

Name :



Did you know that your brain grows bigger every time you learn new things? Learning how to do new things is not always easy. Sometimes you have to work very hard and spend many hours on one thing until you can do it. If you want to be a good reader, you must read a lot. If you want to be good at Science, you have to study hard. If you want to be good at Math, you should practice lots of problems and try different strategies. Do not give up if you make mistakes! Mistakes are part of learning.

1. What is true about your brain?

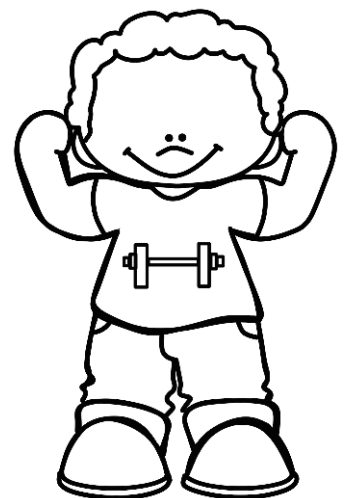
- A. Your brain can grow.
- B. Your brain never grows.

2. What do you have to do if you want to be good at Math?

- A. practice many Math problems
- B. play video games

3. What do you need to do if you make a mistake?

- A. give up
- B. keep trying



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I CAN TRAIN *my* BRAIN



What I Should Tell My Brain	What I Should NOT Tell My Brain

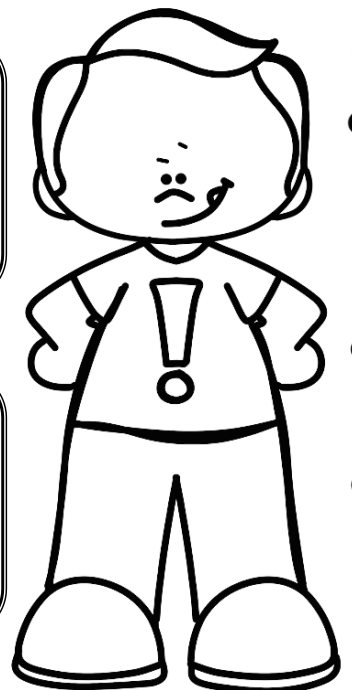
Learning is fun!	I am not that smart.	I'll try a different strategy.
This is too hard for me, so I give up.	I will keep working hard.	I will fail all my tests.
I believe in myself.	I can't do hard work.	I'll learn how to do this.

THE POWER of **Y E T**

Things I can already do.

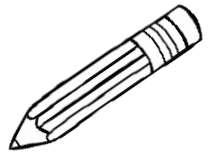


Things I can not do **yet**.



Name _____

THE POWER of **YET**



Things I Can Already Do	Things I Can Not Do YET

write my name	drive a car	add fractions
cook	ride a bike	add 2+1
play notes on piano	swim	say my ABCs