

Growth Mindset Questions to Ask Your Kids at The Dinner Table



- ☐ 1. What did you do today that made you think hard?
- ☐ 2. What challenge or problem have you worked on today?
- ☐ 3. Can you think of something new you tried today? What was it?
- ☐ 4. Was there anything that made you feel stuck today?- Great! What other ways might be there to solve this?
- ☐ 5. What did you learn today outside of school?
- ☐ 6. Can you think of a mistake you made today?... Great! How can you use this mistake to do better next time?
- ☐ 7. Is there anything you are struggling with? ... Excellent! What new strategies can you try next?
- ☐ 8. Can you think of something you could have done better today? ... Great! Who can you seek feedback from to make it better?
- ☐ 9. What would you like to become better at?
- ☐ 10. Did you do anything today that was easy for you? - How can you make this more challenging for you?