

Learn From Tony Armstrong: Growth Mindset

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Watch the video but when the video is paused, reflect on the questions below. The aim is to share these at the end of the video.

Pause 1 Reflection

How do you feel when you fail at something? What does your inner voice say?

How would you have felt if you were Tony if you had failed at your dream of playing for an AFL club for the first time?
The 2nd? The 3rd?

What do you think is the lesson that Tony learnt from his experience?

Pause 2 Reflection

What does a Growth Mindset mean to you?

How did Tony use his growth mindset?

Can you think of an example when you used a Growth Mindset, or know of an example of it being used by someone else?



Engagement & Motivation
Emotional Literacy

Upper Primary
Education Program

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