**Classroom Counseling Lesson Plan**

*Ensuring College and Career Success for Every Student*

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| Unit Title: | | **Lesson Title:** | |
| Academic/Career | | **Growth Mindset** | |
| ASCA Standard or Indicator: | |  | |
| ASCA Mindsets & Behaviors | | C1.1, C1.2, C1.5, C1.6, C2. LS.4, C2.LS.6, C2.SS.1 | |
| Objective: | |  | |
| (What concepts do you want  students to master?) | | * To be able to identify characteristics of the growth mindset. * To learn how the brain grows in the learning process. * To be able use positive self-talk strategies to keep trying when tackling challenges. | |
| Essential Question: | |  | |
| (What is the big idea?) | | How can having a growth mindset impacts learning? | |
| # of Lessons in Unit: | | **Lesson #:** | |
| 1 | | 1 | |
| Grade Level | | **Time Required:** | |
| 2nd grade | | 35-45 minutes | |
| Materials Needed: | |  | |
| Internet access, video clip links, brain squeeze fidget, Your Fantastic Elastic Brain book | | Mindset booklets for each students  pre/post test slips | |
| Procedures: | |  | |
| 1. Pre-test question 2. Read Fantastic Elastic Brain or Show Video Story - <https://youtu.be/LjmLurvXH0Q> 3. Complete Mindset Booklet 4. Post-test question | | 1. Pass out pre-test question slip and collect 2. Discussion Questions based on story    1. Toss brain squeeze to student answering question 3. Start Mindset Booklet together and have students complete the rest on their own to check for understanding. Collect (review before returning to students another day) 4. Pass out post-test question slip and collect | |
| Evaluation: | |  | |
| (How will you know that the  students learned what you  intended for them to learn?) | | * Have students complete mindset booklet - reframing from fixed mindset statements to growth mindset statements. * Ability to answer questions during discussion. * Pre/Post -test slip answers | |
| Lesson Source(s): | |  | |
| Your Fantastic Elastic Brain Book  <https://youtu.be/LjmLurvXH0Q> - Fantastic Elastic Brain | | Growth Mindset Booklet - teachers pay teachers  Brain squeeze- ordered from socialthinking,com | |
|  | **Unit Data:** | |  |
|  | **Reflection on Lesson:** | |  |
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