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!

Make and Share Free Checklists
checkli.com