

Thinking Strategies for Building your Brain

Want to teach your students or children about how their brains work?



INSTEAD OF...

- ☐ This is too hard.
- ☐ I already know how to do this!
- ☐ I am not getting any better at this.
- ☐ I feel frustrated.
- ☐ I want to give up.
- ☐ This is as good as I'm going to get.
- ☐ I just made a mistake.
- ☐ She/he has no trouble remembering history.
- ☐ I can't do math.
- ☐ I'm so much smarter than them.
- ☐ It's good enough.

TRY....

- ☐ Where can I get help?
- ☐ How can I better challenge myself?
- ☐ Changing my brain takes time and effort.

- ☐ I need to take a deep breath.
- ☐ I need to try a new strategy.
- ☐ I can always get better if I keep at it.
- ☐ How does this mistake help me understand?
- ☐ She/he has been working at this longer or is using a different method.
- ☐ My brain hasn't made the right connections yet but it will!
- ☐ What have I figured out that I can share?
- ☐ How Can I improve this?

Changing your brain doesn't happen immediately. Growing new and stronger synapses requires practice and hard work!

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