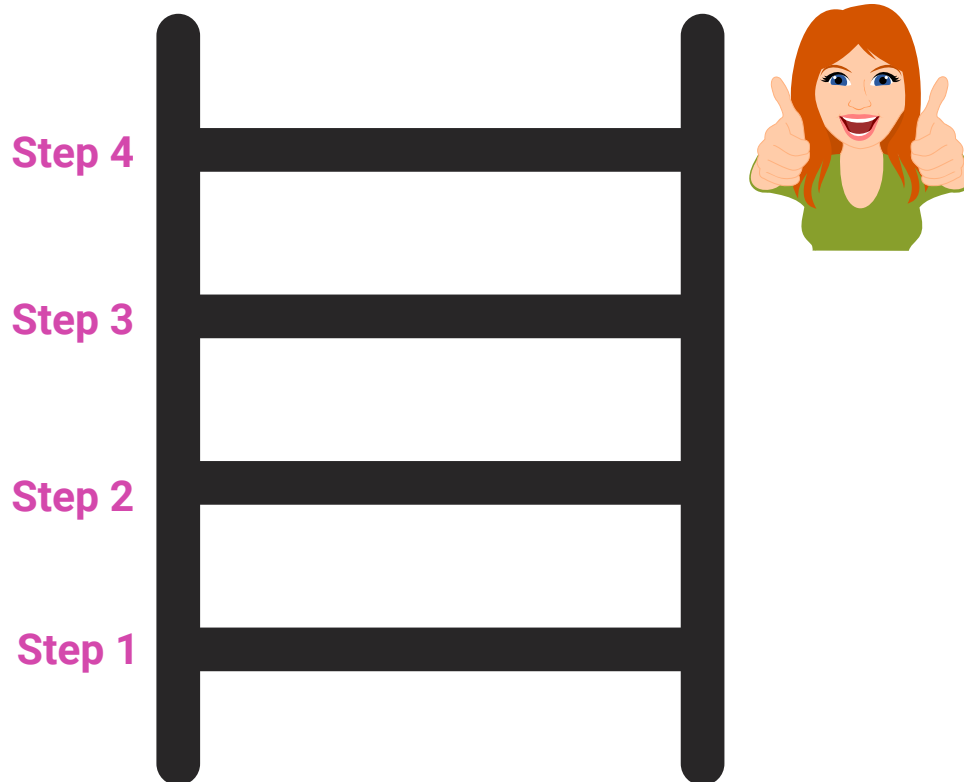


# I CAN DO IT!

Write or draw something you can't do YET!

What are the STEPS you need to take to be able to do it? Write them on the ladder



# GROWTH MINDSET STATEMENTS

1. I learn from my mistakes
2. Some things take time and effort
3. I give things a go
4. I don't give up easily
5. If something doesn't work, I try a different strategy
6. I embrace challenges
7. I improve with practise
8. I don't have to be perfect
9. It's fun to try something new
10. I don't say 'I can't do it', I say 'I can't do it YET!'



# HOW TO BE A POWER GIRL!

1. Look for the positives
2. **Be kind to yourself and others**
3. Develop resilience
4. **Get to know your strengths**
5. **Don't let anyone put you down and ignore them if they do**
6. **Know that you are the boss of your body**
7. **Understand the difference between mean behaviour and bullying**
8. **Support your friends**
9. **Believe in yourself and work towards your goals**
10. **Know that you can improve with practise**
11. **Speak the truth from your heart**
12. **Accept and love yourself the way you are**



# Hey Powerful Girl!

We are so glad you came along to our  
Girl Power Workshop!



Remember that **YOU** are powerful  
beyond measure and have your own  
special **super powers**.

So, **be yourself** and **shine brightly**  
The world just wouldn't be the same  
without you - **YOU** matter!