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