

Lesson 1: The Power of Yet

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Grade 3 | Unit 1



GUIDING QUESTION:

What is the 'Power of Yet'?

Lesson Objectives

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

- ✓ **Warm up:** Chair Lifts Mindfulness Exercise
- ✓ **Learn:** I'm Not Good at This...Yet Video Lesson
- ✓ **Discuss:** Turn to a partner and share a time that you used 'The Power of Yet'.
- ✓ **Review:** What steps can you take to practice 'The Power of Yet'?
- ✓ **Reflect:** Color in the word YET. Remember to add this word to the end of your sentence to turn your fixed mindset into a growth mindset!

Student Objectives

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

- ✓ Define a growth mindset
- ✓ Identify their interests and strengths
- ✓ Give examples of positive self-talk
- ✓ Be aware of their own positive qualities and values

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

Fixed Mindset

Teaching Strategies

1. Talk about something you were able to improve on. Did you appreciate your own growth? Did you get frustrated easily?
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.