Unit: Developing a Growth Mindset

Grade Level: Kindergarten

Learning Goal: By the end of this unit, students will have a good understanding of fixed vs. growth mindset. They will have a deeper knowledge of the brain and what it can do. They will have skills, strategies and vocabulary to strengthen their growth mindset.

This unit is designed to use the lessons as 10-15 minute classroom meetings, progressively over the course of a couple weeks.

Materials:

*Mindsets in the Classroom* by

ClassDojo videos <https://ideas.classdojo.com/i/growth-mindset-1>

*Your Elastic Fantastic Brain* by

*Whistle for Willie* by Ezra Jack Keats

Silly Putty or other stretchy material

Writing paper

Goal writing flags

Lesson 1: Use the pre-assessment from the book *Mindsets in the Classroom*, have students draw a picture of what they think their brain looks like. As a whole group, guide a discussion of what they think our brains can do.

Lesson 2: Show the ClassDojo short video “Your Brain is Like a Muscle”. Guide a group discussion about what our other muscles help us do.

Lesson 4: Read aloud and discuss *Your Fantastic Elastic Brain.* If appropriate, give each child a small piece of silly putty or stretchy clay to play with while listening to the book.

Lesson 5: Partner Share: What is something you could not do as a baby, that you can do now. Play Simon Says and incorporate some of those “new” skills (standing, walking, hopping, crawling, clapping, etc.)

Lesson 6: Read aloud and discuss: *Whistle for Willie* by Ezra Jack Keats

Lesson 7: Give each student a piece of paper folded in half. On one side have students draw themselves doing something they have learned how to do well. On the other side, have them draw a picture of them doing something that they want to get better at doing.

Lesson 8: Partner Share. In groups of 2 or 3, have student share with their peers what their drawings from the previous day. Encourage them to talk each other about what they will do to improve on the second desired skill.

Lesson 9: Read aloud and discuss: *The Dot*

Create a classroom poster of how to create a safe classroom. An example could include:

!. Ask questions.

2. No questions or answers are wrong.

3.We all make mistakes. They’re part of learning.

4. Take risks.

5. Encourage others.

6. Have GRIT!

Lesson 10: Thumbs Up/Thumbs Down activity

Using phrases similar to the following, assess student understanding of what thoughts are of a growth mindset (thumbs up) or a fixed mindset (thumbs down).

Likes to try new things.

Gives up easily.

Loves a challenge.

Uses the words “not yet”

Gets mad when they make mistakes.

Keeps trying even when it’s hard.

Lesson 11: Make “goal flags” to hang around the classroom as a reminder of our classroom-wide growth mindset.