

Introduction to Growth Mindset
Grades 1-3
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Purpose: To introduce fixed vs. growth mindset

Introduction:

Poster as whole group: Label the poster with two sides: Instead of saying or thinking. . . try a positive approach.

The teacher begins with an example, then allow students to brainstorm and think of fixed mindset sayings and what phrases could be used instead.

<https://www.pinterest.com/pin/379991287288752350/>

Move to Read aloud center:

Read The Girl Who Never Made Mistakes, Mark Pett And Gary Rubinstein

-During the reading, students may discuss how different scenarios could be played out. If the the book paints a picture of fixed mindset, allow students to discuss growth mindset phrases or situations to replace it. Role play even would be great.

<https://www.youtube.com/watch?v=nuRnsOoIk3E>

Centers: Students placed in groups of around 4 in each group. Allow around 10 minutes or so per station.

Station 1: cut and paste sorting between Fixed and Growth

<https://2.bp.blogspot.com/->

[JTaIP6uC1Cw/V9k3c7eTJ8I/AAAAAAAAAKGQ/A9E2BgnPgvqFCqP6oNGYx2mHP1sF9GAugCLcB/s1600/Slide17.PNG](https://2.bp.blogspot.com/-JTaIP6uC1Cw/V9k3c7eTJ8I/AAAAAAAAAKGQ/A9E2BgnPgvqFCqP6oNGYx2mHP1sF9GAugCLcB/s1600/Slide17.PNG)

Station 2: New story ending! Showing a sequence of pictures from a familiar story (Little Red Riding Hood), students draw/write how the story would end differently if they changed it from fixed to growth or visa versa. Which was the best ending?

Station 3: Growth mindset cards: Students exchange fixed mindset quotes with peers in the group, and verbally create a growth mindset phrase they could actually use.

Station 4: Growth mindset mini-book: Students individually respond to questions, such as naming a challenge that a student has faced. Then, students share what they have written.

Conclusion: As a whole group, teacher will guide the students in a discussion with the Growth Mindset/Self Reflection. Pinterest: Growth Mindset Activities and Lessons Bundle.

<https://www.yourtherapysource.com/freeselfimprovement.html>

