

Ideas and Activities for introducing

Growth Mindset



Day One:

Begin by teaching students about how their brain works. Video clips, lesson ideas, and an article have been shared on the PBIS website.

Day Two:

- Begin by asking students what someone might do if something is difficult or challenging.
 - Optional Activity- Students can write their ideas on post-it notes. Post-its can later be sorted as Fixed or Growth Mindset.
- Introduce the Growth Mindset
 - Note to teachers- When teaching about the Growth Mindset, our goal is to help students understand the direct correlation between effort and success. Building this perception and work ethic in students ultimately increases their determination, tenacity and self-efficacy. (Laura Taylor ☺)
 - Optional Activities:
 - Show video clips
 - Create a class anchor chart- Fixed v. Growth Mindset (See examples online)
 - Read Aloud:
 - The Most Magnificent Thing
 - The Dot

- Any book where the character had to work to overcome a challenge

Day Three:

- Review Growth Mindset
 - Optional Activity- Sort statements as Fixed Mindset or Growth Mindset (link for cards is on website)
- Create a class Growth Mindset Motto
 - Lesson plan link on website
 - Have students sign the Motto and post in your classroom.

Continue to incorporate Growth Mindset Mini Lessons and Activities throughout your daily routines as needed.

Some ideas....

- Create a Growth Mindset Bulletin Board in your classroom. Some ideas and resources have been posted on the website.
- Incorporate Read Alouds that have character that demonstrate a growth mindset.
- Share Growth Mindset with families. A resource has been shared on the website.
- Primary- Have students draw a picture of themselves and write a growth mindset statement in a speech bubble. Post pictures on your Growth Mindset Bulletin Board
- Intermediate- Socratic Seminar Idea- Suppose there was a magic smartie. The magic smartie would make everything come easily to you. You would never need to try hard or make a mistake again. If someone gave you a magic smartie, would you eat it? Why or why not? Guide students thinking toward the pros and cons of each choice. Discuss how their choices relate to a fixed or growth mindset.