GRATITUDE & Growth

Day 3



Agenda

01 Warm-up

02 Types of Mindset

03 Baking!

04 Closing



01

Warm-up

Gratitude & Power Museum

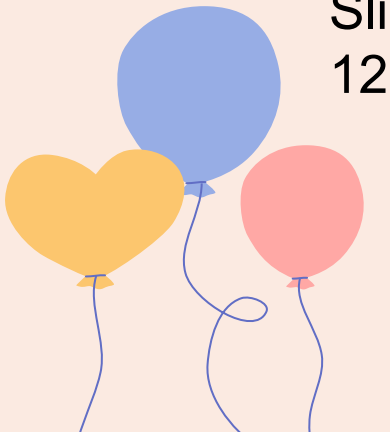
Gratitude Museum Speech

Using 1-3mins, share something or someone that made you feel thankful this week. It could be big or tiny, a kind word, a sunny day, someone sharing with you, or even just a good breakfast.



My Power & My Limit Museum

"What's something you're really good at?
What's something you've always believed you
can't do?"



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02 Mindset

Types of Mindset

Types of Mindset

Fixed Mindset

Belief that your abilities are set

- “I’m just not good at this”
- Avoids challenges
- Gives up easily
- Feels threatened by others’ success

Growth Mindset

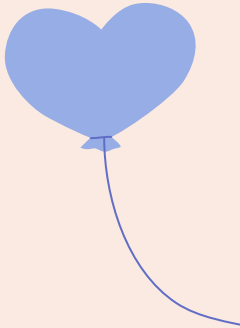
Belief that you can improve with effort

- “I can get better with practice”
- Embraces challenges
- Keeps trying
- Learns from others



It has been SCIENTIFICALLY PROVEN





Individuals with a ***growth mindset*** tend to be more resilient, persistent, and motivated, leading to higher achievement in areas like academics, work, and personal development.

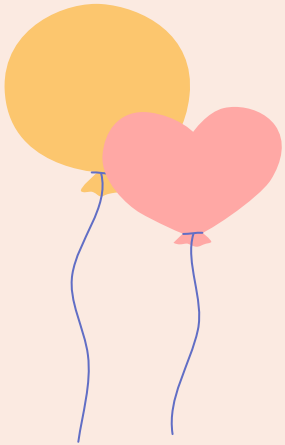
Group Activity – Scenario Sort

1. In your table groups
2. You will receive a set of mindset scenarios.
3. Categorize them into Growth Mindset or Fixed Mindset.

Group Activity – Scenario Sort

1. Growth Mindset
2. Fixed Mindset
3. Growth Mindset
4. Fixed Mindset
5. Growth Mindset
6. Fixed Mindset
7. Growth Mindset
8. Fixed Mindset
9. Growth Mindset
10. Fixed Mindset
11. Growth Mindset
12. Fixed Mindset

GROWTH MINDSET STRATEGIES



WAYS FOR A GROWTH MINDSET

Self-Talk & Reframing

- Turn “I failed” into “I’m learning”
  → Reframe failure as part of the process: “This is helping me grow.”
- Practice affirmations
  → Say things like “I am capable of learning anything with time and effort.”

Mindset Challenges

- Do something outside your comfort zone
  → E.g., try a new subject, talk to someone new, or ask a “dumb” question.
- Revisit something you used to struggle with
  → Reflect on how you got better and what helped you grow.

WAYS FOR A GROWTH MINDSET

Learning Habits

- Focus on effort over outcome
  → Praise and reflect on how much effort you put in, not just the grade/result.
- Use mistakes as a tool
  → When you make a mistake, ask: “What can I learn from this?”
- Ask for help and feedback
  → View feedback not as criticism, but as guidance for improvement.

WAYS FOR A GROWTH MINDSET

Goal-Setting & Motivation

- Set process goals, not just outcome goals
  → Instead of “I want an A,” try “I will study for 30 minutes daily and review my mistakes.”
- Visualize your future self
  → Think about who you want to become and what you’re learning to become that person.

Social & Emotional Support

- Surround yourself with growth-minded people
- Challenge negative comparisons
  → Focus on your own progress instead of comparing yourself to others.
- Talk about your mindset openly
  → Share your learning struggles and mindset shifts with friends or families.

Self-Reflection & Mindset Map

5 min break



03

Gratitude Baking

Cookie Activity – Bake & Give with Gratitude

- Bake cookies & decorate them!
- You may give it as a gift to someone special, or to yourself!







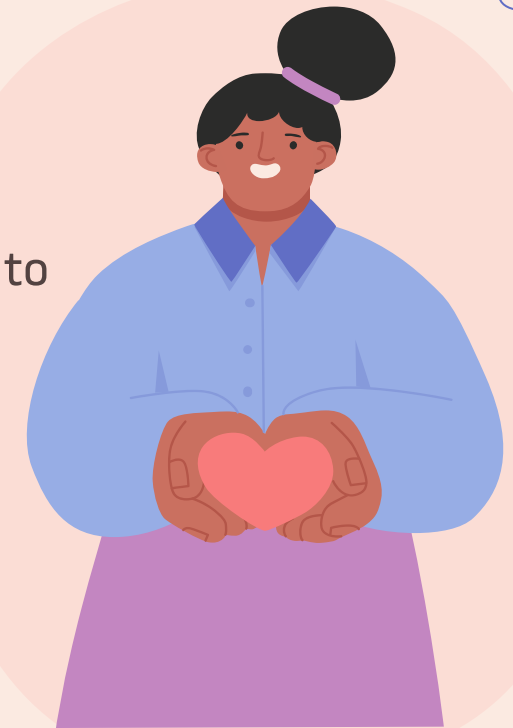
Bake & Give with Gratitude

Want extra ingredients (chocolate, sprinkles, icing...)?

Come visit The Gratitude Shop!

To earn toppings, you must write a gratitude gift card to someone you'd like to thank.

Write your card, hand it in, and choose your topping.





04

Closing

Gratitude into Action

GRATITUDE INTO ACTION

Think of the person or thing you shared during our Gratitude Museum. What's one thing you can do to show appreciation? Could you write a note? Say thank you? Do something kind in return.



THE GRATITUDE HEART

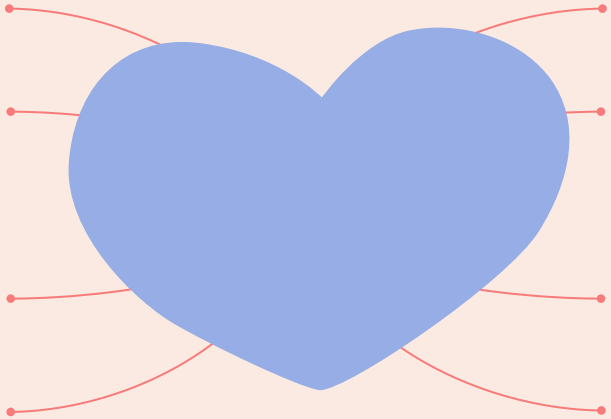
Do and report back tomorrow!

Write a thank-you card

Small act of kindness

Give someone a genuine compliment

Say “thank you” and explain why you’re grateful



Hold the door for someone and smile

Tell your parent/guardian one thing you appreciate about them

Reflect on one thing you’re grateful for before going to bed

Help someone without being asked

Thank you!

See you tomorrow~



