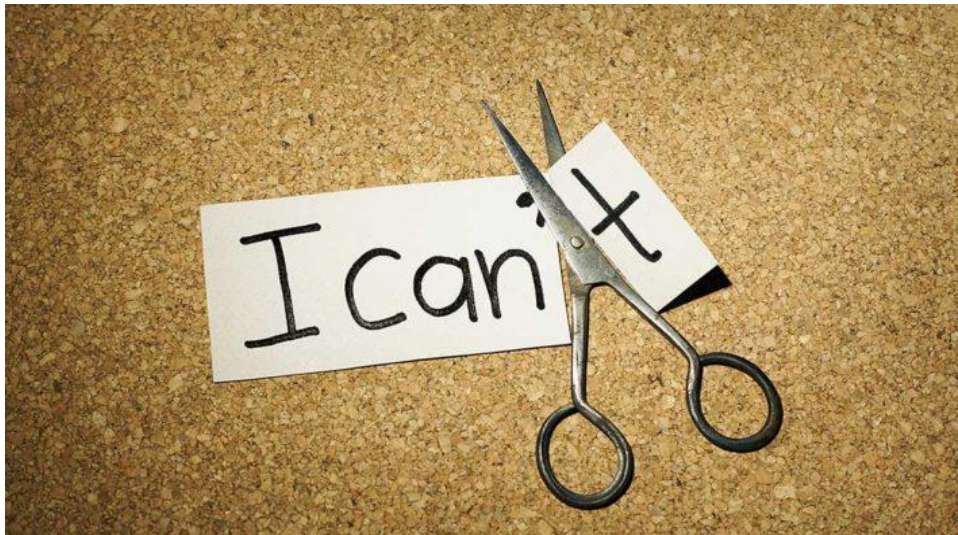


Annex 2 – Call to Action Activity Template

Theme: Growth Mindset

Thematic Area	Growth Mindset		
Activity Title	Growth Mindset: Cultivating a Positive Outlook		
Type of resource	Self-Help Activity		
Photo			
Duration of Activity (in minutes)	40 minutes	Learning Outcome	<ul style="list-style-type: none"> • Developing a positive attitude towards learning and personal development • Building resilience and perseverance when facing challenges • Recognizing the potential for personal growth and improvement • Identifying and challenging limiting beliefs

			<ul style="list-style-type: none"> Understanding the role of effort and hard work in achieving goals.
Aim of activity	<p>The aim of this self-help activity is to enable learners to develop a Growth Mindset, which will allow them to believe in their potential to improve their abilities through effort and persistence. By completing this activity, learners will be able to recognize the power of a Growth Mindset and apply it to their personal and academic lives, leading to increased resilience, motivation, and achievement.</p>		
Materials Required for Activity	<p>A pen or pencil A notebook or piece of paper for reflection A worksheet</p>		
Step-by-step instructions	<p><i>Step 1: Take a moment to reflect on a challenge that you faced recently. Write down the challenge in the space provided.(Worksheet)</i></p> <p><i>Step 2: Next, think about your initial reaction to the challenge. Did you feel discouraged? Did you want to give up? Write down your initial reaction in the space provided.(Worksheet)</i></p> <p><i>Step 3: Think of someone you know who has a growth mindset. What are some qualities that this person possesses that you admire? Write down these qualities in the space provided. (Worksheet)</i></p> <p><i>Step 4: Finally, think about how you can incorporate these qualities into your own life. Write down a few actionable steps that you can take to develop a growth mindset in the space provided. (Worksheet)</i></p> <p><i>Step 6: Take a moment to review what you have written and reflect on how you can apply a growth mindset to overcome challenges and achieve your goals.</i></p> <p><i>Step 7: Share your experience with someone else and discuss how you can support each other in developing a growth mindset.</i></p>		
Template	Worksheet		

