

GROWTH MINDSET PHRASES – Lesson

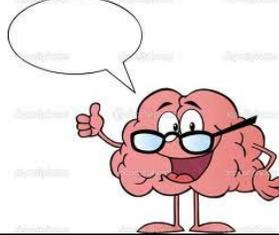
Length	30 minutes
C U KAN	<p>Concept = Mindsets</p> <p>Understand that we have the power to shape our brains development by the messages we say to ourselves</p> <p>Know: Growth vs. Fixed Mindsets</p> <p>Able To Do: List a variety of phrases that will encourage a growth mindset.</p> <p>Now You Get It: Reflect on the information they've learned about growth mindsets and themselves over the last few lessons in order to choose phrases that will encourage them to maintain a growth mindset.</p>
Evidence	Anchor chart and student journal entries

Min	materials	Lesson details
2	worksheet	<p>Do Now:</p> <p>Students should silently write down their own definitions of a growth mindset.</p>
3		<p>Opening:</p> <p>Choose a student to share her definition of growth mindset with the class. Allow other students to fill in any missing pieces or round out the definition.</p> <p><u>The definition should be something like:</u></p> <p>Secondary: People who practice a growth mindset believe abilities, such as sports and math, can be improved through hard work and persistence. When presented with an obstacle, those practicing a growth mindset tend to rise to the challenge. People with growth mindsets don't fear failure; instead, they view it as a chance to improve themselves.</p> <p>Elementary: When I work hard my brain muscles grow. If I don't try and I quit, my brain can't grow.</p>
5	Worksheet Timer	<ul style="list-style-type: none"> • Remind students that we've talked about growth mindsets quite a bit this year. They already know about the growth mindset talk and attitude. • Tell them to take 2 minutes to write down any phrases that they might say to themselves to encourage themselves in a tough situation. • Have them share their list with a partner. They should add any new information or ideas that their partner offered to their list.
10	Chart paper Marker (or some way of recording student answers into a permanent chart)	<ul style="list-style-type: none"> • Have partners return to their seats. • Ask for volunteers to share some suggested growth mindset phrases. • Record student answers on the chart paper (or whatever you are using to create your chart).
8	Student journal Student pencils (or keep it on the bottom of the worksheet)	<ul style="list-style-type: none"> • 30 second shake down - Have students stand up and walk around the room shaking classmates' hands. Each time they shake someone's hand, they should say one of the encouraging phrases aloud to the other person. • Have students return to seats and spend a few minutes answering the journal prompt. <ul style="list-style-type: none"> ○ "Choose 2 phrases that will work best to encourage you during difficult times. Why did you choose those phrases and how will they help you maintain a growth mindset?"
2	Tape to post the sign Empty space on the wall	<p>Closing:</p> <ul style="list-style-type: none"> • Post the chart someplace in the room and tell students that will be there as a reminder for the entire year. Thank them for their brainstorming and remind them to look at the chart whenever they need a bit of encouragement.

Name _____

date _____

Growth Mindset Talk:



Do Now:

In your own words, describe what it means to have a growth mindset.

Private and partner brainstorm:

What are some things that you might say to yourself to encourage a growth mindset if you're having trouble with a task?

Journal:

Of all of the phrases you have heard today, which two do you think will work for you?

Why did you choose those phrases and how will they help you maintain a growth mindset?
