

# Lesson 1: Growth vs. Fixed Mindset

## Grade 2 | Unit 1



### GUIDING QUESTION:

What is a fixed mindset?

### Lesson Objectives

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

- ✓ **Warm up:** Hot Air Balloon Breathing Exercise
- ✓ **Learn:** Growth Mindset vs. Fixed Mindset Video Lesson
- ✓ **Discuss:** Do you think that believing in yourself is necessary to accomplish your goals?
- ✓ **Review:** Write about a time you had a fixed mindset. How did it feel?
- ✓ **Reflect:** Sentence Starters: Finish this sentence, "With a growth mindset, I can..."

### Student Objectives

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

- ✓ Recognize and label their feelings
- ✓ Describe their emotions and the situations that cause them (triggers)
- ✓ Recognize intensity levels of their emotions
- ✓ Recognize how emotions can change
- ✓ Recognize how thoughts are linked with emotions and emotions are linked to behavior

### 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

Discouraged

Fixed Mindset

Motivated

### 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.