Growth Mindset Lesson Plan

by

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**Grade Level:**  3rd

**Time:**  40-50 minutes

**Materials:**

Your Fantastic Elastic Brain by JoAnn Deak, PhD

Computer for video

Handouts: “The Power of Yet” posters, brain maze, WholeHearted School Counseling TPT

Index Card for each student

**Learning Activities:**

1. Show the class the video (4:30 minutes) on this link: <https://www.youtube.com/watch?v=hGvyEg4_v30>

Discuss how the 5’7” man in the video wanted to dunk the basketball so badly, but it seemed like an impossible task, given his height. Make sure the students know how tall the man is by comparing his height to mine.

2. Explain what a fixed mindset and a growth mindset are. Which mindset did the man in the video have? Can we “grow” our brains? Discuss.

3. Each student receives an index card and writes something on it that seems like it might be impossible for them, but they can achieve with a growth mindset over time. Have them write the date on the card to reference as a starting point.

4. Read the book and discuss with the students. Since the book says the brain grows the most in the first ten years of a person’s life, we discuss how that is their current age and ask if they feel their brains are being used to the fullest!

5. Distribute “The Power of Yet” posters. I have several that I have gotten free or low-cost from the Teachers Pay Teachers website. Here are links to a few: <https://www.teacherspayteachers.com/Product/The-Power-of-YET-Posters-3338852>

<https://www.teacherspayteachers.com/FreeDownload/Power-of-Yet-Poster-FREEBIE-3536235>

6. Choose students who are willing to share what they wrote on their index card and use “yet” as part of their goal. Ask them how it feels to know they will accomplish new things, just not yet!

7. Distribute the Brain Maze handout found on Teachers Pay Teachers (free download) <https://www.teacherspayteachers.com/Product/Escape-from-a-Fixed-Mindset-Maze-3695852>

Have students read the comments listed throughout the maze. As each statement is read, students hold up their closed hand (fist) for a fixed/closed mindset and open palm for a growth mindset statement.

8. Have students turn their index card over and write 2 actions they can take to move closer to their goal. Collect index cards and tell students that I am making a Google document with their goals and I will return the cards to them.

9. Tell class that you will be checking back with them periodically to see how they are doing with the “power of yet” and if it is making a difference for them.

10. Ask students if they have any questions about the book, the brain, or anything else we have discussed.

11. High fives and goodbyes!