



**GROWTH MINDSET ACTIVITIES CLEARINGHOUSE**

Activity	Description	Grades
<p><b>How my brain works</b></p>	<p>Teaching students about how the brain works helps them understand that intelligence is a malleable trait. Brains can grow in the same way muscles can grow, and discussing this fact with students can help them conceptualize and adopt a growth mindset.</p> <p><b>Video Examples:</b> <a href="#">The Adventures of Ned Neuron</a>; Kahn Academy's: <a href="#">How to Grow My Brain</a></p> <p><b>Book Examples:</b> Your Fantastic Elastic Brain, JoAnn Deak; Bubble Gum Brain, Julia Cook; Big Head! A book about your Brain and Head, Peter Rowan (4-8)</p> <p><a href="#">Class Dojo</a> has a series of short episodes to teach students about growth mindset. Two of the episodes (<i>Your Brain is Like a Muscle</i> and <i>The Mysterious World of Neurons</i>) teach students about how their brain works.</p>	<p>K-4</p>
<p><b>Learning from mistakes and failures</b></p>	<p>Many examples of success began with failure and many inventions that were created by mistake. Michael Jordan was cut from his high school basketball team. Albert Einstein was labeled “mentally slow” on his permanent record. Oprah was fired from an early news anchor job. The invention of popsicles is attributed to an 11-year-old who accidentally left a container of powdered soda and water, with its mixing stick still inside, on his porch overnight. Teaching students about these men and women and the failures and mistakes they experienced provides students with tangible examples and role models.</p> <ul style="list-style-type: none"> <li>- Other <b>famous failure examples:</b> Dr. Seuss, J.K. Rowling, Walt Disney, Steve Jobs, Henry Ford, Jerry Seinfeld, Elvis Presley, The Wright Brothers</li> <li>- Other <b>mistakes that worked examples:</b> Silly Putty, the Slinky, Velcro, Playdoh, Chocolate Chip Cookies, Post-Its, Frisbees, Super Glue, Ice Cream Cones, Corn Flakes, Microwave ovens, the Pacemaker, Fireworks, Matches</li> </ul>	<p>K-8</p>
<p><b>Read alouds</b></p>	<p>Read alouds that include themes of perseverance, problem solving, learning something new, failure and mistakes, grit, etc. are a great way to start a discussion with students about growth mindset.</p> <p><b><u>Book examples</u></b></p> <p><i>Giraffes Can't Dance; The Little Engine that Could; Harold and the Purple Crayon; Making A Splash; She Persisted; Jabari Jumps; Ish; What Do You Do With An Idea?; The Day the Crayons Quit; The Dot; The Most Magnificent Thing; Brave Irene; Ricky, the Rock that Couldn't Roll; Bike On Bear; Hana Hashimoto, Sixth Violin; Beautiful Oops; Jonathan James and the Whatif Monster; Not Yet; After the Fall (How Humpty Dumpty Got Back Up Again); The Thing Lou Couldn't Do; Salt In His Shoes; The Girl Who Never Made Mistakes; Flight School; I Won't Quit; My Truck is Stuck; Not Yet; When Sophie Thinks She Can't; Almost; It's Ok To Make Mistakes; Accident!; How to Catch a Star</i></p>	<p>K-5</p>



<b>Videos</b>	<p>Videos that illustrate characters who used problem solving can help introduce growth mindset themes such as perseverance, failing and trying again, and creativity in solving a problem. These videos are most engaging for primary students. <b>Video examples:</b> <a href="#">Ormie the Pig</a>; <a href="#">Pip</a>; <a href="#">Soar</a></p>	K-8
	<p>There are numerous Ted Talks that discuss growth mindset, but there are a handful of talks presented by kids that describe the topic in "kid-friendly" terms and give them ways to work on having a growth mindset.</p> <p><a href="#">Ted Talk: What Growth Mindset Means for Kids</a> [by 3rd grader Rebecca Chang] <a href="#">Ted Talk: Mindset of a Champion</a> [by 5th grader Carson Byblow] <a href="#">Ted Talk: Kids Can Too</a> [by 9-year-old Noah Diguangco] <a href="#">Ted Talk: What Adults Can Learn From Kids</a> [by 10-year-old Adora Svitak] <a href="#">Ted Talk: Impossible to I'm Possible</a> [by 13-year-old Sparsh Shah]</p> <p>*In addition, Angela Lee Duckworth's <a href="#">Ted Talk on Grit</a> is a great option for late middle school students.</p>	
	<p><a href="#">Class Dojo</a> has a series of short episodes to teach students about growth mindset. These episodes include videos and discussion questions appropriate for primary students, and pre-made activities and videos for upper-elementary students.</p> <p><a href="#">Kahn Academy</a> has growth mindset activities and videos for elementary and middle school students.</p> <p>Sesame Street has created growth mindset songs with the help of Janelle Monae (in <a href="#">The Power of Yet</a>) and Bruno Mars (in <a href="#">Don't Give Up</a>).</p>	
<b>Change your words, change your mindset</b>	<p>Part of shifting from a fixed mindset to a growth mindset is changing language. Words are powerful, and shifting what we say (and inspiring students to change their words, too) can have a huge impact on their belief that they can do hard things. There are numerous examples online of activities for changing our words, including creating anchor charts, sorting phrases into fixed mindset and growth mindset, and reflection activities.</p> <p><b>Posting quotes and phrases:</b> <i>In addition to activities that promote a shift in language, posting growth mindset language around a classroom helps students remember language they can use when encountering a challenge.</i></p>	3-8
<b>Growth mindset reflection and goal setting activities</b>	<p>Student reflection and goal setting allows students to take an active role in developing their growth mindset. This process gives students the opportunity to identify habits, behaviors and actions that result in growth. These activities can be simplified for younger students, made engaging for upper-elementary students, or adjusted to be appropriate for middle school students. Find a handful of examples <a href="#">here</a>.</p> <p><a href="#">Class Dojo</a> has a series of pre-made activities and videos to teach students about growth mindset, and specifically reflecting and goal setting: (1) <i>Reflection on our Language</i> (2) <i>Does Everyone make Mistakes?</i> (3) <i>Reflection Triangles</i> (4) <i>Becoming a Goal Setter</i></p> <p><a href="#">Kahn Academy</a> has growth mindset activities for elementary and middle school students that include <a href="#">writing SMART Goal</a>.</p>	K-8