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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. |