

# Social & Emotional Learning



mind+heart 3-5 Curriculum by *Proud to Be* Primary

# growth mindset

## DIGITAL UNIT

Proud to Be  
Primary

### What is Included in this Unit

- ♥ 5 lessons that include detailed lesson plans
- ♥ Each lesson includes thought starter questions, digital anchor chart, lesson and follow-up activities
- ♥ Get started easily with copy links for Google Slides & interactive PowerPoint files that are ready for you!



# digital mind+heart - growth mindset Unit



## LESSON Overview



Lesson 1

Fixed vs. Growth Mindset

Lesson 2

The Brain

Lesson 3

Mistakes & Challenges

Lesson 4

Grit & The Power of Yet

Lesson 5

S.M.A.R.T. Goal Setting

# How to Use mind+heart digital

This **mind+heart digital** resource has been reformatted and modified to be taught digitally in conjunction with the printable version or independent of it. The lessons and activities have been adapted to be used online in digital teaching platforms and on devices.

## Possible Uses:

- Students can complete assignments digitally after a classroom lesson
- Beneficial for one-to-one classrooms
- For use in Google Slides and Google Classroom
- Interactive PowerPoint files are included for use in various online apps or on your classroom devices

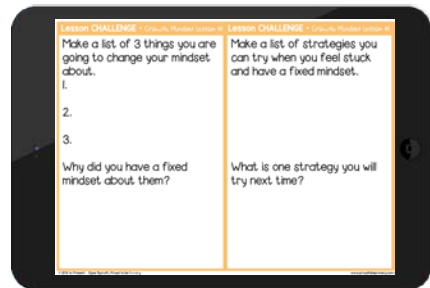
## Benefits:

- Kids learn to use different digital methods and devices
- Gain practice and skills working and interacting online
- Provides 1:1 classrooms with meaningful digital activities
- Supports school counselors and provides materials for sessions
- Provides families with additional tools to support kids at home
- Works well in a homeschool setting
- Supports remote and distance learning





Lesson 1 teaches kids to understand what a fixed and growth mindset is and identify ways to change their mindset (statements, behaviors, etc.). Kids will be encouraged to show a growth mindset in discussions and activities.



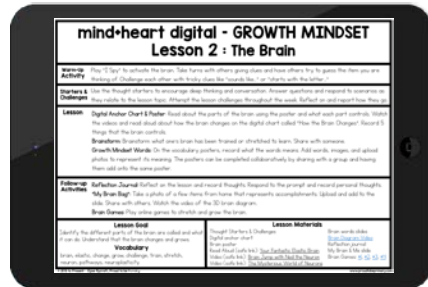
## Recording Exercise



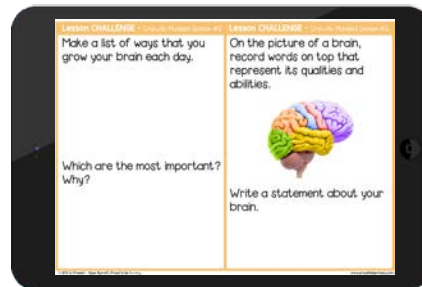
## Board Game

# LESSON 2 - The Brain

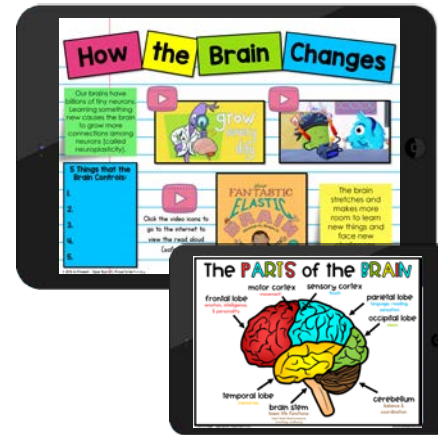
Lesson 2 teaches kids to identify the different parts of the brain, what they are called and what each part does. Kids will understand that the brain changes and grows as they learn new things and work through challenges.



Lesson Plan



Starter & Challenges



Anchor Chart & Poster



Brainstorming Activity



Vocabulary Posters



Reflection Journal



My Brain & Me Activity



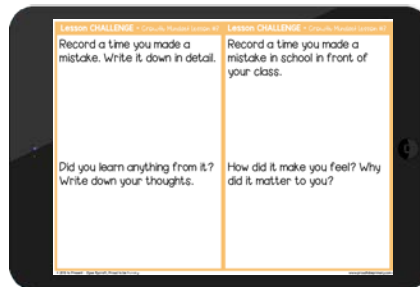
Brain Games

# LESSON 3 - Mistakes & Challenges

Lesson 3 teaches kids to identify and describe how mistakes, failures, and challenges are positive and help them learn new things.



Lesson Plan



Starter & Challenges



Digital Anchor Chart



Brainstorm & Response



Reflection Journal



Read Aloud & Sketching



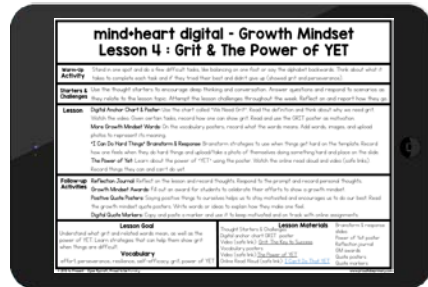
Making Mistakes Posters



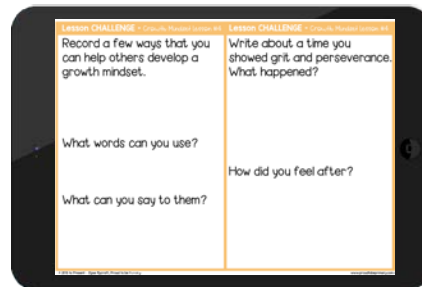
Words to Say & Think

# LESSON 4 - Grit & The Power of YET

Lesson 4 teaches kids to understand what grit and related words mean. They will understand and connect to the concept of the power of YET. They will learn strategies that can help them show grit when things are difficult.



Lesson Plan



Starter & Challenge



Anchor Chart & Poster



Brainstorm & Response



The Power of YET



GM Posters & Markers



Reflection Journal

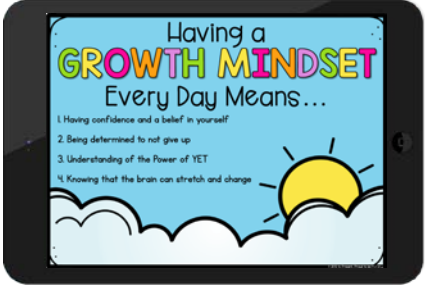


Student Awards



# LESSON 5 - S.M.A.R.T. Goal Setting

Lesson 5 teaches kids to describe what a SMART goal is and why goal setting is important. They will learn to set goals, create a strategy, stick to a plan, and reflect.



## Lesson Plan

## Thought Starters

# Growth Mindset Poster

## Digital Chart & Videos



# Fill-In Storybook

## Read Aloud & Response

## Growth Mindset Awards

## Quote Posters

# Why mind+heart digital

The **mind+heart digital** social-emotional learning program was designed to help teachers guide and instruct kids to develop emotional awareness and social competence. The goal is for kids in grades 3-5 to develop a healthy sense of self and positive interpersonal skills, that will continue throughout their lives and lead to success in academics and beyond. Kids will learn to express emotions appropriately, develop a “growth mindset”, build relationships, and be thoughtful citizens who take responsibility and show respect.

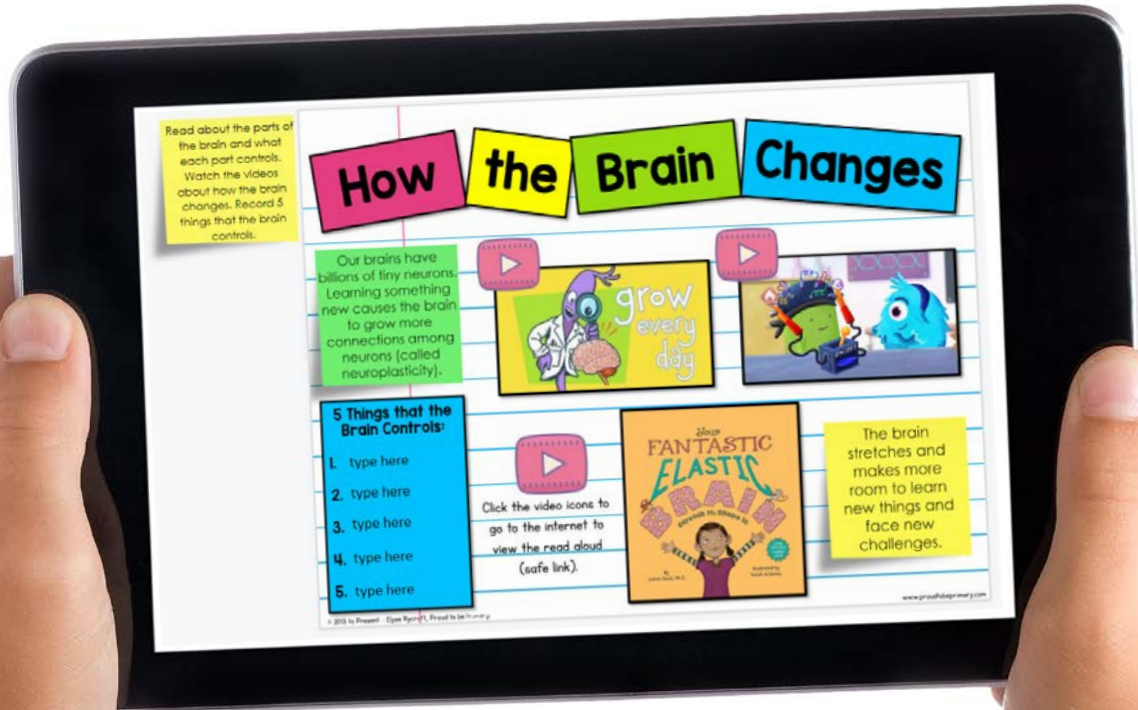
**mind+heart digital** complements the original version with the same great lessons that have been modified to fit digital learning. It adds a different modality for students to experience. Kids will have opportunities to learn, practice, and develop SEL through a variety of engaging lessons, warm-up ideas, and digital activities. The program provides teachers and parents with lesson plans, instructions, videos, and activities to support social-emotional learning in digital format. It is recommended that a group lesson be taught before but it is not mandatory.

**mind+heart digital** can be used in conjunction with the original mind+heart SEL 3-5 curriculum to enhance learning. It can also be used separately to further an individual's independent practice of social-emotional skills: in the classroom, in a homeschool setting, or in counselling sessions. This digital SEL program can be used in Google Classroom, Seesaw, and other similar platforms to support 1:1 classrooms in delivering a meaningful SEL program.

**mind+heart digital** aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable and accessible option that is structured and highly effective in 3-5 classrooms.

# growth mindset

## DIGITAL UNIT



# growth mindset

## DIGITAL UNIT

Read the scenarios.  
Decide whether they  
are examples of a fixed  
or growth mindset and  
circle that option.  
Describe the mindset  
and what one would do  
to change it for each  
scenario.



### MINDSET scenarios

Is this GROWTH or FIXED mindset?  
Circle the mindset.



You have a great idea for your class project. When you get home, you realize you don't have the parts. You do something easier instead.

Describe the mindset.  
Type here

Would you change this mindset? How?  
Type here

[www.proudtobeprimary.com](http://www.proudtobeprimary.com)





# RELATED RESOURCES

Click on any teacher resource to see more details in store!

## Social & Emotional Learning



3-5 Curriculum by Proud to be PRIMARY

Printable Curriculum

## DIGITAL Social-Emotional Learning



3-5 Curriculum by Proud to Be Primary

Digital Curriculum

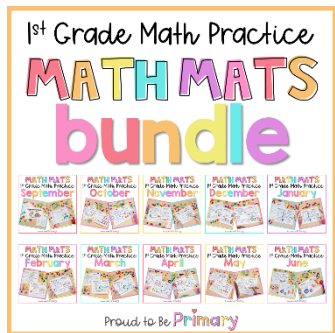
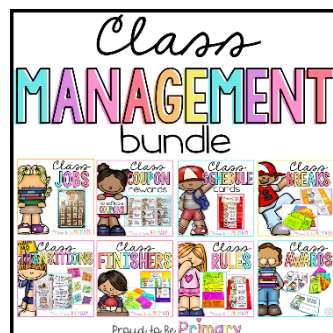
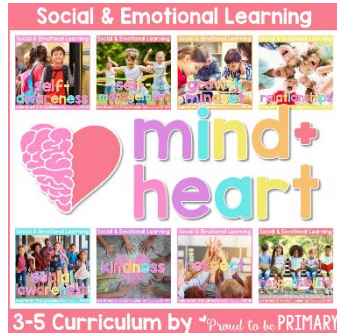
Use both together to enhance learning and provide a meaningful SEL program.





# BEST SELLING teacher resources

Click on any teacher resource to see more details in store!



Head to [shop.proudtobeprimary.com](https://shop.proudtobeprimary.com) for a complete listing of resources.