful situations - **Ishaan**

Growth mindset is something that calms you down. It is important because it makes you more resilient. I was interested to learn what growth mindset means - **Therese**