



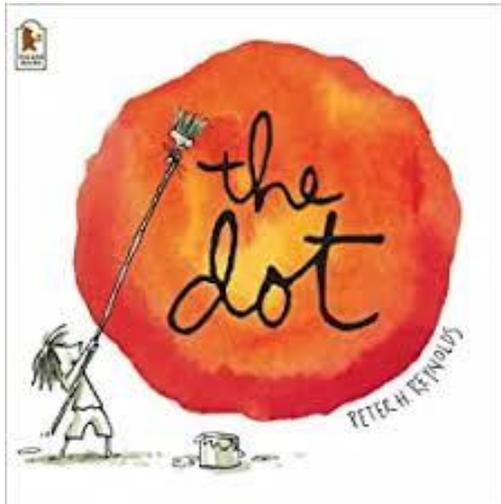
Word of the week is:

Theme of the week is:

**Growth  
Mindset**

**Learning from what  
we can't do yet**

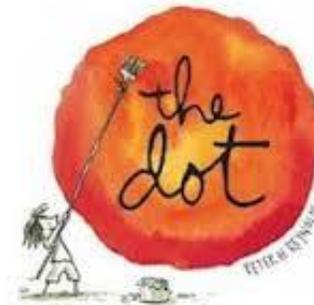
Activity 1 👍🗨️ **Indoor activity story time**



A story about having a growth mindset. When you put your mind to it you can achieve anything!

<https://youtu.be/Clpw7PG7m1Q>

Activity 2 👍🗨️ **Indoor activity**



**What can you  
create with  
just a dot?**

Why not give this a go!

Create a dot, any colour any size, let your imagination and creativity go wild!

Take a picture and send it to us via email at [enquiries@fortistherapy.co.uk](mailto:enquiries@fortistherapy.co.uk) or ask an adult to share it on our social media pages.

Activity 3 👍👎 Family Activity

**Movie Night**

Think of a film that contains a character that never gave up, they just kept going to achieve their goal.

Watch the film together and think about the following questions

What hurdles or barriers did they come across?

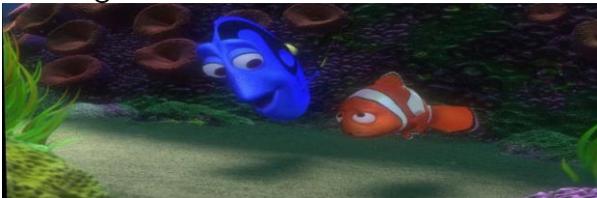
How tricky do you think this would be if it was you?

How would you overcome them?

How did they overcome them?

What did they achieve at the end?

Finding Nemo



Mulan

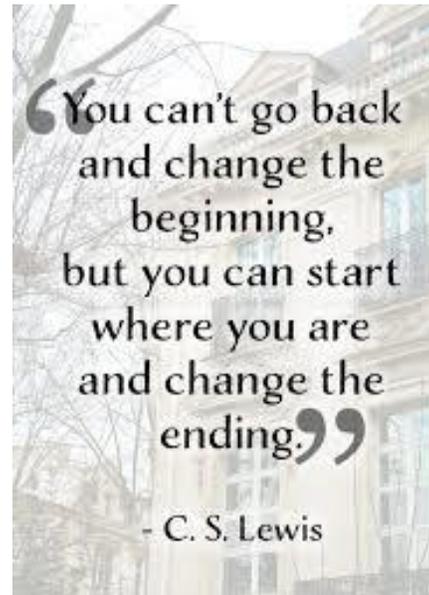


Ps Don't forget the popcorn!



Activity 4 👍👎 Teenager/family

**Poster**

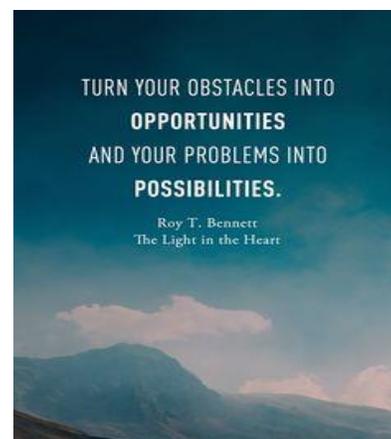


Take this famous quote and create your very own poster

Talk with your family about what this means

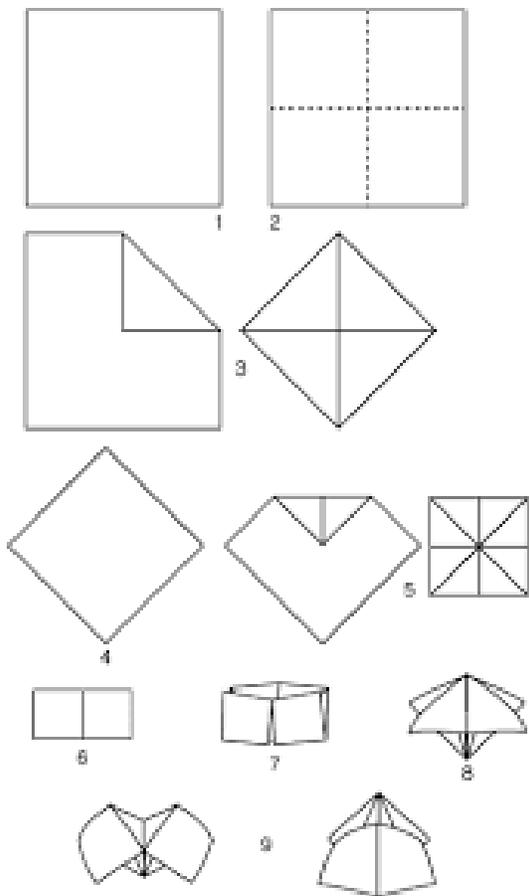
Stick this on the wall to remind you all that you can try new things.

Sometimes they work, sometimes they don't but what we learn along the way that matters the most.



Activity 5 👍👎 Creative thinking activity

### Fortune teller



Create your own growth mindset fortune teller. You could ask questions like:

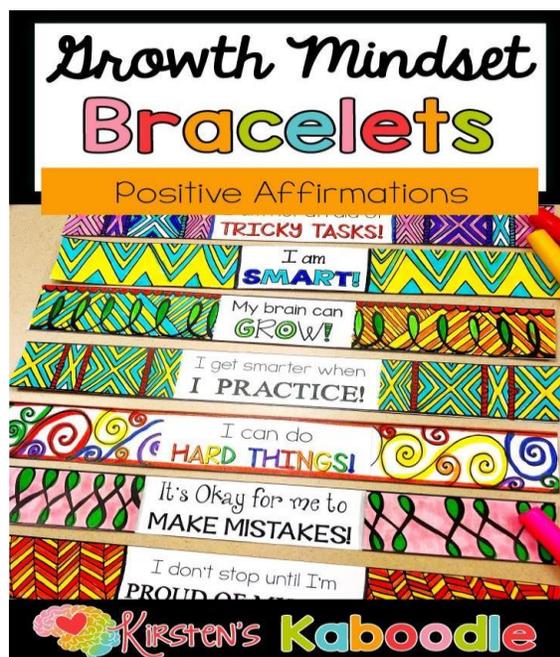
- What did you do today that made you think again?
- What mistake have you made that taught you something?
- Why did you try hard at that task, what did you achieve or learn?
- Did you solve any problems today?

Activity 6 👍👎 child/family activity

### Growth mindset positive affirmation bracelet

You will need:

- Paper cut into strips.
- Some positive affirmations (see below and think of some of your own)
- Pattern ideas
- Pencil crayons or felt tips.
- Sticky tape



Let your imagination run wild and enjoy.

## Activity 7 👍👎 Family Game

### Change your thinking lucky dip

Write these 10 comments on 10 separate pieces of paper

1. This is too hard
2. I can't make this any better
3. I give up
4. My plan didn't work
5. I can't do this
6. I'm useless at this
7. Everyone can do this except for me
8. I will never learn how to play this game
9. I'm done
10. I'm no good at math

### To Play

- Roll or fold them up and place them in a jar
- Each person chooses a comment
- On the reverse write a positive mindset response and share with everyone
- Now practice this when you tell yourself you can't do something!



## Activity 8 👍👎 Adult

### Definitions

**Fixed Mindset:** "In a fixed mindset, people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort." (Dweck, 2015)

**Growth Mindset:** "In a growth mindset, people believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment." (Dweck, 2015)

