**Growth Mindset Lesson Plan**

Objectives:

Students will understand:

\*Intelligence can be developed

\*Learning to see challenges as fun will help them make their brains stronger

Steps:

1. Students will watch the video: Kizoom, Brain Jump with Ned the Neuron: <https://www.youtube.com/watch?v=g7FdMi03CzI>

2. After viewing the video, discuss with students how doing hard things makes us learn. Discuss the following questions:

1. What is neuroplasticity?
2. How do challenges make your brain stronger?
3. What are some examples of challenges that can make your brain stronger?

3. Students will write a letter to a future student about a time when they had a struggle with something they were learning. Have the student consider how they overcame the struggle and what it taught them. In the letter the student should share any advice they have for the future student.