



Growth Mindset & Affirmations in Physical Education and Health Education

Why Growth Mindset Matters: A growth mindset emphasizes that abilities are developed through effort, practice, and learning over time. In physical education and health education, this perspective is especially important because students are learning skills that involve both body and mind.

Affirmations are a practical way to bring growth mindset into daily instruction. When teachers intentionally model and practice affirmations with students, they help learners replace self-doubt with language that supports persistence, confidence, and engagement. Rather than telling students *what* to think, affirmations teach them how to talk to themselves during challenge.

| Growth-Minded Affirmations: Physical Education vs. Health Education | | |
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| Focus | Physical Education (Movement-Based) | Health Education (Classroom-Based) |
| Effort | “My effort helps my body learn.” | “My effort helps my understanding grow.” |
| Learning | “I am learning every time I try.” | “I am learning even when it’s challenging.” |
| Mistakes | “Mistakes help me adjust my movement.” | “Mistakes help me make better choices.” |
| Confidence | “I can try even if I’m not perfect.” | “I can speak up even if I’m unsure.” |
| Persistence | “I can keep going one step at a time.” | “I can stay engaged and keep thinking.” |
| Challenge | “Challenge helps me grow stronger.” | “Challenge helps me grow smarter.” |
| Self-Belief | “My body can learn new skills.” | “My mind can learn new skills.” |

| Growth-Minded Affirmations: Fitness & Healthy Habits | | |
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| Focus | Fitness (Physical Education) | Healthy Habits (Health Education) |
| Effort | “Each workout helps my body get stronger.” | “Each healthy choice helps me build better habits.” |
| Progress | “Getting fit takes time and practice.” | “Healthy habits grow one choice at a time.” |
| Challenge | “Feeling tired means my body is adapting.” | “Changing habits can be hard, and I can keep learning.” |
| Consistency | “Showing up matters more than being perfect.” | “Consistency helps healthy habits stick.” |
| Setbacks | “Missing a goal doesn’t erase my progress.” | “One choice doesn’t define my health.” |
| Self-Belief | “My fitness improves with effort over time.” | “I can learn skills that support my health.” |

Using Affirmations During Class

- Start class with a shared affirmation
- Model affirmation language during struggle
- Reflect on which affirmation supported effort and learning
- Reflect on how affirmations supported thinking and decision-making

Conclusion & Key Takeaways

Growth mindset becomes meaningful when students experience it in action. Affirmations help bridge belief and behavior by giving students language they can use in real moments of challenge.

Key Takeaways:

- Growth mindset focuses on effort, learning, and improvement.
- Affirmations make growth mindset visible and usable for students.
- Students learn not just content and skills, but how to persist when learning is hard.

When affirmations are intentionally embedded into instruction, they support students in developing confidence, resilience, and a belief in their ability to grow.

Reflect:

How often do students hear language in your class that reinforces effort and learning?

Challenge:

Choose one affirmation to model consistently this week and invite students to notice how it changes their effort, engagement, or confidence.