

“Growth Mindset” Guidance Unit

First Grade

<p>Lesson #1</p> <p>Date: March 12-16</p>	<p>Focus: Flexible Thinking</p> <p>Goals:</p> <ul style="list-style-type: none"> - Be able to identify the difference between a flexible brain and “rock” brain <p>Materials: Introduction with playdough and rock “Bubble Gum Brain” book “Change your words” class activity Statement matching worksheet</p>
<p>Lesson #2</p> <p>Date: March 19-23</p>	<p>Focus: The Power of Perseverance</p> <p>Goals:</p> <ul style="list-style-type: none"> - Understand how saying “yet” can change mindset - Be able to understand importance of trying instead of giving up <p>Materials: “The Most Magnificent Thing” book I can overcome hard things worksheet</p>
<p>Lesson #3</p> <p>Date: March 26-30</p>	<p>Focus: Growth Mindset Wrap Up</p> <p>Goals:</p> <ul style="list-style-type: none"> - Understand importance of flexible thinking - Identify & use strategies for flexible thinking <p>Materials: GM video: https://www.youtube.com/watch?v=2zrtHt3bBmQ</p> <ul style="list-style-type: none"> ● Follow up discussion Growth Mindset Card Game Growth Mindset coloring pages

Discussion Questions:

Lesson 1:

Who can tell me the differences in a rock and bubble gum? (have visuals)

- Have students touch, hold, see the objects

How can mistakes be great?

Can you give me an example of when you learned from a mistake?

- Give personal reflection and example of this

What was the difference between the bubble gum brain kid and the brick brain kid?

- Positive vs. negative attitude

GREAT MINDS MAKE A LOT OF MISTAKES

Lesson 2:

Start by reviewing how mistakes can be great.

Have students give an example of a time that they made a great mistake that they learned from.

What does failure mean? Is failure kind of like a mistake?

Be thinking of the message of the book.

Why is it important to keep trying?

What would happen if the girl in the story decided to just give up? Would she have made a cool scooter?

Personal reflection: If I just gave up after I failed my driver's test, I would not be able to drive today, or own a car, or have a ride to work, etc. I would miss out on a lot of cool opportunities.

Who remembers how mistakes help us learn and grow?

Perseverance strategies list

Lesson 3:

This is the wrap up lesson.

Start by asking students to explain what we have been discussing for the past couple of weeks.

Make sure they identify the difference between brick brain and bubble gum brain.

Community circle- have students go around and pass the stuffed "DoJo" monster and give a time when they overcame something that was hard (the worksheet they worked on last class)

Watch DoJo growth mindset video- students answer question

Explain how trying new things, perseverance, and doing challenging things makes a strong brain

Play "Growth Mindset Expert" Game - students pick card out of basket and have to answer the question

Coloring pages of growth mindset quotes if time allows - with muscle brain on the back

Books Used:

