



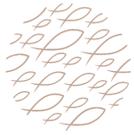
**LESSON PLAN**  
**Introducing Growth Mindset, Sixth - Eighth Grade**

<b>Objectives:</b>	
<b>Students will be able to:</b> <ul style="list-style-type: none"> <li>• Understand how your brain changes and grows when you challenge yourself to learn new things</li> <li>• Define what a neuron is and how it relates to brain growth</li> <li>• Identify growth mindset examples (learning a new language, learning an instrument, etc)</li> </ul>	
<b>Standards:</b>	
<b>Vocabulary:</b>	<b>Materials:</b>
neuron neuroplasticity growth mindset fixed mindset	Khan Academy - How to grow my brain, exercising my brain - What is growth mindset? Graphic organizer for video (Not included, teacher provide) <a href="#">Michael Jordan failure commercial</a>

<b>Time</b>	<b>Lesson Outline</b>
5-7 minutes	<b>Introduction:</b> (objectives & purpose for learning, link to prior learning, define vocabulary, etc.)
	<p><b>Bellwork:</b>  <i>What is something you are better at today than you were in kindergarten? What about 3rd grade? What is something you wish you could do better than you can? What is something you don't think you are good at? Ask 2-4 students to respond.</i></p> <p>Think about when you were born. There are many skills you know now that you didn't know when you were born. Some of these skills are very simple; some of them are very complex, and you may be still learning them.</p> <ul style="list-style-type: none"> <li>• Speaking, walking, tying your shoes, reading, and writing are just a few examples of everything your brain has grown to learn. As you got older your brain learned how to do harder things like how to play sport or an instrument, or how to speak another language.</li> </ul> <p>So you've learned a lot from the time you were born until now -- <b>how do you think that happened?</b>  <b>TURN &amp; TALK</b> with a partner for 30 seconds each on that.</p>
	<b>Introduce lesson objectives:</b>



	<p><b>By the end of this lesson you will be able to:</b></p> <ol style="list-style-type: none"><li>1. Understand how your brain changes and grows when you challenge yourself to learn new things</li><li>2. Define what a neuron is and how it relates to brain growth</li><li>3. Identify growth mindset examples (learning a new language, learning an instrument, etc)</li></ol> <p><i>If possible, draw a connection between how today's learning connects to already established classroom goals, themes, agreements, or benchmarks.</i></p>
	<p><b>Lesson activities:</b> (modeling, discussion, active construction, checks for understanding, etc.)</p>
	<p><b>Personal Story/Modeling</b></p> <p><i>The teacher should include a personal story with explicit details demonstrating their own growth mindset in action.</i></p>
	<p><b>Defining growth mindset</b></p> <p>Your brain grows the most when you get a question wrong. Not only are mistakes OKAY, but mistakes are actually helping us learn.</p> <p>There are many examples of successful people that first saw failure. And there are many inventions that we use today - some that we might say we cannot live without - 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.</p> <p>Mistakes are an important part of learning. Even though we know they are good, raise your hand if you have ever tackled a hard problem and thought, "Whew! I don't think I can do this!"?</p> <p>Growth mindset is the belief that you can grow your brain (WHICH WE JUST LEARNED) and that your intelligence grows with effort and the right learning strategies. But that doesn't mean that growing your brain is easy. Learning things that you don't know how to do - yet - is hard! You WILL make mistakes, and you will get discouraged. The KEY to being successful is not already knowing how to do something. The key to being successful is continuing to try even after you have made mistakes, and even after you have tried again and again and failed. The key to success is to persevere even when things are hard or feel impossible.</p> <p>In this video, the speaker is going to talk about GRIT. <a href="https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance">https://www.ted.com/talks/angela_lee_duckworth_grit_the_power_of_passion_and_perseverance</a></p> <p><b>Discussion Question:</b></p> <ul style="list-style-type: none"><li>● What did you learn in the video that surprised you?</li><li>● What is the hardest you have ever worked? Can you think of a time you or someone you know has shown GRIT?</li></ul>



# SETON

EDUCATION PARTNERS

	<ul style="list-style-type: none"><li>• What are some ways we can remind ourselves and each other to demonstrate GRIT in our classroom this year? When do you think you or the class might need to be the GRITTIEST?</li><li>• What words can we use with each other when we fail to establish a group growth mindset?</li><li>• How do you think grit and a growth mindset can impact your goals this year and in the future?</li></ul>
	<p><b>Science Connection -- Neuroplasticity: Your brain can change.</b> <a href="https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/high-school-activities/activity-1-the-truth-about-your-brain-hs-02/a/the-truth-about-your-brain-part-2-3">https://www.khanacademy.org/partner-content/learnstorm-growth-mindset-activities-us/high-school-activities/activity-1-the-truth-about-your-brain-hs-02/a/the-truth-about-your-brain-part-2-3</a></p> <p>Provide a graphic organizer note-taker for students during this video. Key vocabulary will be neuron and neuroplasticity.</p>
<b>Closing:</b> (reflection, recap of learning, process lesson's big ideas)	
	<ul style="list-style-type: none"><li>• How does learning and mistakes help your brain grow?</li><li>• What are some ways you have had a growth mindset?</li><li>• What are examples of times you had a fixed mindset? How can you change to have a growth mindset?</li></ul>