

What Can I Say to Myself?

Instead of...

- I'm not good at this
- I'm awesome at this
- I give up!
- This is too hard
- I can't make this any better
- I just can't do math
- I made a mistake
- She's so smart, I will never be that smart
- It's good enough
- Plan A didn't work

Try Thinking...

- What am I missing?
- I'm on the right track!
- I'll use some of the strategies we've learned!
- This may take some time and effort
- I can always improve, so I'll keep trying!
- I'm going to train my brain in math
- Mistakes help me to learn better
- I'm going to figure out how she does it so I can try it!
- Is it really my best work?
- Good thing the alphabet has 25 more letters!