

# Worksheet "CREATIVE THINKING IN EVERYDAY LIFE"

## Topics for discussions

Use the provided examples as a source of inspiration in one-on-one conversations or working in groups. When prompting responses, always remember the guidelines and topics covered or discussed in the introductory part of each step. In this step, think about how the role of a judgmental free environment, fixed and growth mindset, etc. manifest in each topic.

### 1. I am currently struggling with ...

Where do I focus most of my efforts and time right now? What motivates me? How will I feel during and after the goal is achieved? How many times I wanted to give up, but I did not? Who or what helps me to succeed? (Examples are any kind of training in sports, extra curriculum lessons before tests or exams, music school lessons or any hobby.)

This task helps to overcome a stereotype that success depends only on talent and luck. The invested efforts symbolise intention, dedication, perseverance etc.

### 2. If the recognition and opinion of others would not matter in society, I ...

What is the activity that I have not tried because I am afraid of failure, mistakes or condemnation of others? For example, if my boyfriend or girlfriend draws very well, sings or is very athletic, I feel like I should be better, so I don't even try because I don't want to be worse, etc.

This task helps identify desires that may be hidden. Perfectionism, for example, often discourages trying an activity only by justifying it (even subconsciously) with the phrase: If I can't be the best, then I won't try at all.

### 3. Trying on other's shoes

Adolescents can choose a well-known character, perhaps someone they admire for their success. A group or facilitator can also offer a randomised choice. The task is to get into the shoes of the proposed person and model situations, how would he/she act with a fixed mindset and how with a growth mindset?

This task helps develop the awareness showing that mindsets are not only good or bad, but rather helps noticing the positive aspects that need to be developed and the shortcomings that need to be eliminated.

### 4. Not yet

Model at least 3 situations with an existing obstacle to be overcome. For example, preparing for the maths, English or history exam. Use the curve approach. The path is not vertical, it is a curve. At which point are you now? How can you go higher? How will you protect yourself in moments when the curve slides down?

