Lesson 1: How We Grow From Our Challenges



Grade 5 | Unit 1

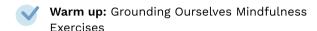


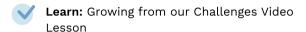
GUIDING QUESTION:

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:





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.
- 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.

