



GROWTH MINDSET

PASSAGES

This book belongs to:

Name _____

I AM IN CHARGE OF MY THOUGHTS

It was finally Track and Field Day, a day Sam got excited about every year! It was a day when all the classes in the school would go to the track and compete in a variety of events. Sam's favorite event was the mile run. He was the fastest runner in his class. It was time for the race to start. Sam went to the start line and stretched his legs. He looked at the lane next to him and suddenly realized that he had to run against Todd, the fastest student in the entire grade. All of a sudden, Sam got sick to his stomach. He knew that Todd would be hard to beat. The thought of dropping out of the race crossed Sam's mind...



☐ Circle the characters ☐ Draw a box around the setting ☐ Underline the problem

What do you think Sam should do? How can Sam show that he is in charge of his thoughts?

Handwriting practice lines with a large, stylized 'P' on the left side.