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?

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