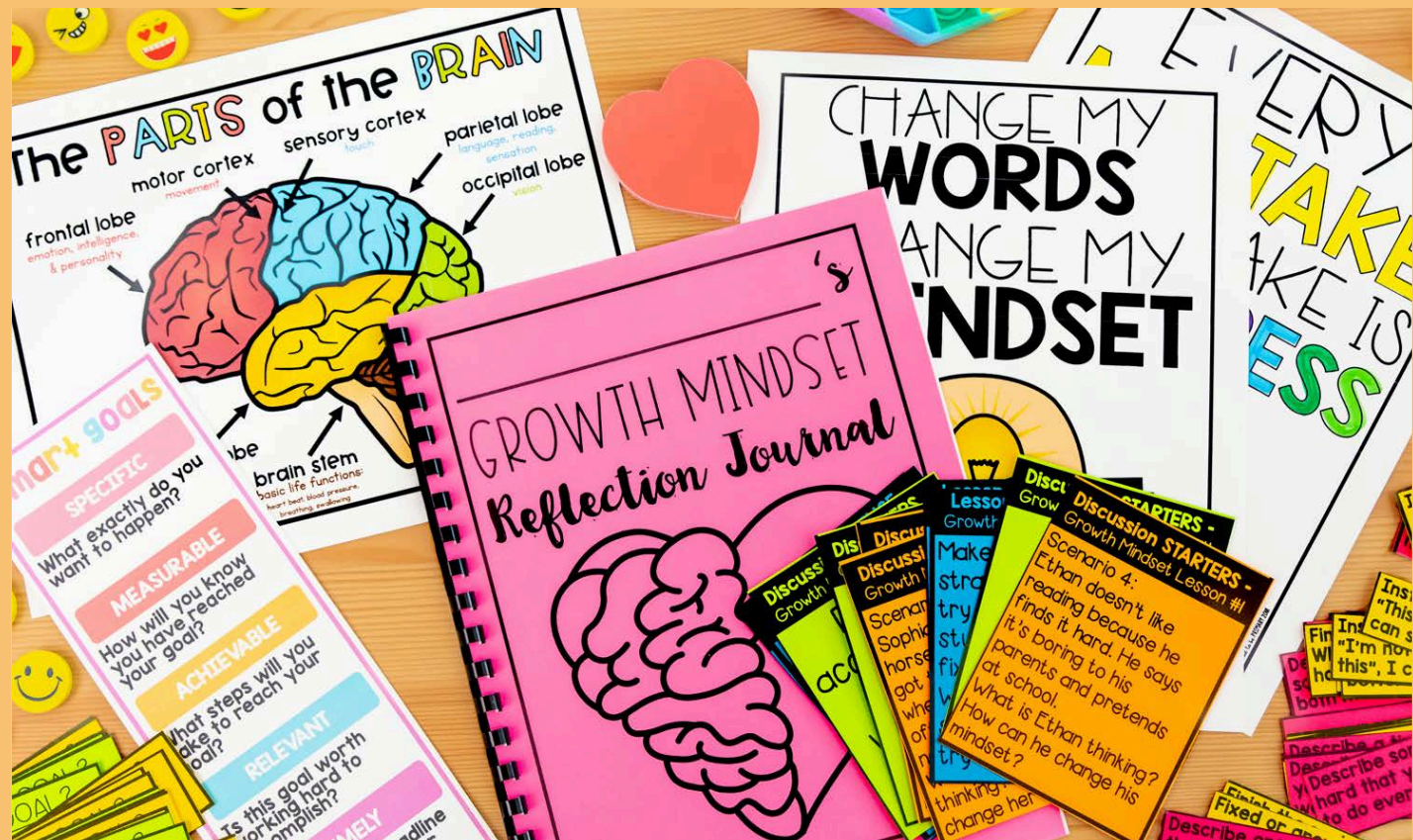


SOCIAL-EMOTIONAL LEARNING 3-5

Proud to Be Primary

growth mindset

5 Weeks of Lessons & Activities



Discussion
Cards

Games

Journal

Posters

growth mindset Unit

See What's Included

- ♥ 5 detailed, research-based lessons and plans
- ♥ Lesson Topics: Fixed vs. Growth Mindset; The Brain; Mistakes & Challenges; Self-Efficacy, Grit & The Power of YET; SMART Goals
- ♥ Discussion/Challenge cards
- ♥ Community building activities
- ♥ Anchor charts
- ♥ Activities & games
- ♥ Tools & posters
- ♥ Reflection journal



growth mindset Unit

See What's Included

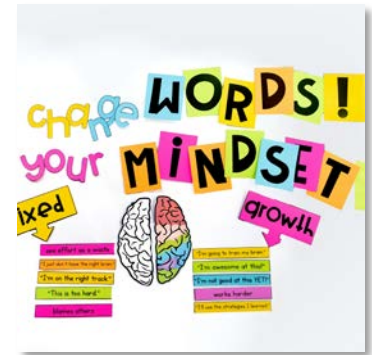
5 Detailed Lesson Plans

mind-heart - Growth Mindset Lesson 1: Fixed Versus Growth Mindset	
Community Building Activity	Bring kids together to share their strengths and weaknesses. Do around the circle and have each person say something they are good at or working on. Ask others to add at their behalf if they agree or disagree.
Discussion Starters & Challenges	Use the Discussion Starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the list below.
Whole Group Lesson	Discussion 1: Kidan teaches the lesson fixed and growth mindsets (and parents). Explain that our mindset is our attitude and thoughts about our ability to do and learn things. Emphasize that we want to have a growth mindset. Show video to illustrate the difference between fixed and growth mindsets. Fixed Vs. Growth Mindset: Come up with growth mindset statements for each Fixed mindset statement on a Post-it. Add (or write) statements for a bulletin board using the materials (Scen and Video provided) (see page 4). Change Your Mindset: Writing brainless situations that demonstrate a Fixed Mindset. Share a personal example with a partner and think of what they could have done differently. Use what about changing their mindset.
Follow-up Activities	Do a Follow-up Journal on the lesson through writing and drawing on page 5. Complete the prompt or record personal thoughts from the lesson. "It's like the Mindset Game Play" the board game in pairs. Give each student a Follow-up Growth Mindset: Fill out scenarios and discuss ways to change the Fixed Mindset. Fill up a story with a scenario each time they catch someone else's Fixed Mindset. Encourage them to change. Grow mindset scenarios.
Lesson Goal	Understand what is Fixed and growth mindset and identify ways to change their mindset (attitudes, behaviors, etc). Encourage and promote a growth mindset through discussions and activities.
Vocabulary	Fixed mindset Growth mindset Growth mindset
Lesson Materials	Discussion 1 (video) Challenge Task Cards Teacher chart posters and short papers Posters - Writing templates Video - Goal and Growth Mindsets Video - Growth Mindset Skills Growth Mindset Posters (Video, scenarios, statements) Do a Follow-up Journal (p. 5) - Scenarios cards Goal and Growth Mindset

Discussion Starters & Challenges



Anchor Charts



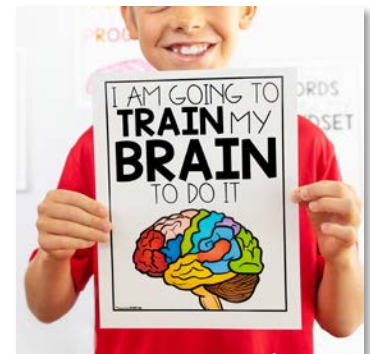
Mentor Text List



Reflection Journal



Posters



growth mindset Unit

See What's Included

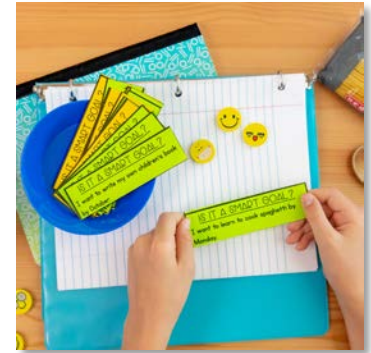
Writing Activities



Tools



Role Play Cards



Games



Activities

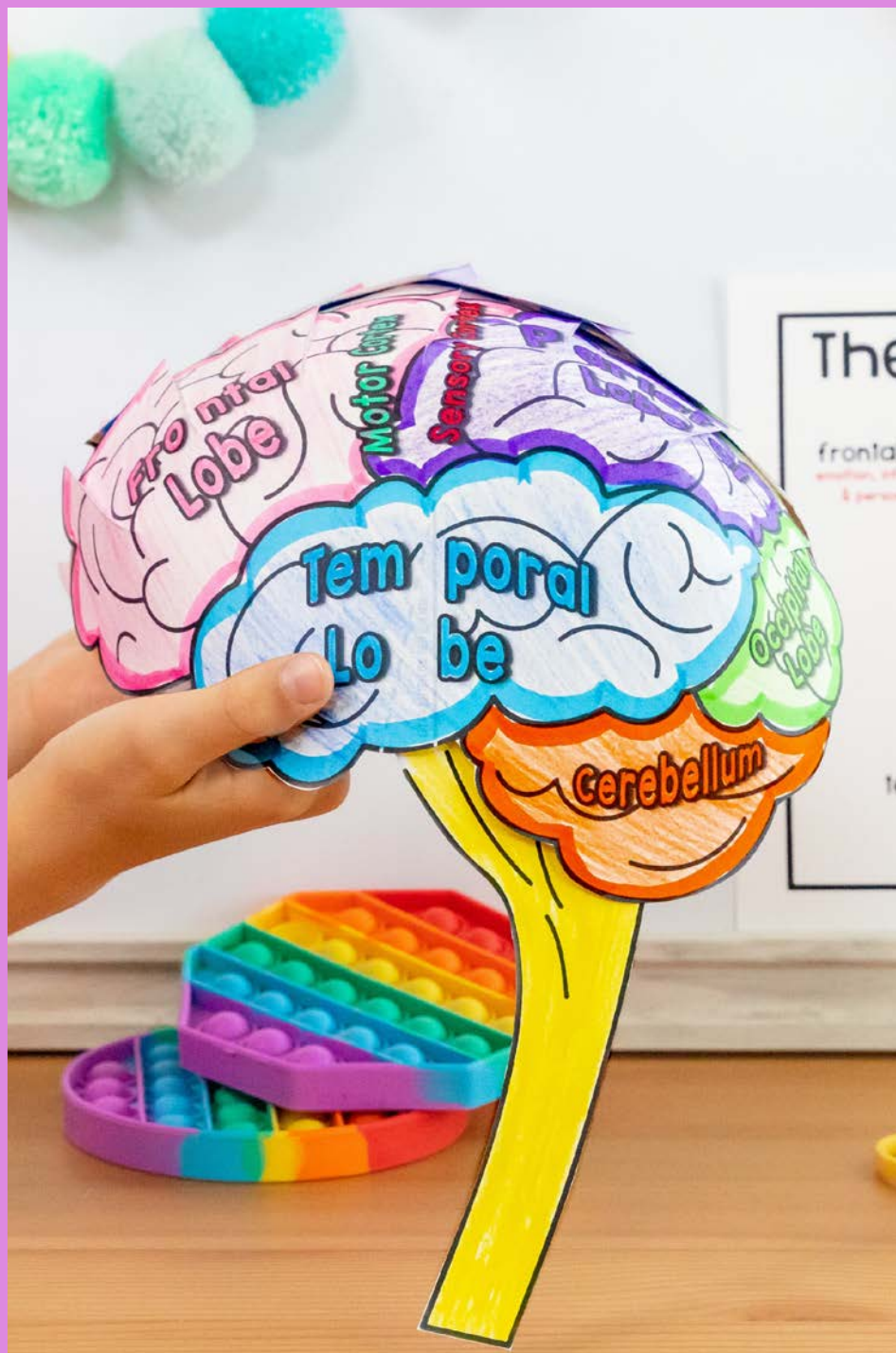


Family Guide



This
growth
mindset
unit covers
IMPORTANT
topics

- ♥ Fixed vs. Growth Mindset
- ♥ The Brain
- ♥ Mistakes & Challenges
- ♥ Self-Efficacy, Grit & The Power of YET
- ♥ SMART Goals



This growth mindset Unit HAS WHAT TEACHERS LOVE!

- This ONE SEL unit is all you need to teach kids about having a growth mindset, about the brain, making mistakes, and making SMART goals!
- Use each lesson and follow-up activities to cover a week of SEL instruction anytime of year.
- The unit easily extends to an entire month of SEL instruction.
- Facilitate meaningful discussions and keep kids engaged in important activities that build social and emotional skills and grow your classroom community.
- You will save time as the planning is done for you.
- Aligns to SEL standards and covers the most important lessons kids need!
- You will have ALL the materials you need to successfully teach (no need to supplement)!



Teachers Love mind+heart

Tyisha C.



My kiddos LOVED this product. They are truly little growth mindset believers now. Anytime someone says something is hard, there is always someone right there telling them to have a growth mindset and help their brain build neurons (lol). The brain hats were a big hit with parents.

Our SEL units are enjoyed in thousands of classrooms worldwide!

growth mindset Unit

See a Lesson Plan Up-Close

mind•heart - Growth Mindset Lesson 1 : Fixed Versus Growth Mindset	
Community Building Activity	Bring kids together to share their strengths and weaknesses. Go around the circle and have each person say something they are good at or working on. Ask others to put up their hands if they agree or disagree.
Discussion Starters & Challenges	Use the discussion starters to have conversations with kids. Ask them questions and read the scenarios and encourage kids to respond and share their thoughts. Encourage kids to take on a challenge from the task cards.
Whole Group Lesson	<p>Discussion & Videos: Teach the terms fixed and growth mindset (see posters). Explain that our mindset is our attitude and thoughts about ability to do and learn things. Emphasize that we want to have a growth mindset. Show video to illustrate the difference and how to change a fixed mindset.</p> <p>Five 'Ys' with Mindset: Come up with growth mindset statements for a fixed mindset statement to start. Ask for 'Yes' statements on a bulletin board using materials provided (see photo).</p> <p>Challenge: Write Brainstorm situations that demonstrate a fixed mindset. Share a personal example with a partner and think of what they could have done differently. Write about changing their mindset.</p>
Follow-up Activities	<p>Reflection Journal: Reflect on the lesson through writing and drawing on page 1. Complete the prompt or record personal thoughts from the lesson.</p> <p>'What's the Mindset' Game: Play the board game in pairs (see instructions).</p> <p>Fixed or Growth Mindset: Act out scenarios and discuss ways to change FM.</p> <p>Fill It Up Activity: Fill a jar with a marble each time they catch someone using a GM. Encourage them to change their mindset when necessary.</p>
Lesson Goal	Understand what a fixed and growth mindset is and identify ways to change their mindset (statements, behaviors, etc.). Encourage and promote a growth mindset through discussions and activities.
Vocabulary	fixed mindset, growth mindset
Lesson Materials	Discussion Starters & Challenge Task Cards Anchor chart pieces and chart paper Posters Writing template Video: Fixed and Growth Mindsets Video: Growth Mindset Video Bulletin Board Pieces (title, brain, statements) Reflection Journal (pg. 1) Scenario cards Board game & pieces Jar & marbles

Community building activities get older kids warmed-up and ready for the lesson.

Interactive, detailed lessons for the whole group to complete together.

Use the lesson goal to guide the lesson.

Teach important SEL vocabulary.

Discussion starters and lesson challenges to encourage a group discussion and challenge students to take action.

Hands-on activities, reflection journal, games, and tools that build social emotional skills.

All of the materials needed to complete lessons in a list.

growth mindset Unit

Discussion Cards & Challenges

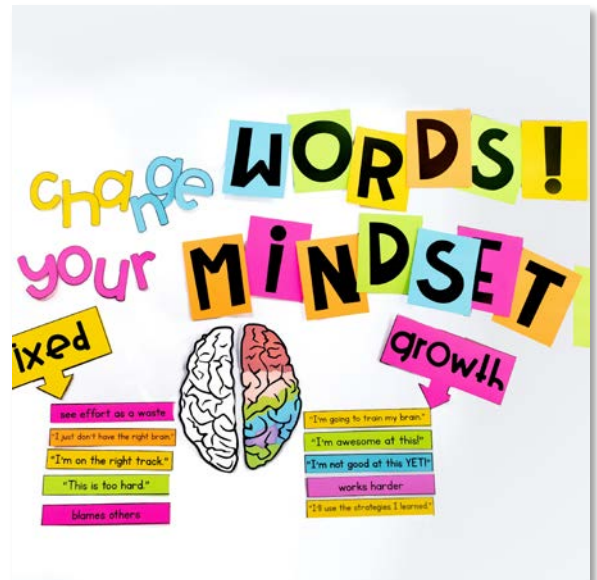
Discussions are a great warm-up to your SEL block or morning meeting. The included discussion cards (questions and scenarios) provide a valuable way to engage kids and have them reflect and respond. Lesson challenges encourage kids to take action. No more coming up with engaging prompts and challenges; these are done for you!



growth mindset Unit

Anchor Chart & Posters

Anchor chart materials are included for every lesson in this unit. The lesson plan clearly explains how to use it to support the main lesson. They are helpful to organize your lesson and as a visual for students. Simply print the anchor chart pieces and attach to your poster to get started!



growth mindset Unit

Support Materials

Support materials, such as bulletin boards and student tools, are included in this unit. They help children grasp the lesson and build important social-emotional skills. Create and use the tools as needed during your lessons and after to support your students.



growth mindset Unit

Writing Activities & Journal

Writing activities and a reflection journal are included to emphasize the lesson topics. Kids will enjoy reflecting on the lessons and books read, and writing about the important topics. You will have differentiated writing templates and journal pages to use and meet your students needs. Just print and go to implement the writing activities quickly and easily!



Create a reflection journal for the unit by binding the pages together ahead of time.



growth mindset Unit

Activities & Games

There are a variety of follow-up activities included for every lesson. These fun and engaging activities encourage students to build the important social-emotional skills taught in the lesson. There are independent, small group, and partner activities included, such as games, sorting activities, and role play scenario cards.

GROWTH VS. FIXED
You forget to study for the math test but you don't worry because you get good grades.

GROWTH VS. FIXED
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.

GROWTH VS. FIXED
You think you know the answer to the question the teacher asks but you don't want to embarrass yourself if you get it wrong.

GROWTH VS. FIXED
You play basketball class and you say that...

GROWTH VS. FIXED
You have homework you put it off until...

GROWTH VS. FIXED
Your class goes outside for a run. You get tired and decide to walk the whole way instead.



growth mindset Unit

BONUS: Family Partnership Guide

Connect with and encourage families to take part in the social-emotional learning development of their child and the concepts you are teaching at school. This unit includes a printable guide with a letter to families, strategies and activities they can try at home, and a book guide with video links. Send it home before your unit begins. They will thank you!



Use the growth mindset

unit for your

- ♥ SEL block
- ♥ Morning meetings
- ♥ Whole-class discussions
- ♥ Small groups
- ♥ Partner activities
- ♥ Independent work
- ♥ Early finishers
- ♥ Counselor lessons
- ♥ Sub-plans
- ♥ And much more!



Teachers Love mind+heart

Elizabeth R.



My students and I really loved this growth mindset curriculum! It was a great introduction and easy to extend their learning. The brain hats were really hard to put together, but we made some changes to make it work.

Our SEL units are enjoyed in thousands of classrooms worldwide!

Learn More About

mind+heart

Proud to Be Primary

Learn about teaching social-emotional learning effectively in K-2 with our SEL curriculum.

CLICK to learn more!

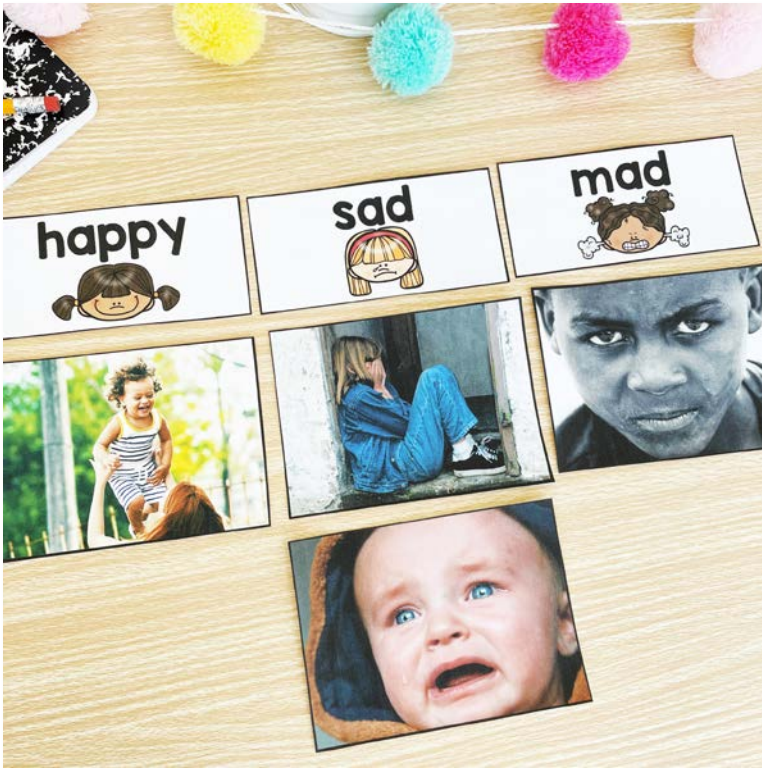


Click the image to see the SEL 3-5 curriculum BUNDLE with EVERYTHING you need for a year of SEL!

Want a FREE Sample of mind+heart?



SIGN UP TO GET AN SEL LESSON
& MATERIALS FOR FREE!



I'd love for you to try a sample of the MIND+HEART SEL Curriculum with your students to see if it is a perfect fit for you and your students!

[**CLICK HERE TO
GRAB YOUR
FREE SAMPLE!**](#)



BACKGROUND

The mind+heart social and emotional learning curriculum was designed to help teachers instruct young children to develop emotional literacy, self-control, and social competence. The ultimate goal is for primary aged children to develop a healthy sense of self and positive peer relations, that will continue throughout their lives. Children will learn to express their emotions appropriately, solve problems, develop a “growth mindset”, build relationships, and be thoughtful citizens who take responsibility and show respect.

mind+heart includes a variety of thought provoking lessons and discussions, community building ideas, and engaging activities to help build important social and emotional skills. Children will have many opportunities to learn, practice, and develop SEL through a variety of lessons and activities. Teachers are provided with all lesson materials, instructions, and a layout that is simple and easy to implement. mind+heart is a flexible SEL curriculum that can be taught when teachers have time, while the recommendation is to teach a lesson once to twice or more a week.

mind+heart is research based and loosely aligns to the CASEL framework of the 5 core competences for SEL. It provides educators with an affordable option that is comprehensive and appropriate for the K-2 classroom.