GROWTH MINDSET

Change your mindset - change your life

FIXED	FLEXIBLE
I DON'T THINK I CAN DO IT	I'LL KEEP TRYING
I DON'T KNOW HOW TO DO IT	I'LL FIGURE OUT A DIFFERENT WAY
I DON'T LIKE CHALLENGES	CHALLENGES HELP ME GROW
THIS IS TOO HARD	IF I KEEP PRACTICING, IT WILL GET EASIER
I'M NOT SMART ENOUGH	I'LL GIVE IT MY BEST EFFORT
I ALWAYS MAKE MISTAKES	I CAN LEARN FROM MY MISTAKES



IT IS OK TO

NEED HELP

BE DIFFERENT

HAVE FEELINGS

BE YOURSELF

TALK TO SOMEONE

NOT BE OK

Things I can NOT control

- So I can let Go of these things

The past

What other people think

What other people believe

Other people's actions

The weather

Death

What other's post online

My age

How people react to my boundaries

Predicting what will happen

Other people's opinions

The future

The results of a sports match

Things I can control

- So I will focus on these things

Who I spend time with

My goals

My Boundaries

What I post online

My thoughts

My values and beliefs

What I say

How i spend my spare time

My actions

What I say about other people

My honesty

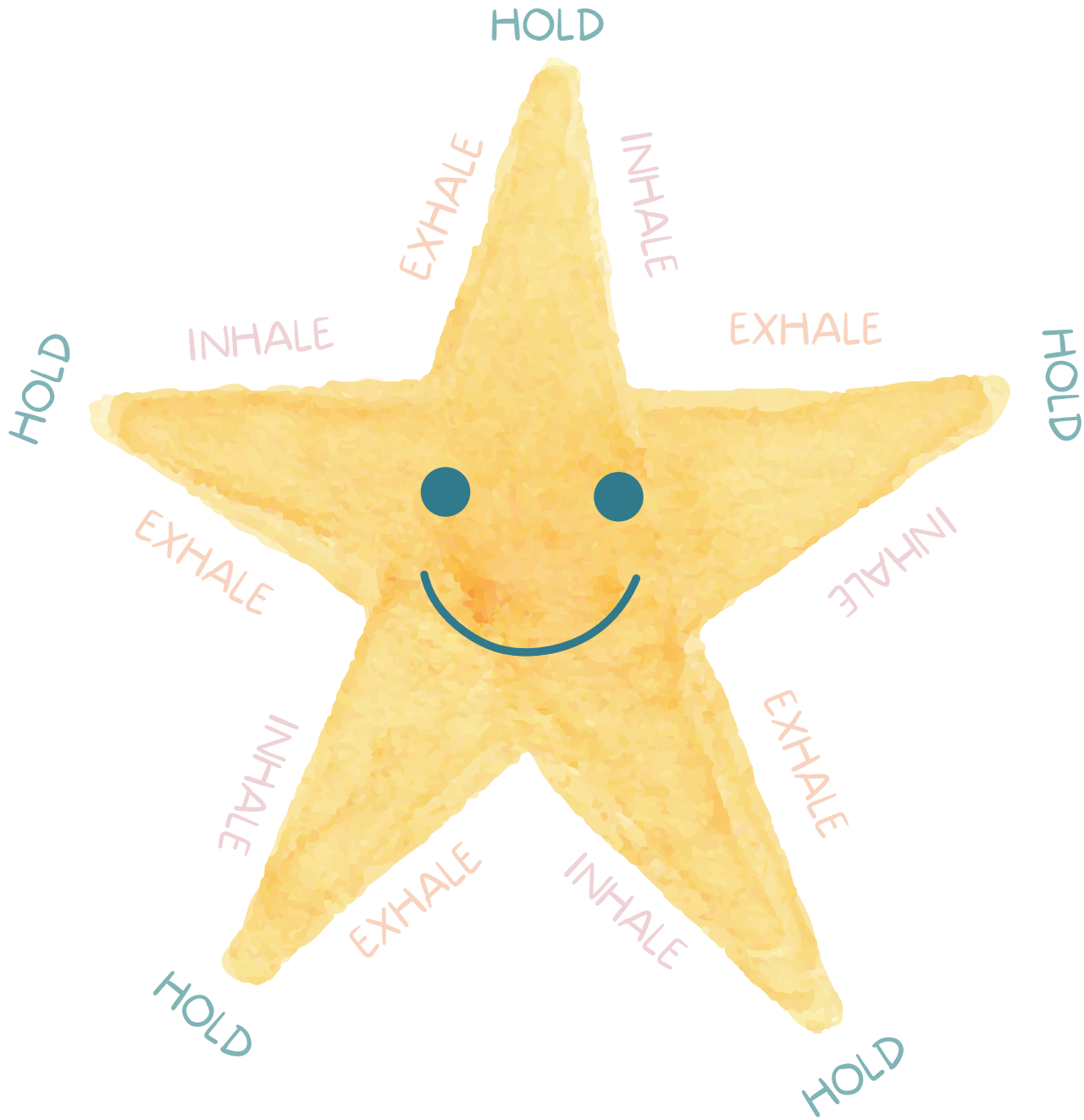
@Counsellorcronan

GROWTH MINDSET

CHANGE YOUR MINDSET, CHANGE YOUR LIFE

INSTEAD OF THINKING...		TRY THIS...
I CAN'T DO IT	→	I'LL KEEP TRYING
I GIVE UP	→	I'LL TRY A DIFFERENT WAY
IT'S TOO HARD	→	IF I KEEP PRACTICING IT WILL GET EASIER
I DON'T LIKE CHALLENGES	→	CHALLENGES HELP ME GROW
I'M NOT SMART ENOUGH	→	I'LL GIVE IT MY BEST EFFORT
I ALWAYS MAKE MISTAKES	→	I CAN LEARN FROM MY MISTAKES

STAR BREATHING



I AM ME

I AM KIND

I AM LOVED

I AM HELPFUL

I AM SUPPORTED

I AM UNIQUE

I AM CONFIDENT

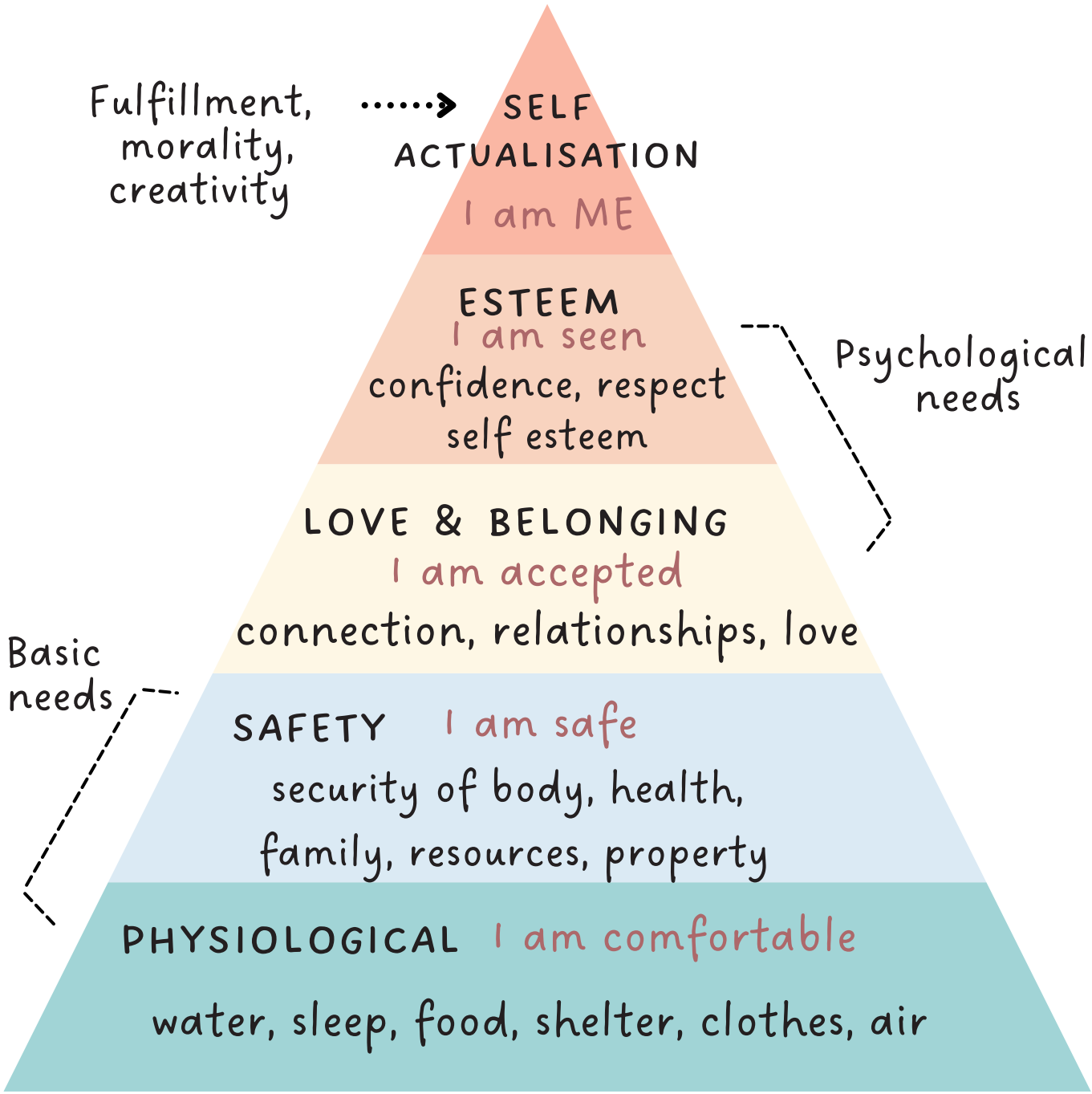
I AM IMPORTANT

I AM BRAVE

I AM ENOUGH

I AM STRONG

MASLOW'S
HIERARCHY OF NEEDS



THE POWER OF YET



@COUNSELLORCRONAN

CHECK IN

HOW ARE YOU FEELING?

BREATHE	Take 5 deep breaths in and centre yourself.
FEEL	Check in with your body and mind. How are you feeling today?
THANK	Name 3 things you are grateful for?
AFFIRM	Take a moment to say 5 nice things that you like about yourself.
NEED	What do you need in order to make yourself feel better?

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CALMING Corner

ANXIETY

GROUNDING TECHNIQUE

FOCUS ON YOUR BREATHING, THEN IDENTIFY

5 THINGS YOU CAN SEE



2 THINGS YOU CAN TOUCH



3 THINGS YOU CAN HEAR



4 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



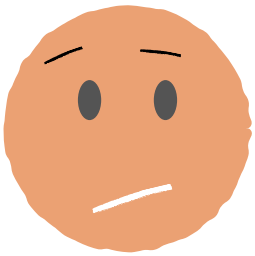
MY FEELINGS



HAPPY



CALM



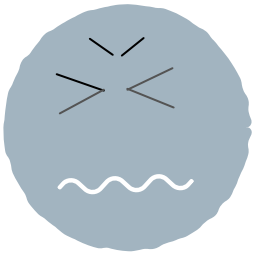
WORRIED



EXCITED



FRUSTRATED



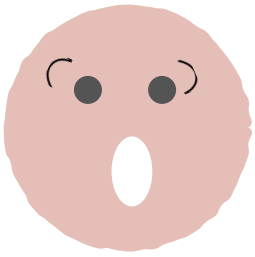
ANGRY



SAD



SHY



SCARED



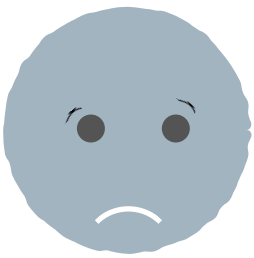
NERVOUS



TIRED



SILLY



DISSAPOINTED



LOVED



PROUD



CONFUSED