



**YOUR CHOICE:
CHOOSE WISELY**

WHAT'S YOUR MINDSET?



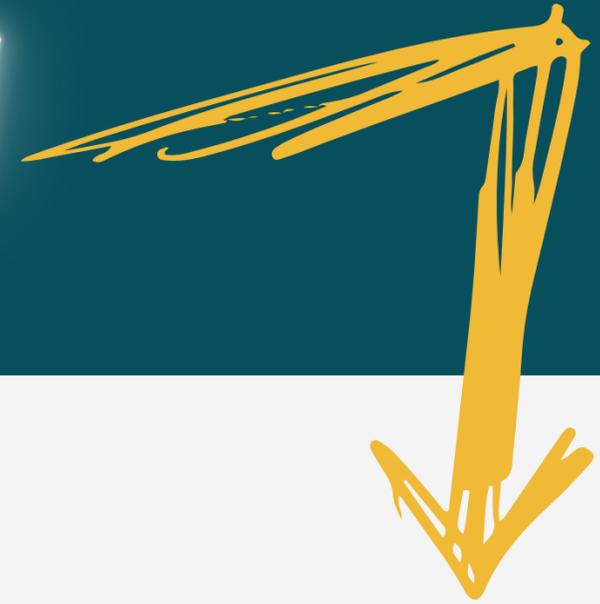
INTRODUCTION

Today, we will:

- * Differentiate between a fixed and growth mindset.
- * Practice cultivating a growth mindset.



SEL CONNECTION



Self-awareness and **self-management** play a major role in developing and sustaining a growth mindset.





ICEBREAKER

WHAT'S YOUR MINDSET





WHAT'S YOUR MINDSET

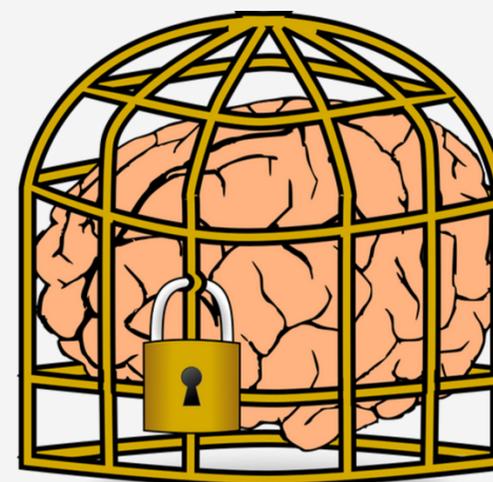
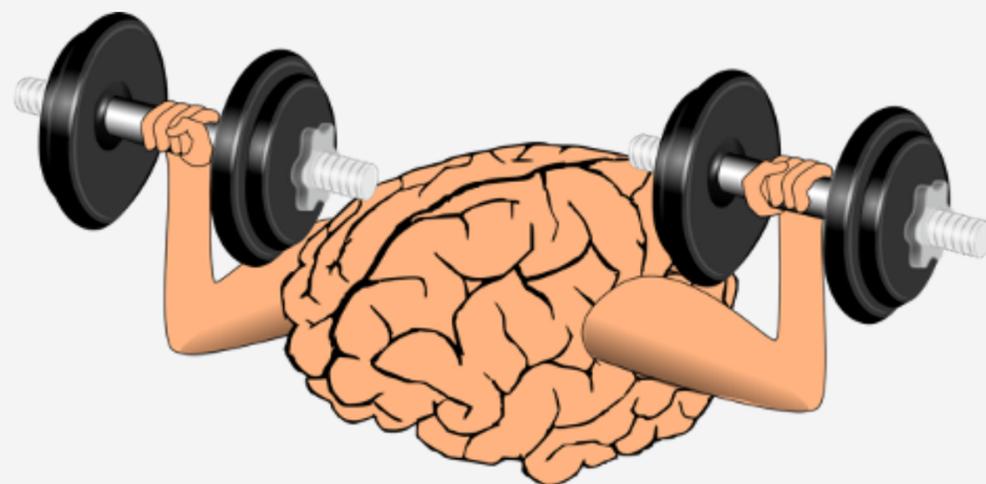
MINDSET

How you think about doing a specific thing or task.





WHAT'S YOUR MINDSET



What do you think mindset means?

Analyze the images above and share the message you're receiving.





LESSON

PART ONE

GROWTH VERSUS FIXED MINDSET





GROWTH VERSUS FIXED MINDSET

- * **Growth Mindset:** (n.) the belief that with hard work, determination and persistence we can learn anything or do anything.
- * **Fixed Mindset:** (n.) the belief that we are born with a fixed amount of intelligence or ability.



LESSON: PART ONE



WATCH A VIDEO

GROWTH VERSUS FIXED MINDSET

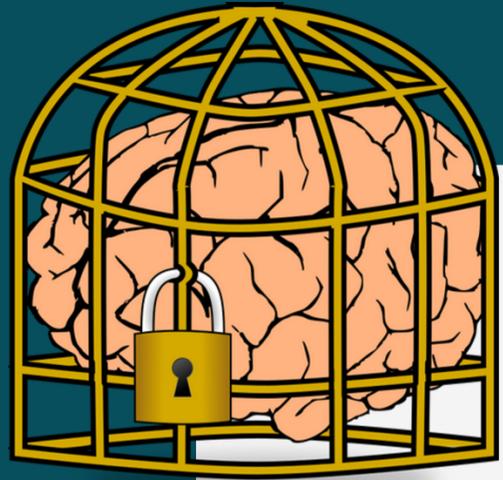
Watch the video "Growth Mindset versus Fixed Mindset"



LESSON: PART ONE



TALK ABOUT IT



FIXED MINDSET

MAY LOOK LIKE

- Avoiding challenges
- Making excuses
- Ignoring feedback
- Giving Up

MAY SOUND LIKE

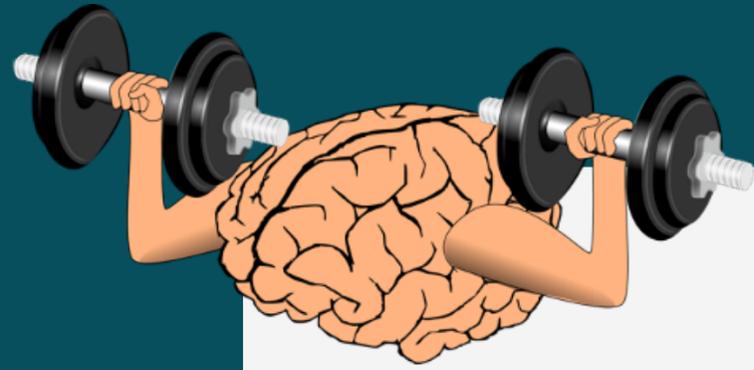
- "I can't do this."
- "I'm not going to try."
- "No one helps me."
- "This is too hard."



LESSON: PART ONE



TALK ABOUT IT



GROWTH MINDSET

MAY LOOK LIKE

- Embracing challenges
- Giving your best effort
- Learning from other people's feedback
- Believing your intelligence or ability can change with hard work

MAY SOUND LIKE

- "I can do this."
- "I'll keep trying."
- This may take hard work, but I will improve."
- "I made a mistake, but that's alright."



LESSON: PART ONE



WATCH A VIDEO

"THE PURSUIT OF HAPPINESS"



Reflection questions:

- What character demonstrates the growth mindset? Explain.
- What character demonstrates the fixed mindset? Explain.

The father thought about his own experience and at first encouraged his son not to invest in playing basketball. After he saw his son's reaction, his advice changed.



LESSON: PART ONE



WATCH A VIDEO

"MICHAEL JORDAN"



Reflection question:

- What is Michael Jordan's mindset? Explain.

No matter how many times Michael Jordan has failed, he continued to try.



LESSON: PART ONE



WATCH A VIDEO

"KOBE BRYANT"



Reflection question:

- How is Mamba mentality like growth mindset? Explain.

Kobe explained the Mamba as a means for pushing oneself into more practicing



LESSON: PART ONE



WATCH A VIDEO

"MEET THE ROBINSONS"



Reflection questions:

- What was the young boy's mindset? Explain.
- What redirection statement did he receive in the end?
- Why are redirection statements important?





LESSON

PART TWO

PRACTICING A GROWTH MINDSET





PRACTICING A GROWTH MINDSET

EXAMPLES

Your team put in a lot of practice for the basketball game, but you still lose.

Every week from Monday to Thursday I went on about 4 to 5 job interviews and I did not get a job. I was told that I need more experience

I practiced doing nails for a talent show competition, but only came in third place.

REDIRECTION STATEMENTS

I will continue to practice hard and do my best in the next game.

I won't give up. I will continue attending school and building my skills, and I will be able to get a job.

Third place is a great accomplishment! If I continue practicing hard I can try to win first place at the next competition.



LESSON: PART TWO



WORK TOGETHER

PRACTICING A GROWTH MINDSET

- 1) In groups of 3-4, create a list of examples of when it is important to demonstrate a growth mindset.
- 2) Then, create redirection statements to accompany your examples that can be used to overcome the challenge.





DEBRIEF / EXTENSIONS





WHAT'S YOUR MINDSET?

- 1) What would you want your teacher to say to you when s/he sees you trying a new thing, taking a risk or pushing through mistakes to meet a goal?
- 2) Imagine how you will feel when you accomplish a challenging goal. Describe that feeling.
- 3) Develop your own skits about growth and fixed mindsets.

