**Growth Mindset Lesson Plan**

**Objective:** Students will understand the difference between a growth mindset and a fixed mindset, how that’s related to what we know about the brain and learning, and will be able to identify times in which they have a growth mindset versus a fixed mindset.

1. Watch the animated explanation of **Growth Mindset vs. Fixed Mindset**: <https://www.youtube.com/watch?v=-_oqghnxBmY>
2. Ask students to write down their own definition or explanation of growth mindset. In their table groups share definitions and write out one agreed upon definition per table.
3. **Understanding the Brain**: Watch the Kahn Academy video about how the brain grows and how we learn. <https://www.youtube.com/watch?v=-_oqghnxBmY>. As a class discuss the following:

* How does the explanation about how our brains grow relate to what you learned about growth mindset?
* Share examples of times when you’ve thought you weren’t good at something or weren’t able to learn something but then improved through perseverance. Explain how you what you did in facing the challenge. What is an example of someone else becoming good at something that was initially hard for them?

1. **Relating the Idea of Failure to Learning:** Ask the class to brainstorm thoughts and feelings that come to mind when they think of the word “failure.” How do they relate that word to school? To sports? How do they feel when they believe they’ve failed at something? What do they tell themselves? Write student responses on the board.
2. Watch the motivational video about initial failures of successful people: <https://www.youtube.com/watch?v=RmTxr7OsPj0&feature=related>

* How does this video relate to what we’ve been discussing about learning and mindset?

1. **Putting It All Together:** Talk about how all of us sometimes view situations from a fixed mindset. Ask them to look at the statements on the board connected to failure. Which of the statements seem indicative (define word for students) of a fixed mindset? What are other things they tell themselves that would be an example of a fixed mindset? Provide a personal example if they’re struggling. How can we changed these statements so that they’re indicative or representative of a growth mindset? Write examples on the board.
2. **Group Assignment or Exit Ticket:** Ask students in their groups to create posters that visually depict a growth mindset versus a fixed mindset. How can they visually communicate to others what they’ve learned today? If needed, provide a couple of examples from the following website: <https://www.smore.com/n3eyx-growth-mindset-resources>