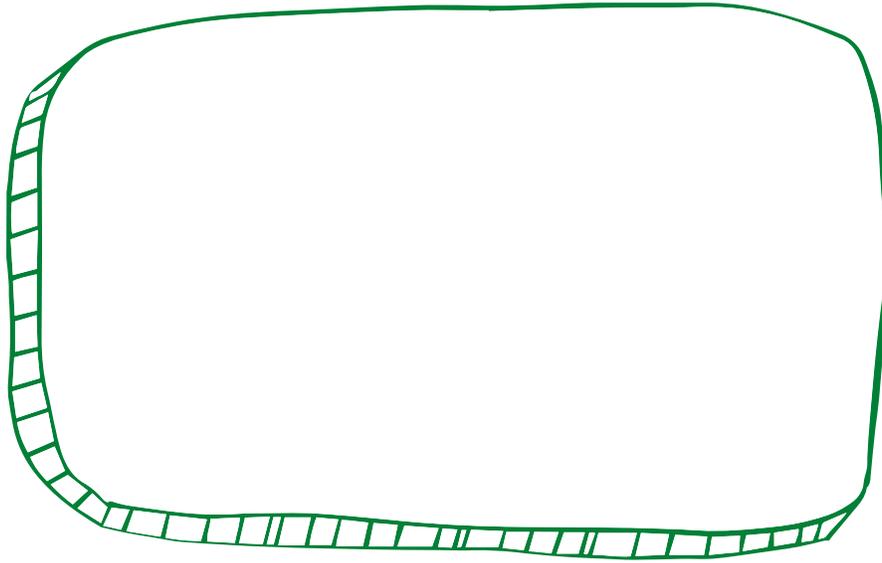




What is a mindset?

A "mindset" is your thoughts and ideas on something.

Draw a visual note that includes what a mindset means to you.

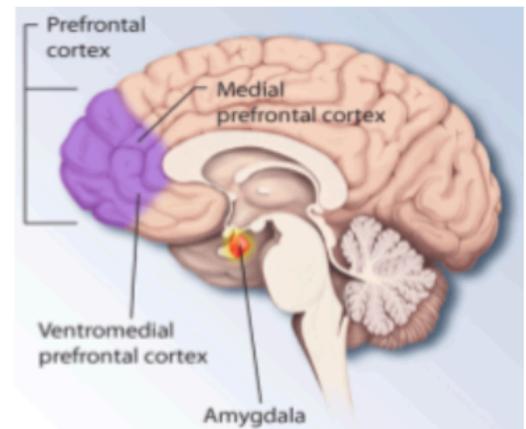


Why do attitudes matter?

Every thought releases chemicals in your brain. Negative thoughts can have a negative impact on your brain's ability to function. Likewise, positive thoughts have the opposite effect. Your **prefrontal cortex** decides what is important according to the amount of attention you pay to something and how you feel about it. The more you focus on positivity, the more **synapses** and **neurons** your brain will create that support your positive thought process. New neurons are created as you grow and even through adulthood. Focused, repetitive mental activity can make changes in your brain. Coaching yourself to build positive attitudes helps your brain function and grow, stimulating the growth of neuron connections. Building positive attitudes

- improves understanding and your ability to analyze and think
- affects your view of surroundings, your mindset
- increases your ability to focus

What does all this mean? It means that what we think, do, and say matters; that it affects who we become on the outside, the inside, and in our brain. Mostly, it means that you can retrain, grow, and improve your brain. Attitudes matter, and what you say to yourself matters.



The more you focus on positivity, the more synapses and neurons your brain will create that support your positive thought process

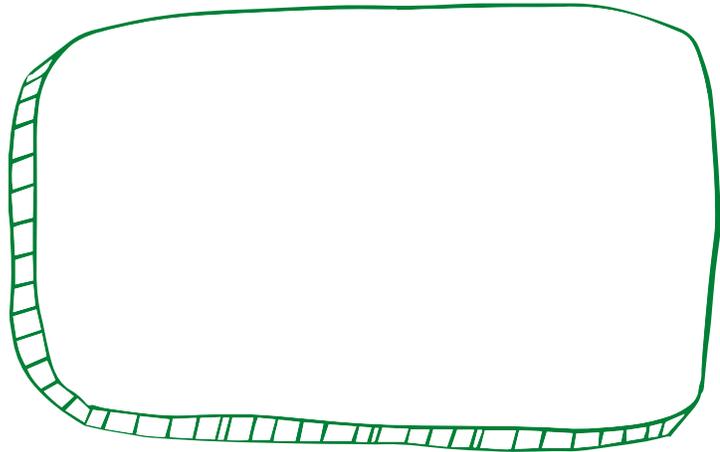
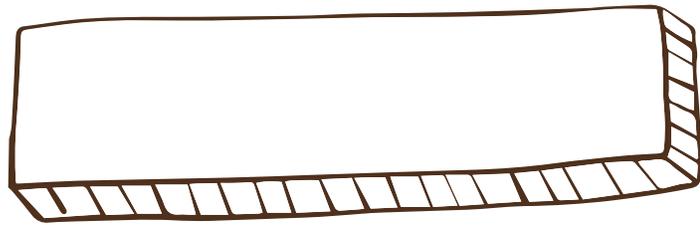
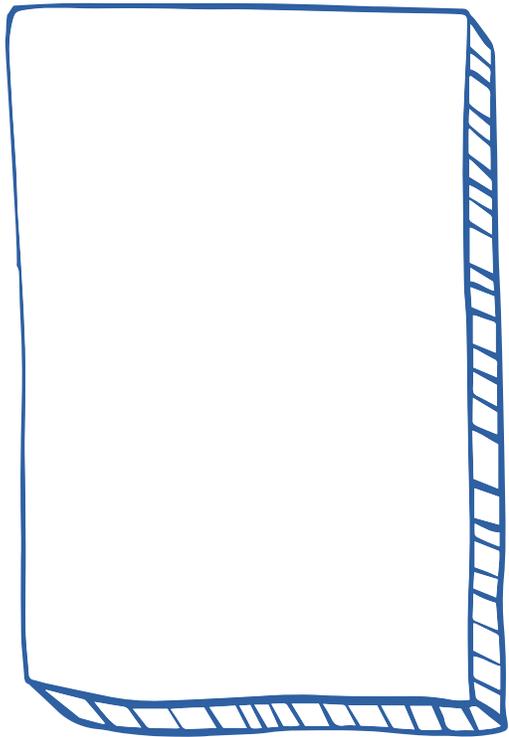
Image source: <https://commons.wikimedia.org/wiki/File:Ptsd-brain.png>



What does exploration mean to me?

An Explorer Mindset is an outlook we view ourselves as seekers, catalysts in our own learning path. It is based on the Learning Framework from National Geographic, which was developed by National Geographic staff, educators and child development experts to share the attitudes and skills National Geographic Explorers use in the field.

Use the spaces below to draw or write about what a mindset of seeking, curiosity, or exploration means to you.



Vocabulary:

Prefrontal Cortex: the front part of the brain, used for decision making, planning, reasoning, and judgment

Synapses: connections between neurons

Neurons: cells that carry electrical impulses and are the basic units of the brain, nervous system.