



The National Theatre for Children



PROJECT:  
**MINDSET**

Student and Classroom  
Activities

# THE POWER OF **YET!**

CENTRAL BUREAU OF MIND MASTERS

THINGS TO DO TODAY

- STOP EVIL SUPERVILLIAN  
CAPTAIN CATASTROPHE



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# Here's what to learn:

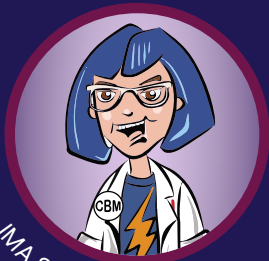
- *What is a Growth Mindset?*
- *Ways to Manage Stress*
- *How Physical Health supports Mental Health*
- *How to Build Resilience*



JAMES BLONDE



DOG



IMA SCIENTIST



U.R. FIRED



CAPTAIN CATASTROPHE

## The story

The name's Blonde. **James Blonde**. Once the top agent at the **CBM (Central Bureau of Mind Masters)**, James has found himself **doubting his abilities** after a series of **failed missions**.

But there's no time to give up! **Captain Catastrophe** is causing chaos again, and **the future of CBM is on the line**. James has one last chance to prove himself—but this time, he needs to do more than **just complete a mission**. He needs to **rebuild his confidence** and learn a **new way of thinking**.

With the help of **Ima Scientist**, his loyal sidekick **Bingo the Dog**, James will uncover **the secret to success: The Power of Yet!**

Will James be able to **change his Mindset** and discover what it truly means to be a **Mind Master**? It's time for **YOU** to join the mission!

## Words to know

**Brain:** A powerful organ that controls our thoughts, emotions, and actions.

**Challenge:** Something we find hard.

**Fixed Mindset:** When we believe our brains can't change, and we'll *never* get better at things, even if we practise and keep trying.

**Growth Mindset:** Knowing our brains can change and we can get better at things if we practise and keep trying.

**Mental Health:** The health of our mind and emotions.

**Mindset:** The way we think about ourselves and what we can achieve.

**Optimism:** Expecting good things to happen and believing challenges can be overcome.

**Physical Health:** The health of our body.

**Positive Thinking:** Having hope and looking for the good things in each situation.

**Resilience:** The ability to bounce back when things are hard and learning from the ups and downs.

**Stress:** Our body's response to difficult situations or challenges. Stress is only a problem when there's too much of it - or it goes on too long.

**The Power of Yet:** Reminding ourselves we might not be able to do something *yet* — but we can do it if we practise and keep trying.

COLOUR AND KEEP

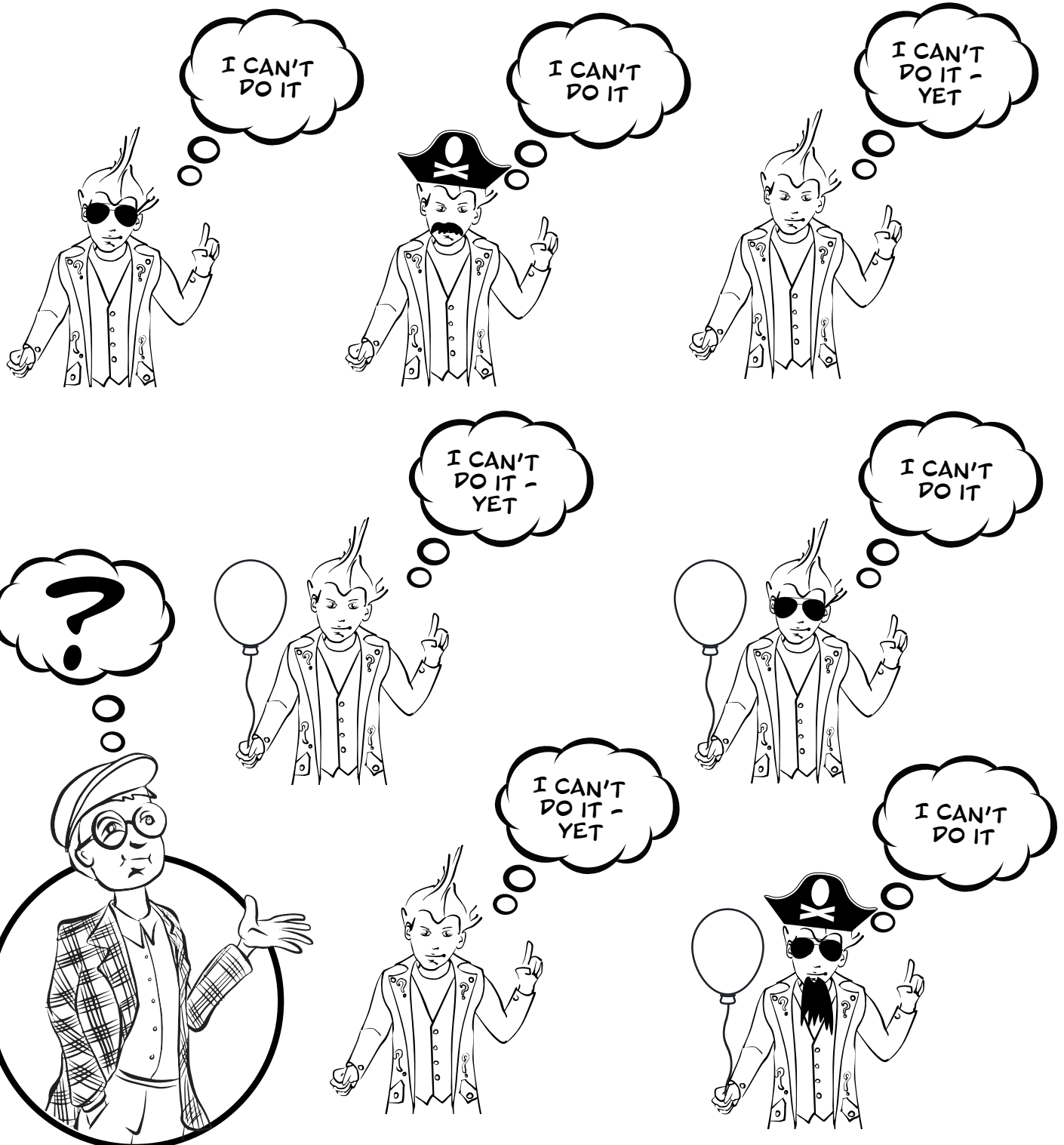
USE  
THE  
POWER  
OF  
YET!



Colour the picture to become a Mind Master!

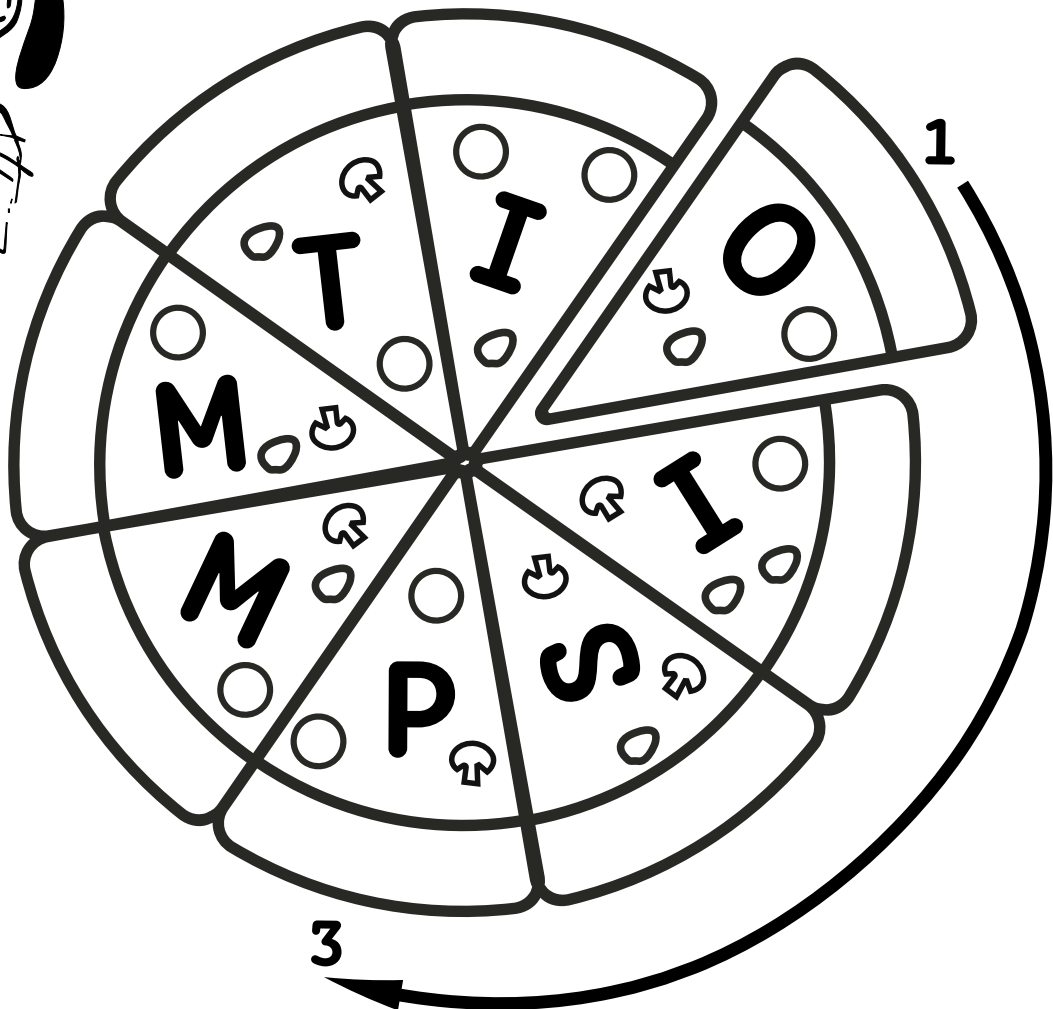
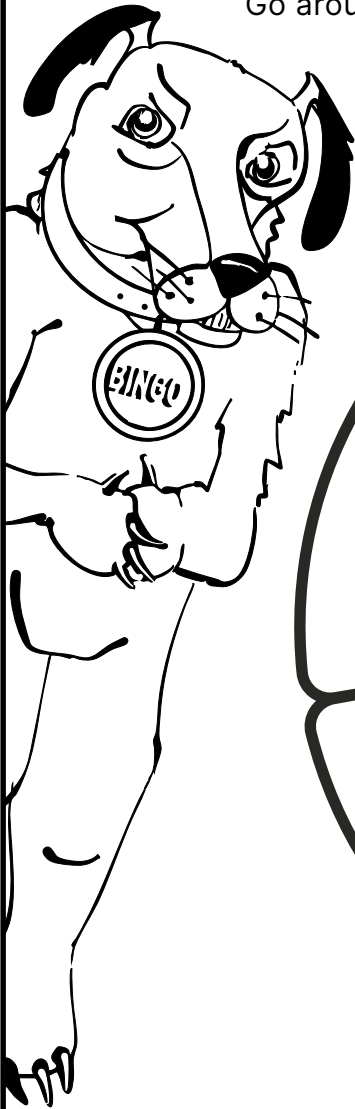
# U. R. FIRED'S MISSION MINDSET

Captain Catastrophe is in disguise, and U. R. Fired needs your help!  
Your mission: find the two Captain Catastrophe pictures that are **exactly** the same.



# BINGO'S PIZZA SECRET...

Shhh! Bingo has hidden a message on his pizza!  
Go around the pizza, and write down the letter on every **THIRD** slice.  
The first two letters are already done for you.



O P

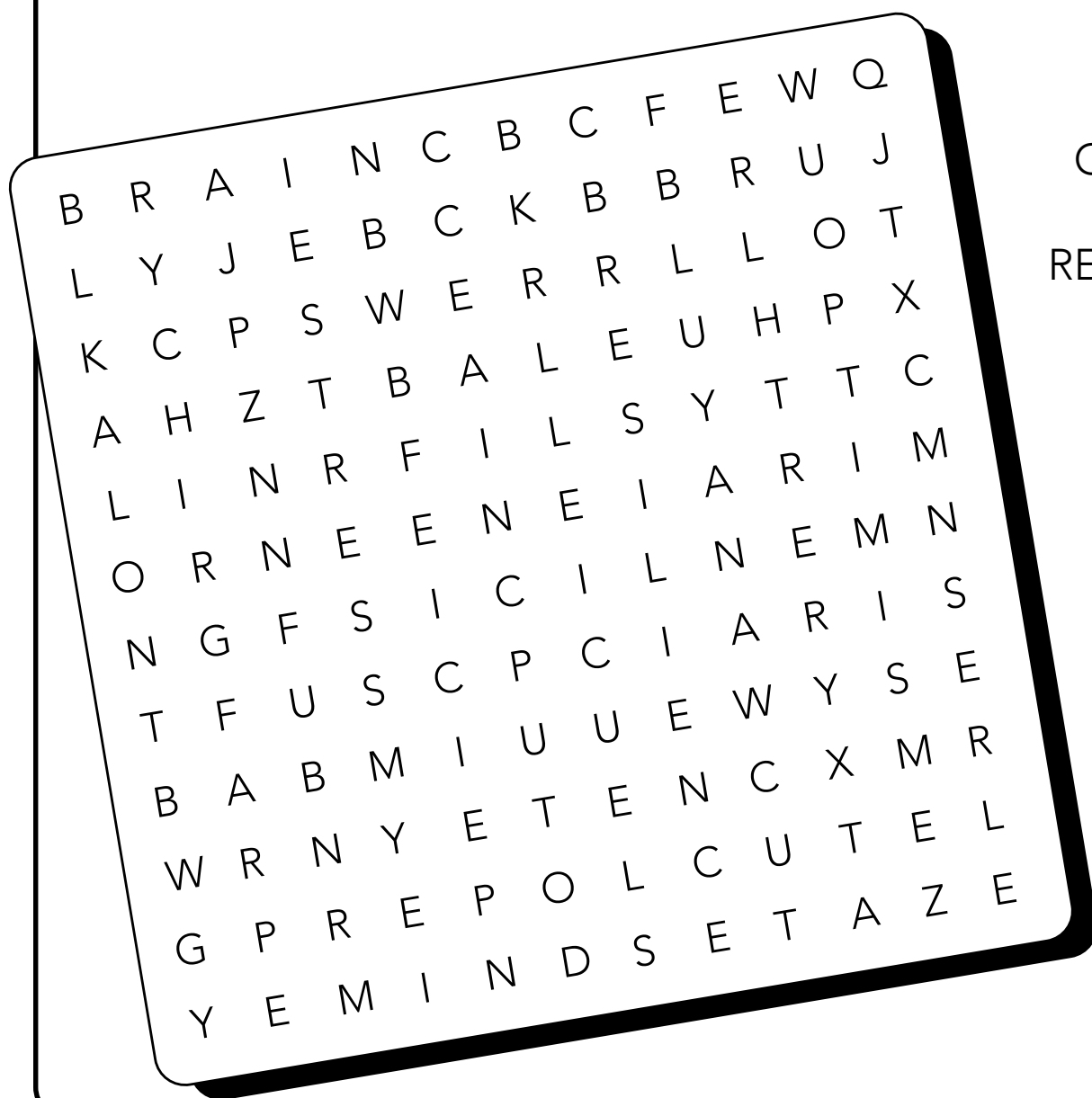
1 3

EXPECTING GOOD THINGS TO HAPPEN

# IMA'S WORD FIND



Help Ima Scientist find the hidden words.  
Do you remember what the words mean?  
Review their meanings on the inside front cover.



YET

OPTIMISM

RESILIENCE

STRESS

BRAIN

MINDSET



# Captain Catastrophe's WAYS TO MANAGE STRESS

Captain Catastrophe has some excellent tips to help you manage stress.  
Try them the next time you are feeling stressed



**GO OUTSIDE ON AN EXCITING  
ADVENTURE!**

**TRY PICKING UP A SMALL ROCK OR  
TOUCHING A LEAF OR A FLOWER.**

**NOTICE THE BUGS OR THE BIRDS,  
TAKE A MOMENT TO TOUCH THE  
GRASS OR THE EARTH.**

**BREATHE IN DEEPLY LIKE YOU'RE  
SMELLING A FLOWER, THEN BREATHE  
OUT SLOWLY LIKE YOU'RE BLOWING  
A FEATHER.**

**REPEAT AS MANY TIMES AS YOU  
WANT!**

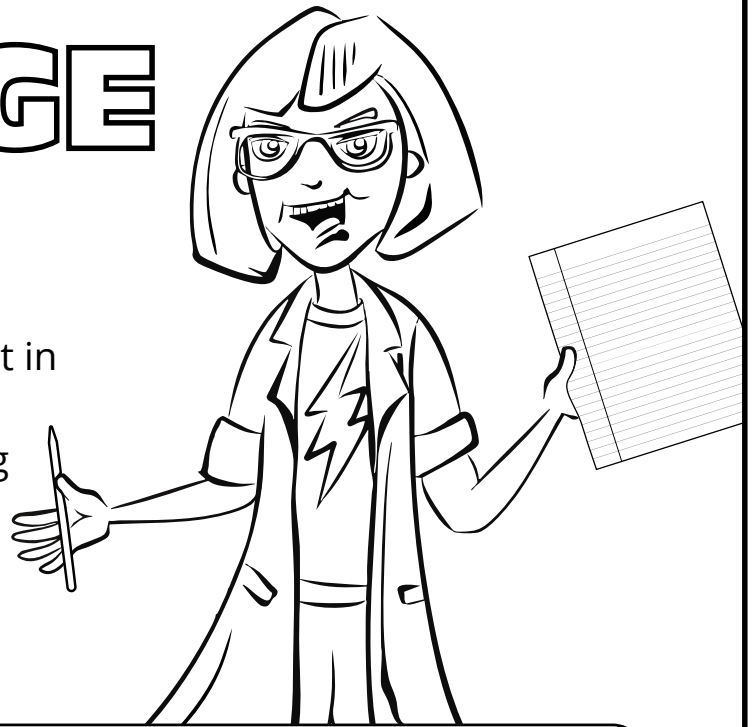
**AS YOU MOVE, MAKE SURE YOU PAY  
CLOSE ATTENTION TO EVERYTHING.  
MOVE IN SILENCE SO YOU CAN  
NOTICE ALL THE SMALL DETAILS.**

**ON THE WAY BACK TAKE A  
DIFFERENT PATH. MAYBE ONE  
YOU'VE NEVER TAKEN BEFORE!**

# Ima Scientist's LANGUAGE LAB

Ima Scientist is running an experiment in her lab.

Rewrite these negative thoughts using 'Yet', and see how easy it is to turn a Fixed Mindset thought into a Growth Mindset thought.



I can't do \_\_\_\_\_ YET,  
but if I practise and keep trying, I will.

\_\_\_\_\_ is a challenge,  
but I know I can get better if I keep trying.

Failing at \_\_\_\_\_  
helped me learn \_\_\_\_\_

One day I want to be able to \_\_\_\_\_

\_\_\_\_\_ doesn't come  
easily so it's something I practise.





Want to be a member of the CBM?  
Connect the correct mindset definitions to  
pass your CBM training.

## THE CBM MINDSET MANUAL

A very powerful organ that is the  
control centre of our body.

Fixed Mindset

Believing our brain can't change  
and we will never get better at  
things, even if we practise and  
keep trying.

Unhelpful Thoughts

Knowing our brain can change and  
we will get better at things  
if we practise and keep trying.

Optimism

Brain

Expecting good things to happen  
and believing challenges can be  
overcome.

Physical Health

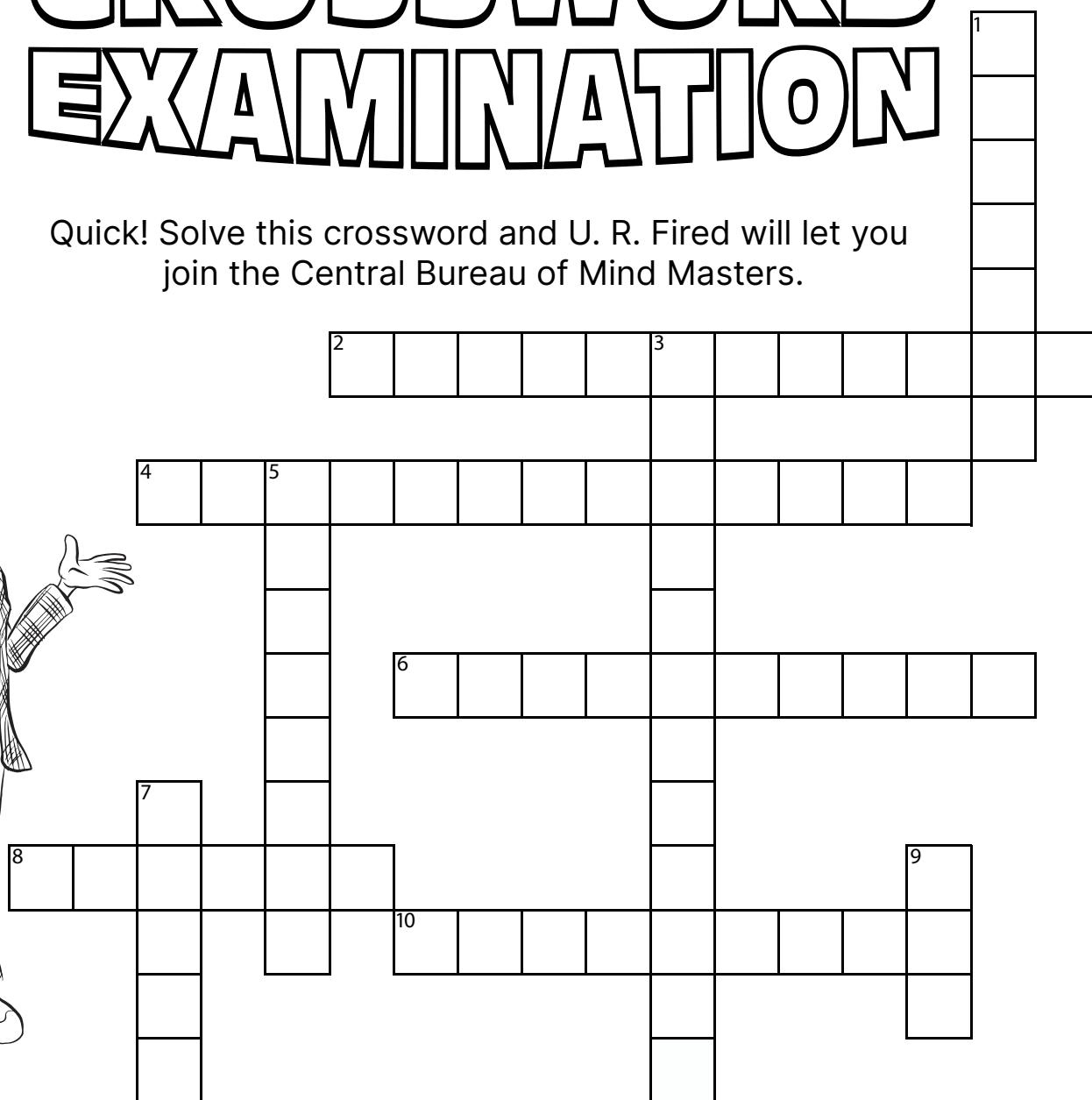
Words or pictures in our mind that  
are untrue, unkind, or unhelpful.

Growth Mindset

The health of our body.

**U. R. FIRED'S****CROSSWORD  
EXAMINATION**

Quick! Solve this crossword and U. R. Fired will let you join the Central Bureau of Mind Masters.

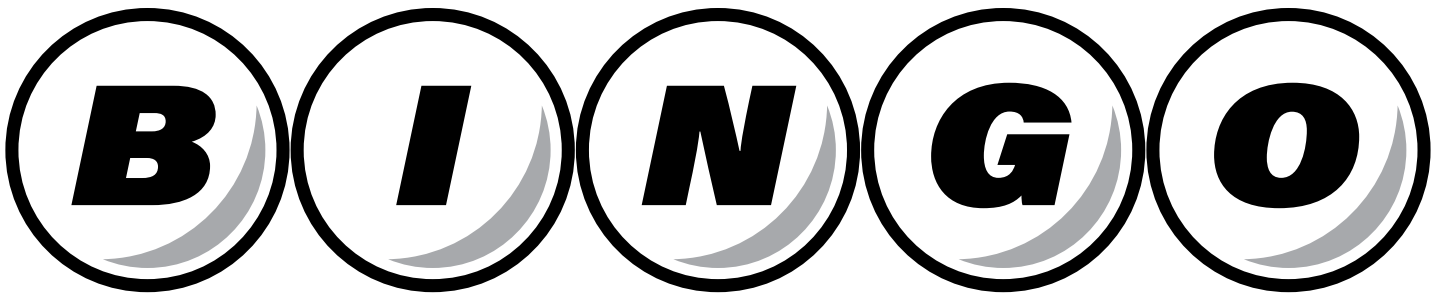


Down:

1. The way we think about ourselves and what we can achieve.
3. The health of our mind and emotions.
5. Expecting good things to happen and believing challenges can be overcome. practise and keep trying.
7. Our \_\_\_\_\_ is a powerful organ that controls our thoughts, emotions and actions.
9. The power of \_\_\_\_\_ reminds us we can achieve our goals if we practise and keep trying.

Across:

2. Believing our brain can't change and we will never get better at things, even if we practise and keep trying.
4. Knowing our brain can change and we will get better at things if we practise and keep trying.
6. Bouncing back when things are hard.
8. Our body's response to difficult situations or challenges.
10. Something we find hard.



**In your own words, describe how each letter in the BINGO acronym helps you achieve your goals!**

**B***elieve* \_\_\_\_\_

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**I** *can't do it... YET* \_\_\_\_\_

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**N***eed help? Ask!* \_\_\_\_\_

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**G***ive it a go* \_\_\_\_\_

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**O***ptimism* \_\_\_\_\_

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IMA SCIENTIST'S

# MATHS MESSAGE

Ima Scientist has received an important message!

Do the maths and fill in the spaces below to crack the code and reveal the message.

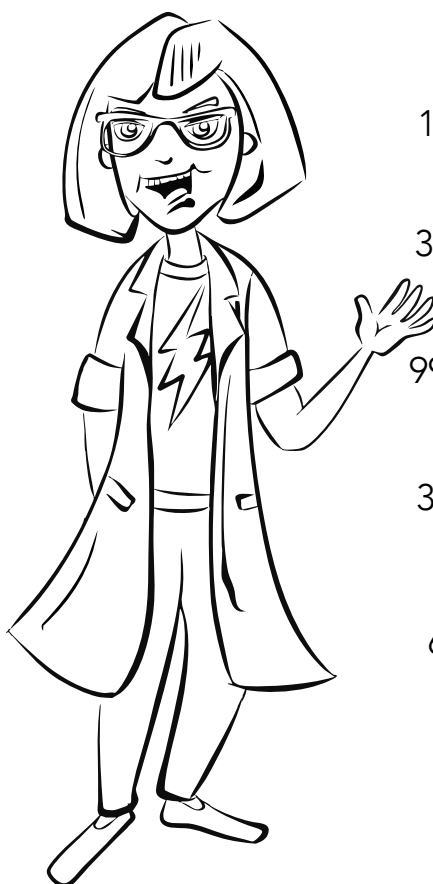
$21 + 7 = \square$  LEARN

$76 - 40 = \square$  AGAIN

$21 \div 3 = \square$  AND

$18 + 3 = \square$  TRY

$17 - 17 = \square$  FAILURE



$15 \times 1 = \square$  MEANS

$32 \times 3 = \square$  BRAIN

$99 - 44 = \square$  GROW

$32 \times 2 = \square$  YOUR

$61 - 7 = \square$  YOU

<u>                    </u> 0	<u>                    </u> 15	<u>                    </u> 54	<u>                    </u> 28	,	<u>                    </u> 21
<u>                    </u> 36	<u>                    </u> 7	<u>                    </u> 55	<u>                    </u> 64		<u>                    </u> 96

# SENSORY

## SCAVENGER HUNT

Bingo is doing secret spy training to test his observation skills!  
See if you can notice the following:

### 5 things you can see

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....

### 4 things you can feel

- 1 .....
- 2 .....
- 3 .....
- 4 .....

### 3 things you can hear

- 1 .....
- 2 .....
- 3 .....

### 2 things you can smell

- 1 .....
- 2 .....

### 1 thing you can taste

- 1 .....

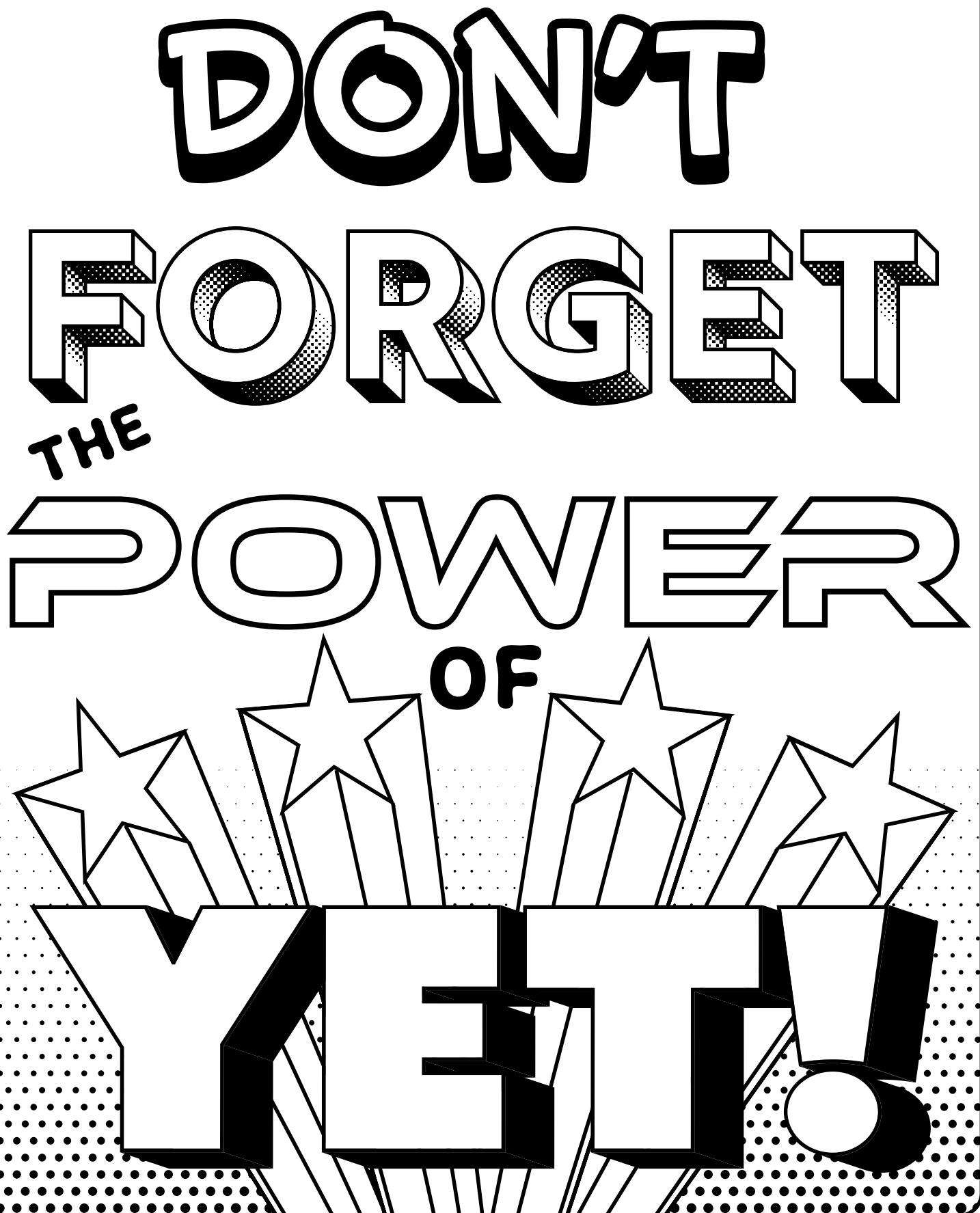
(If you can't taste anything, think of your favourite taste)

USE THIS  
MINDFULNESS  
EXERCISE TO  
HELP YOU  
RELAX AND  
FEEL CALM!



Once you've filled in all the boxes, take a moment to notice how you feel.  
Do you feel differently now? In what way?

Mindful colouring is a great way to focus and calm your mind.  
Read the message as you colour in.



Years: 1 - 6 • Stage: 1, 2 & 3 •

Key Learning Areas: PDHPE • Four Cs: Creativity





# Hey Students, Teachers and Parents!

You've enjoyed the show, now jump online for more games and fun activities at:

 [www.ProjectMindset.au](http://www.ProjectMindset.au)

## Additional Resources

Sometimes talking about how you feel with someone you trust can really help. People you can talk to include:

- **A parent**
- **A teacher you trust**
- **Your school counsellor**
- **An adult you trust**
- **A good friend**
- **You can also call Kids Helpline for free, any time of the day or night, for any reason**  
Phone: 1800 55 1800,  
or go to [kidshelpline.com.au/kids](http://kidshelpline.com.au/kids)



# Our vision for a sustainable future



**At Landcom, our aim is to create innovative and productive places that demonstrate global standards of liveability, resilience, inclusion, affordability and environmental quality.**

A key part of this vision is a commitment to fostering Healthy and Inclusive Places, including focussing on the mental health and wellbeing of the people in and around the communities we create.

In recognising that children's mental health is a critical priority for resilient communities, Landcom

has partnered with The National Theatre for Children to educate students about mental health, wellbeing and resilience building. *The Mind Masters: Project Mindset* program aims to educate both primary and secondary school students about resilience and positive thinking to provide the key tools to support their mental health.

Healthy and Inclusive Places is one of the four pillars that make up our Sustainable Places Strategy. To learn more about this or other information about Landcom initiatives, please visit our website [landcom.com.au/sustainability](https://landcom.com.au/sustainability)