**How Does Your Brain Grow?**

**By Katie Charlston**

1. **Objective:** Teach first graders about their brain and how they can grow and train their brain.
2. **2. Materials:** 
   1. Book “Your Fantastic Elastic Brain, Stretch It, Shape It” By JoAnn Deak, Ph.D.
   2. Dojo Growth Mindset Video Episode 1 <https://ideas.classdojo.com/f/growth-mindset-1/0>
3. **Vocabulary:** growth mindset, fixed mindset, yet, stamina, strategies, self-talk
4. **Launch:** Ask students
   1. What do you know about your brain?
   2. Do you know what a growth mindset is? (ask for examples if answered yes)
   3. Do you know what a fixed mindset is? (ask for examples if answered yes)
   4. Today we are going to learn about our brains and how we can grow them!
5. **Explore:**
   1. Read “Your Fantastic Elastic Brain”
   2. Break down big words for first grade learners
   3. Ask questions about brain to assess understanding
   4. Watch Dojo Growth Mindset Video Episode 1 “Your Brain is Like a Muscle”
6. **Summary** Discussion questions
   1. Why does Mojo want to leave school? Can you sometimes relate to how Mojo is feeling?
   2. Do you think Mojo can become smarter? Why or Why Not?
   3. Ask, “Is Mojo using a growth or fixed mindset? How do you know?”
   4. What strategies could Mojo use to grow his brain?

**7. Reflection/Modification:** The book was a bit long and dense for one sitting next time I would break up into two      reading sessions. I will continue to use the Dojo videos (5 in all) and work them into my next lessons.