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| Date:May 1, 2017 | Teacher:Serena Marquardt | Topic/Lesson Title:Growth Mindset/Changing Counterproductive Feelings |
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| Vocabulary:MindfulMindlessGrowth MindsetFocus | Materials:Someday by Eileen SpinelliWorksheetPencilsCrayons | Launch:Do you ever wish that the days would go by faster?Is it hard for you to enjoy the moment?Sometimes, it’s hard to be present in the moment when all you want to do is move forward.How can we help our bodies be still in the moment? |
| Objective:Students will explore why having a growth mindset will help them become more mindful. |
| Procedure:Watch “From Mindless to Mindful” on Go Noodle 2 times. After the first viewing, ask the following:* How can we rest at this moment?
* Can you feel your whole body being still?
* How can we notice our breathing?
* How can you focus on the sounds around you?
* Does your attention wander? Is that ok?
* Do you notice when you are mindful?
* When can you practice being mindful?
* Can you be mindful of one thing at a time?

Read the book Someday by Eileen Spinelli. Discuss that the character in this story is sometimes mindless. She is more worried about what she will do SOMEDAY rather than what she is currently doing. Although it is good to look to the future, if you are having counterproductive feelings about the now and then, looking to far ahead can prevent your growth mindsetStory Debrief: The main character wants to dig for dinosaur bones someday, but for now she is digging for change in the couch cushions. These are the same skill. We can work on something now that will help us in the future, but don’t forget to go step by step and enjoy the moments.Fill out a worksheet that asks the students what is something they want to do in the future (someday)? What can we do currently (now) and still enjoy the present moment? How are you going to be mindful about the now? What techniques can we use from our Go Noodle viewing to not feel negative about our current situations and be more mindful?Bring students back together to share what they wrote/drew. Ask children to share out to group. |
| Assessment:Daily viewing of “From Mindless to Mindful” on Go Noodle to see if children appear calmer in their bodies, and more mindful | Homework:Practice being mindful at home |