



The Green Hub Project for Teens

Life Skills for Teens

Chapter seven

In this penultimate chapter, we will talk about mindfulness. We will also go over the concept of having a positive mindset and what the difference is between a growth and fixed mindset.

We will also talk about what happens when we practice with an open mind, and use a growth mindset in life, and where this can take us.

Finally, we will talk about the power of the words we tell ourselves, and how we can change our language to ourselves.

Practicing Mindfulness

This means we are being present in the here and now, and that we also practice non-judgement of things going on around us.

We are therefore alert and pay a particular attention to what is going on around us.

A good way to start this is to use some of the apps like Calm or Headspace and practice mindfulness ten minutes a day. Science has shown that we will become more reflective and be less reactive when we practice mindfulness over time.

Fixed Mindset

A concept from Carol Dweck, psychologist at Stanford University...

- ✓ **Focuses on grades and outcomes.**
- ✓ **Performance may come naturally, but if it is difficult, a fixed mindset person may think their ability is limited.**
- ✓ **We might conceal or hide our deficiencies.**
- ✓ **We conceal, or hide our mistakes.**
- ✓ **We believe that our abilities and intelligence are fixed.**





Growth mindset

- ✓ Focusing on **learning outcome**.
- ✓ **Embrace hard work and effort**.
- ✓ **Notice deficiencies**.
- ✓ **Learns from mistakes**.
- ✓ Capable of **making and not scared of mistakes**.
- ✓ Knows that **intelligence is like a muscle**.
- ✓ Knows that **we can change, grow and improve**.

Reflection for you:

- **How can you practice a growth mindset?**
- In which areas do you use growth mindset naturally, and which ones do you find it is more of a challenge?
- Is there an area which you could explore and try to look at things differently? Play around with it and see what happens.

The power of YET...

Using the word yet at the end of a sentence can really help us with our growth mindset. These are some ways that you can use the word YET.

- I have not learnt to do this ... **YET**.
- I am not courageous enough to do this ... **YET**.
- Maths has not become easy for me ... **YET**.
- I have not got the confidence to speak to new people ... **YET**.

Reflection for you:

- **In what circumstance could adding the word YET help you in your life?**
- Is there something which is more of a fixed mindset for you, and you could try to add the word yet to it?
- Write it down and then go back to it in a few weeks.





Stretching your comfort zone

From the presentation we discussed what can happen when we open up to new changes and opportunities and how rich our lives can become.

Reflection for you:

- **Can you think of any areas in the last year when you could have said, yes, I will give this a try, and be open to try something new, however small?**
- What could you do next time it happens to you?
- Write this down in your diary so you can come back to it and see if this is still the case.

