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| **Instead of…** | **Try thinking…** |
| I’m not good at this. | What am I missing?I need to practice more.I can do it.I’m not good at this, yet. |
| I’m awesome at this. | I’m on the right track.I’m good at this, but I can still improve.This is my level.This is one of my favorite things. |
| I give up. | I’ll use some of the strategies we’ve learned. Right now, it’s kind of hard, but I can still do it.I’ll come back to this later |
| This is too hard. | This is challenging, but I can do it.I’ll keep trying.It might seem hard, but if other people can get it, I can too. |
| I can’t make this any better. | I can make this better.What could I add?Hey, what do you think I could add? |
| I just can’t do math (or reading, or social studies, or writing, or science, etc.). | I’m confident in my self.If I practice I can do it.This is hard, but I’ll get through it. |
| I made a mistake. | I’ll make something out of it.It was just a mistake, I can learn from it.So I’ll make it beautiful. |
| She/he’s so smart. I’ll never be that smart. | She’s good at this, but if I study more, I can be as smart as her.She is smart, but I can be smart too with practice.If I study, I will get it. |
| It’s good enough. | I can make it better. I need to try a little bit harder.Let’s see if I need to do more. |
| Plan A didn’t work. | Let’s try plan B.I can try something even better.There’s still the whole alphabet. |