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

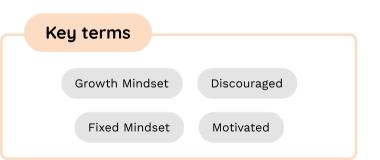
Competency and Standard

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



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.

