Growth Mindset/New Year’s Resolutions/Power of 1/SMART Goals Lessons Plans

Intro: Whole Group Discussion

- What are your New Year’s resolutions?

 - What is your game plan for keeping that resolution?

 - What will you do if you “hit a speed bump”?

 - How are resolutions and goals similar?

 \*Introduced topic of Growth Mindset

Body: Growth Mindset PP

 -Iceburg Illusion

 -Difference between fixed and growth mindset

 \*Discuss differences between a “speed bump” and a “road block” (same idea as “yet”)

-Think-Pair-Share- Brainstorm your top 10 struggles of 2016, share with group of 3-4, 1 person from each group writes their responses on the board

 \*Discuss how we can turn our struggles last year into strengths this year

 -Introduce the idea of the Power of 1

 - Brainstorming Handout

 - fill out individually

 -Turn 1 idea from each group into a SMART goal

Conclusion: 2017 foldable

 \*All foldable placed in the hallway by my room as a daily reminder