

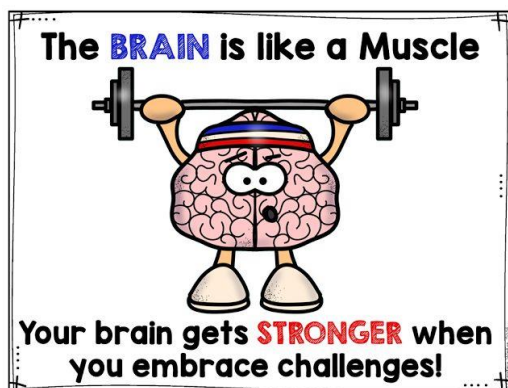
Yinghua Academy Physical Education

Developing strong bodies and conscious minds.

Developing a **GROWTH MINDSET**

INSTEAD OF....	TRY THINKING....
I'm not good at this	What am I missing?
I'm not fast enough	I will not quit
I give up	I'll use a different strategy
I'm not strong enough	I need to exercise more
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
I'm not good at sports	I will be a good team player
This is too hard	This may take some time
I made a mistake	Mistakes help me learn
This is too easy	Make it more challenging
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
I don't care	Others care. You are worth it.

I am afraid. I lack courage.	If I don't try I will never know what I can do.
Plan A didn't work	There's always a Plan B
My friend can do it	I will learn from them
There is a difference between not knowing and...	Not knowing YET.
I don't want to do it.	It's not OK to not try. It's okay to not know.
How will this help me? What's in it for me.	<i>I am not telling you it is going to be easy, I am telling you it will be worth it.</i>
Why do we have to do this challenge/activity? This is stupid.	I must challenge myself to change myself. This is how I get better.
I failed	I haven't failed. I've just found 10,000 ways that won't work.- <i>Thomas Edison</i>
This is impossible	When you have exhausted all possibilities remember this, you haven't.- <i>Thomas Edison</i>
I will probably fall	Our greatest glory is not in never falling but in rising every time we fall- <i>Confucius</i>
This is too much work	The man who moves a mountain begins by carrying away small stones- <i>Confucius</i>



Best thing we can do for kids...instead of teaching them to be successful...teach them how to respond when they are not successful. *Principal El*