



Teacher's guide

Mindset & Growth – Upper-Intermediate (B2–C1)

Canva Presentation Link: [🌐 Mindset & Growth](#)

Editable Presentation Link: [🌐 Mindset & Growth](#)

Editable Worksheet Link: [🌐 Student Worksheet: Mindset & Growth](#)

Warm-up discussion

Part 1. Students discuss questions.

Part 2. Students read the quotes, choose one and say why they agree or disagree.

Vocabulary & speaking

Part 1. Students read the short conversations and guess the meaning of the bold words. Then students say whether they agree, disagree, or partially agree with what is being said.

Comfort zone: a safe, familiar place or situation

Growth mindset: belief that ability can improve with effort

Fixed mindset: belief that ability is unchangeable

Mindset shift: a change in how you see or approach something

Learning curve: the process of learning something difficult

Self-limiting beliefs: thoughts that hold you back

Personal development: improving skills or self-awareness

Constructive feedback: helpful criticism that supports improvement

Part 2. Students choose two vocabulary items and tell a short story where each one fits naturally.

Part 3. Students choose two situations and discuss what mindset shows up and how they would handle it.

Part 4. Students read the dialogues and guess the meaning of the bold phrasal verbs.

Own up to: admit or accept responsibility

Work through: deal with something step by step

Lean into: move towards something challenging

Catch up on: do something you have delayed

Take on: accept a responsibility or challenge

Part 5. Students discuss the questions.

Part 6. Students match each idiom to the moment it fits best.

1. You realise your stress comes from perfectionism.

Idiom: *see the bigger picture*

Why: Perfectionism focuses on small details. Seeing the bigger picture helps someone recognise what truly matters and reduce pressure.

2. You decide to restart your habits after a difficult month.

Idiom: *turn over a new leaf*

Why: This idiom is used when someone wants a fresh start or new habits after a setback.

3. You surprise yourself by doing something bold and original.

Idiom: *break the mould*

Why: Breaking the mould means doing something in a new or unexpected way that's different from your usual behaviour.

4. Someone explains your situation perfectly.

Idiom: *hit the nail on the head*

Why: This idiom means describing something exactly, with complete accuracy.

5. You improve the quality of your work.

Idiom: *raise the bar*

Why: Raising the bar means increasing standards or expectations, often of yourself.

6. You find a creative solution nobody else noticed.

Idiom: *think outside the box*

Why: This idiom is about finding original, creative solutions that others might overlook.

Part 7. Students discuss the questions.

Part 8. Students discuss the questions.

Reflection

Students complete the sentences with their own ideas.