

A young boy with dark hair is laughing joyfully, his eyes closed and mouth wide open. He is wearing a white t-shirt with a graphic that includes the words 'WORLD', 'HOPE', 'SIN TO', and 'NICH'. He is also wearing blue jeans. The background is a soft, out-of-focus bokeh of warm, golden light. Numerous small, white, star-shaped confetti pieces are falling around him, some landing on his hair and face. Three yellow, four-pointed starburst graphics are scattered in the upper left and center areas of the image.

Yellow  
Brick  
Road

# Prepping for an epic future

Grow, learn, build, flourish.  
The best resources for working  
on your growth mindset

There is heaps of information out there to help you grow, learn, build, and flourish in your amazing Growth Mindset.

Sometimes it can be hard to know what information will be most helpful to you, as there are so many books, websites, videos, and podcasts out there for you to explore!

This resource has been created to help you navigate through the different options and choices, so that you can find something that works for you.

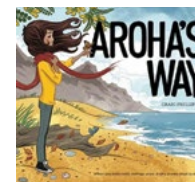
It is also a great opportunity to get your Challenge Buddy involved so that you can work together to get the most out of these cool resources!



Check out these awesome **BOOKS** all about the **Growth Mindset**:



**Hey Warrior! / Hey Awesome!**  
by Karen Young



**Aroha's Way**  
by Craig Phillips



**The Most Magnificent Thing**  
by Ashley Spires



**Your Fantastic Elastic Brain**  
by JoAnn Deack, PhD



**The Dot**  
by Peter H. Reynolds



**Thanks for the Feedback**  
by Julia Cook



**Not Yet**  
by Lisa Cox & Lori Hockema



**The Girl Who Never Made Mistakes**  
by Mark Pett & Gary Rubinstein



**Bubble Gum Brain: Ready, Get Mindset... Grow!**  
By Julia Cook



**A Perfectly Messed-Up Story**  
by Patrick McDonnell



**Everyone Can Learn to Ride a Bicycle**  
by Chris Raschka



**Anything is Possible**  
by Giulia Belloni



**Marvelous Mattie**  
by Emily Arnold McCully



**What Do You Do With an Idea?**  
by Kobi Yamada



**What Do You Do With a Problem?**  
by Kobi Yamada



**Scaredies Away! A Kid's Guide to Overcoming Worry & Anxiety**  
by Barry McDonagh & Stacy Fiorile



## Check out these great TED Talks:



Science is for Everyone, Kids Included



Grit: The Power of Passion and Perseverance



Inside The Mind of a Procrastinator



Three Reasons You Should Be Bullied



The Boost Students Need to Overcome Obstacles



What Adults Can Learn From Kids



Choose Positivity



Kids Can Too



The Power of Introverts



A New Way To Define Self-Worth

## WEBSITES for your Challenge Buddy to enjoy and share with you:

[childhood101.com](http://childhood101.com)

[biglifejournal.com](http://biglifejournal.com)

[teenmentalhealth.org](http://teenmentalhealth.org)

[heysigmund.com](http://heysigmund.com)

[thelowdown.co.nz](http://thelowdown.co.nz)

[sparklers.org.nz](http://sparklers.org.nz)

The best resources for working on your growth mindset

**These YouTube VIDEOS are especially for tamariki and rangatahi:**



**Growth Mindset vs. Fixed Mindset**  
by John Spencer



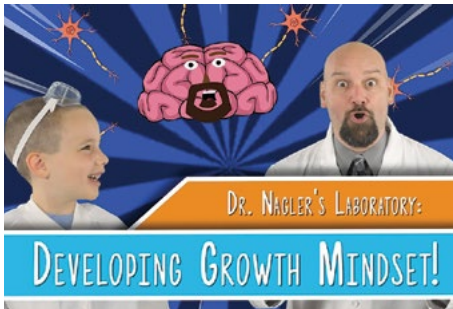
**The Mindset of a Champion**  
by Carson Byblow



**Want to Know What Causes Anxiety & Depression?** by Mind Set



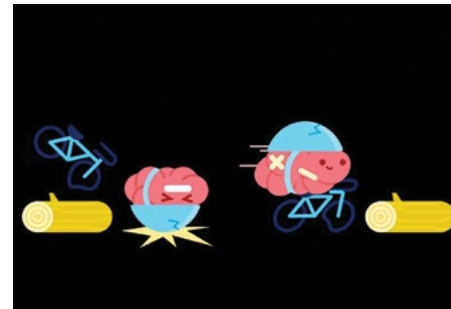
**Growth Mindset for Students**  
by ClassDojo



**Developing a Growth Mindset**  
by Dr Nagler's Laboratory



**Why Do We Lose Control of Our Emotions?** by Kids



**LearnStorm Growth Mindset: The Truth About Your Brain** by Khan Academy

## PODCASTS are another great way to learn more about the Growth Mindset



**Big Life Journal**



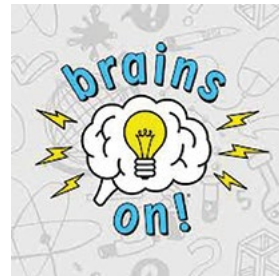
**Short & Curly**

This Podcast looks at all those tough and challenging questions. Listen with your Challenge Buddy to find the answers to your big questions.



**Good Night Stories for Rebel Girls**

This Podcast follows on from the bestselling book series by Elena Favilli and Francesca Cavallo. It is about strong women and girls who are inspiring others to reach higher and dream BIG dreams.



**Brains On!**

This science-based Podcast explores different science topics and is great for tamariki and rangatahi, plus parents and caregivers too. Find out the answers to your science questions by listening to this podcast.



**Wow in the World**

Discover the world around you and the amazing things that are going on. This is a great Podcast to share with your Challenge Buddy and whānau.

VIDEO



**TED KIDS & FAMILY**

**TED Talks Kids & Family**

TED Talks are given by some of the world's greatest leaders and most imaginative entrepreneurs. This Podcast aims to inspire you to think BIG.



**Story Pirates**

These pirates search for and explore the most imaginative and exciting thoughts, stories, and ideas that tamariki and rangatahi have, so they can share them with others.



**It takes each of us to make  
a difference for all of us.**

**It's whānau ora, and it is the  
foundation that inspires every  
aspect of our work.**

Yellow Brick Road is a national organisation that specialises in providing support for whānau who have a loved one experiencing mental health challenges.

After 40 years of experience working with people around New Zealand, we know that if the family of a loved one experiencing mental distress are correctly supported and empowered, the path they walk leads to increased wellbeing for the whole whānau.

Positive change is our singular focus. By working together, we can help you thrive.



Supporting families  
towards mental wellbeing

Northern Region  
0800 732 825

Central North Island  
0800 555 434

South Island  
0800 876 682

**[yellowbrickroad.org.nz](http://yellowbrickroad.org.nz)**