



# "Taking Care"



A Mental Health & Wellness Monthly Newsletter  
Prepared by: GSSD School Counsellors

This month is dedicated to:

## GROWTH MINDSET

"Do not judge me by my success, judge me by how many times I fell down and got back up."

~ Nelson Mandela

### For Staff

- [4 Steps to Developing a Growth Mindset](#) (4 Min. Video)
- [The Backwards Brain Bicycle](#) (8 Min. Video)
- [7 Growth Mindset Activities & Exercises](#) (Article)

### For Parents

- [How Parents Can Instill a Growth Mindset at Home](#) (Article)
- [Parents Guide to a Growth Mindset](#) (One Pager Infographic)



### For Students

#### Grades K-3

- [WE Thinkers Flexible & Stuck Thinking](#) (Read Aloud)
- [Teaching Growth Mindset](#) (Article/Resource)
- [YES I Can Growth Mindset Activity](#)

#### Grades 4-7

- [Growth Mindset Lesson Plan](#)
- [Developing a Growth Mindset](#) (5 Min. video)

#### Grades 8-9

- [Pathway Transformation Initiative](#) (4 Min. Video)
- [What is Growth Mindset & Why We All Need It](#) (Article)
- [Growth Mindset Colouring Pages](#)

#### Grades 10-12

- [How to Teach Growth Mindset to Teens](#) (Resource with free printout)



SHARE YOUR ACTIVITIES THAT SHOWCASE A GROWTH MINDSET



#GSSDTAKINGCARE

