

WORK SHEET – Exercise 10C

Card game for progress.

Can intelligence be measured? IQ-tests give that impression. However, they only determine two aspects of our intelligence, the logical-mathematical aspect and verbal/linguistic competencies. Additionally, IQ-tests present intelligence as a measure you take once and for all, like a fixed data. For Carol Dweck*, intelligence is not a fixed data, but an ensemble of faculties that can be nurtured and can grow. You just have to change your state of mind! She calls it the “growth mindset”.

To make progress and change your mind, you can take on positive beliefs about your ability to persevere, to tackle challenges, learn from mistakes, overcome obstacles and ask questions to help understand...

It's about identifying the little, devaluing comments or fixed beliefs about a person and their shortcomings, and transforming them into positive affirmations. To help you achieve this, here's a card game for you.

Tips for playing the card game

Here are some cards to print and cut out. They are full of positive affirmations the children can use to encourage each other, to help develop their intelligence and sense of perseverance in themselves and others.

Present the cards to the children: *Here are some special cards to encourage us and help get us back in action when needed. These cards allow our minds to take on a new perspective on the difficulties, challenges and obstacles that we need to overcome. They encourage us to ask questions to help gain a better understanding, because we are all capable of doing so to push us to persevere.*

You can also use the cards in a different way.

1. The cards are laid out on a table. Every student uses a card that motivates him or her to continue.
2. The cards are laid out on a table. Every student chooses a card and gives it to a friend.
3. Make groups of five. Every group receives a full (or half) set of cards. They read them out loud one after the other and discuss whether the card would help them or not. Then, they together choose three cards that would help them the most. The group can then present the three cards to other students and explain why they are important for them.
4. The class together chooses a card for the day that fits the programme or the activities of that day.

*Cfr “Mindset. The new psychology of success. How we can learn to fulfil our potential”, Paperback, 2016.