

Lesson 1: Introducing Growth Mindset

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Grade 1 | Unit 1



GUIDING QUESTION:

What is a growth mindset?

Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding question:

- ✓ **Warm up:** Daily Intention Mindfulness Exercise
- ✓ **Learn:** Growing All the Time Video Lesson
- ✓ **Discuss:** What is something you would like to get better at?
- ✓ **Review:** Draw yourself practicing a new skill.
- ✓ **Reflect:** Write down one thing you've gotten better at this year.

Student Objectives

After completing Unit 1 lessons, students should be able to:

- ✓ Label their own emotions
- ✓ Realize the passing or changing nature of feelings
- ✓ Recognize that emotions can affect their behavior and vice versa
- ✓ Label the physical effects of emotions in their body

Competency and Standard

CASEL Competency

- Self-awareness - the ability to understand one's own emotions, thoughts, and values and how they influence behavior across contexts

Learning Standard and Benchmarks

- Demonstrate skills related to achieving personal and academic goals
 - Describe why school is important in helping students achieve personal goals
 - Identify goals for academic success and classroom behavior

Key terms

Growth Mindset

Positive

Fixed Mindset

Negative

Teaching Strategies

1. Share examples from your own life and model what it looks like to have and apply a growth mindset.
2. Extension opportunities for learning and teaching:
 - **Unit Overview PDF:** great resource to send home to parents and guardians.
 - **School-wide Bulletin Board:** each grade in the building can complete this to promote unity and community spirit.