



LESSON PLAN
Introducing Growth Mindset, Third – Fifth Grade

Objectives:	
<p>Students will be able to:</p> <ul style="list-style-type: none"> • Articulate the key point that “humans are born to learn” • Reflect on the power of believing in yourself • Identify why your brain needs to struggle to grow 	
Standards:	
<p>CCSS.ELA–Literacy.SL.3.1, CCSS.ELA–Literacy.SL.4.1, CCSS.ELA–Literacy.SL.5.1 CCSS.ELA–Literacy.SL.3.3, CCSS.ELA–Literacy.SL.4.3, CCSS.ELA–Literacy.SL.5.3</p>	
Vocabulary:	Materials:
brain neuron growth mindset fixed mindset	Khan Academy - How to grow my brain, exercising my brain - What is growth mindset? Growth mindset worksheet Michael Jordan failure commercial

Time	Lesson Outline
	Introduction: (objectives & purpose for learning, link to prior learning, define vocabulary, etc.)
5	<p>Bellwork:</p> <ol style="list-style-type: none"> 1. Do you think your brain can grow? Why or why not? <p>T will have a few students share out their answers. (Not commenting if students are right or wrong)</p>
4	<p>Today we are going to talk about Growth Mindset. First, we are going to watch a video about our brain to learn if we are able to grow it and how to do that.</p> <p>Class watches Khan Academy “How to grow my brain” video</p>
5	<p>Now that we’ve watched the video, let’s revisit our bell work:</p> <ol style="list-style-type: none"> 2. Do you think your brain can grow? Why or why not? <ul style="list-style-type: none"> - Have a student share out and then click “next article” to show “Exercising My Brain” text:



Your brain gets stronger when you exercise it—just like muscles get stronger when you exercise them. Training your brain isn't always easy or comfortable. In fact, your brain uses up 20% of the oxygen and blood in your body because it works so hard.

3. How do you think you can grow your brain? Give some examples!
- Have students share out ideas they have
 - *Example: Learning a new skill - I want to learn how to play golf because it would be a new sport for me that I have never played. It will be challenging to learn how to swing a golf club, but I will be so proud of myself the first time I hit the ball!*

Now that we have a little knowledge about our brains, let's think about how we can have a Growth Mindset in order to grow our brains and make them stronger!

Lesson activities: (modeling, discussion, active construction, checks for understanding, etc.)

- 5 ***From Khan Academy [Pinky story](#) - feel free to use that text or adapt it to be your own personal story with images.

I'm going to tell you a quick story about three students I used to teach: David, Lea, and Amari. They were in my _____ grade math class a few years ago.

David always had gotten good grades on his math tests and felt like he was good at math. One day, he was sitting in math class and he was struggling. "Struggling in math? No way! This can't be!" thought David. "I'm good at math, right?" David started to get frustrated and thought to himself, "I am not good at math. There is no use in studying. I'm never going to get it." Then, David stopped studying.

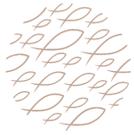
Lea never really had considered herself a math person. She'd always thought that David was better at math. On the same day that David was struggling, Lea was struggling as well. She wanted to give up. She wanted to run away and never have to do math again. In her frustration, she yelled, "I QUIT!"

Lea's friend, Amari, was surprised by Lea's frustration. Amari reminded Lea that it takes time and practice for the neurons in your brain to learn how to work together. She said, "Give your brain some time to learn this!"

Instead of giving up, Lea continued to practice and make a few mistakes. She looked at her mistakes and thought, "I got this wrong now, but I'm going to learn from my mistake and get it correct next time." Lea continued studying and started to notice that—slowly but surely—it was getting easier as her brain formed the new connections it needed to solve the math problems.

Lea and Amari also became study buddies. They did a lot of things together:

1. They asked me for help during the lesson or when they were working on practice problems.
2. They came in for extra help after school.
3. They viewed mistakes as opportunities and didn't let mistakes get them down.



2	<p>Let's think about these three students.</p> <ol style="list-style-type: none">1. Why do you think Lea and Amari were so successful?2. What could David have done differently to learn from his mistakes? <p>S share out answers.</p>
3	<p>Lea and Amari had what we call a "Growth Mindset", and David had a "Fixed Mindset".</p> <ol style="list-style-type: none">1. What do you think it means to have a Growth Mindset?2. What do you think it means to have a Fixed Mindset? <p>Share your answers with your neighbor.</p> <p>We are going to learn more about growth mindset and fixed mindset now.</p>
2	<p>"David believed that if he couldn't do it immediately, then he would not ever be able to do it. Lea believed that with the right learning strategies, such as giving herself time to learn and seeking help from Amari and me, she would be able to learn."</p> <p>"David is not setting up his brain to grow because he doesn't believe that his brain can grow, but Lea does believe her brain can grow!</p> <p>Lea is exercising something called growth mindset.</p> <p>The growth mindset is the belief that you can grow your brain and that your intelligence grows with effort and the right learning strategies.</p> <p>David is exercising something called fixed mindset.</p> <p>He fixed mindset is the belief that you cannot grow your brain and that if you can't do or understand something immediately, you will never get it.</p>
6	<p>Think/Pair/Share: I want you to think about a time when you had a Fixed Mindset. How did you feel? Were you able to be successful? What would you do differently now? I'm going to give you 30 seconds to think about you answer and then you will share with a partner.</p> <p>T gives 2 minutes for partners to share.</p> <p>Can someone tell me what their partner said? (Get a few volunteers for this).</p> <p>Now I want you to think about a time when you had a Growth Mindset. How did you feel? Were you able to be successful? Was it harder or easier than having a Fixed Mindset?</p>



	<p>T gives think time. “Go find a new partner to share your answer with” Can someone tell me what their partner said? (Get a few volunteers for this).</p>
2	<p>How many of you know who Michael Jordan is? Would you believe that he has failed before?</p> <p>Here are some stats about Michael Jordan - show “Failure Commercial” video</p> <ul style="list-style-type: none">- He has missed more than 9,000 shots in his career.- He has lost over 300 games in his career.- He’s missed the game winning shot 26 times. <p>Did you hear what he said? He said because he has failed over and over and over again, that is why he has been able to succeed. Michael Jordan has a growth mindset because he learns from his mistakes.</p> <p>No one remembers those 26 shots that he missed, people remember him as one of the greatest (if not the greatest) athletes of all time. Do you think this would be true of him if he had had a fixed mindset?</p>
10	<p>You have a choice to have a growth mindset or a fixed mindset. You can choose this by the things you say, the things you do, and the actions you take.</p> <p>Let’s think about how we could change these “fixed mindset” statements into “growth mindset” statements.</p> <p>Take a few minutes to try and change these statements from FM -> GM. We will share out our answers together.</p> <p>Growth mindset worksheet</p>
5	<p>“Find a new partner to share your answers”</p> <p>After partner share, teacher asks for volunteers to share answers with each other.</p>
<p>Closing: (reflection, recap of learning, process lesson’s big ideas)</p>	
2	<p>Show - You can do anything video</p> <p>Remember you can do anything! And if you can’t do it now, that doesn’t mean you can’t do it, you just can’t do it YET. We are going to work on having growth mindsets in this classroom and encouraging one another to use our growth mindset phrases. To close out today, I want you to make a few promises to yourself:</p> <ol style="list-style-type: none">1. How are you going to try and have a Growth Mindset?2. _____