

Growth Mindset

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Lesson Title: Growth Mindset Phrases
Grade: Second Grade
Lesson Duration: 30 Minutes
Objectives: <ul style="list-style-type: none">● Identify growth and fixed mindset● Analyze growth and fixed mindset statements● Label growth and fixed mindset statements
Standards: HE.4.2.1 Demonstrate healthy ways to express needs, wants, and feelings. HE.5.2.1 Demonstrate decision-making skills for health-related situations. HE.8.2.2 Encourage peers to justify positive health choices.
Materials: Growth Mindset Phrase Game Powerpoint/PDF Copies of Growth Mindset Phrase Game Sheet Projectable/mirrored surface (tv, document camera, etc).
Activities/Tasks: <ol style="list-style-type: none">1. Using the Growth Mindset Phrase Game Powerpoint/PDF review the terms for Growth Mindset and Fixed Mindset. Read examples/review slides. Discuss with students some examples of how these may be used.2. Pass out copies of the Growth Mindset Phrase Game to each student.3. Students write name on papers4. Read the slides 1-14 at the needed pace to allow students to write G = growth and F = fixed mindset in each numbered box that correlates to each mindset statement slide5. Collect the finished game sheets (for grading/review)6. Continue through second set of slides - labeled now with Growth/Fixed Mindset labels.7. Have students analyze, and discuss why they chose either Growth/Fixed Mindset Statements, can they give examples from class or their own learning? <p>Extend Discussion:</p> <ul style="list-style-type: none">● If we change how we say these statements, does it change if they are fixed or growth mindset? (eg. with sarcasm, with sincerity).● If we add a few words or take a few words away can you change a phrase into a growth or fixed mindset phrase?

- Does what we are doing, when using this phrase change what it means?
- Why is our intent (discuss the word intent prior to this question) with each phrase change how we interpret each phrase?

Special Reminders - Number 14 is a great question for discussion! Many students may show or come up with a range of reasons why it can be Growth or Fixed. Discuss and Decide as a class what makes each statement growth or fixed. Some students may benefit from peer thoughts and discussion.