

Lesson 1: How We Grow From Our Challenges

1 page

Grade 5 | Unit 1



GUIDING QUESTION:

How can a Growth Mindset be used to overcome a challenge?

Lesson Objectives

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

- ✓ **Warm up:** Grounding Ourselves Mindfulness Exercises
- ✓ **Learn:** Growing from our Challenges Video Lesson
- ✓ **Discuss:** Turn to a partner and talk about a time when you used a growth mindset to overcome a challenge.
- ✓ **Review:** Make a list of three good things you can tell yourself when you are working through a challenge.
- ✓ **Reflect:** Write about a time you used a growth mindset to grow from a challenge.

Student Objectives

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

- ✓ Give examples of how to use a growth mindset
- ✓ Define accountability
- ✓ Describe why Positive Self-Talk can be a helpful tool
- ✓ Use "I-feel" statements to express various emotions

Competency and Standard

CASEL Competency

- Self-Awareness - the ability to understand one's 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

Grounding

Growth Mindset

Teaching Strategies

1. Discuss how our brains can learn and change throughout our entire lives.
2. Share how you've learned and grown even as an adult.
3. 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.