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| Month: | April |
| Grade Level: | First grade (30-35 minutes) |
| Topic(s): | Perseverance & Growth Mindset |
| ASCA Standard: | C1. 2, C1. 5, C1. 6, C2.SMS. 2,C2.SMS.3, C2.SMS.3, C2.SMS.5, C2.SMS.6, C2.SMS.7, C2.SS.1, C2.SS.8, C2.SS.9 |
| Materials Needed: | Internet, perseverance worksheet (copy for each student), perseverance synonym page (me) |
| Lesson activities:  Growth mindset- use self-control, try your best, work hard, don’t give up when something is hard, use their bodies to calm down when upset, worried, angry, take responsibility for choices  Fixed mindset – gives up easily, doesn’t try their best, blames other people for their mistakes and behavior, doesn’t listen to other people | * Discuss Mindset definitions * **Watch mindset clips and discuss**- Class Dojo Mojo Big Ideas Clip 1 - Brain grows <https://youtu.be/2zrtHt3bBmQ>Clip 2 -Mistake clip, Clip 3 Power of Yet -Sesame Street <https://youtu.be/XLeUvZvuvAs> * **Synonym Exercise** – share 3 synonym words for perseverance, act out words and repeat together (at carpet) * **Is this Perseverance? Worksheet**- march to seats-start together, Color Green/Red if it does or doesn’t                      (complete last row independently)  *Collect to check understanding*   * **Practice Perseverance with challenging** [gonoodle.com](http://gonoodle.com) movement clips (carpet)   Remember Keep Trying Never Give Up, Positive Self-Talk - I can’t do this yet! |