

SOCIAL-EMOTIONAL LEARNING K-2

Proud to Be Primary

growth mindset

5 Weeks of Lessons & Activities



Discussion Cards

Games

Books

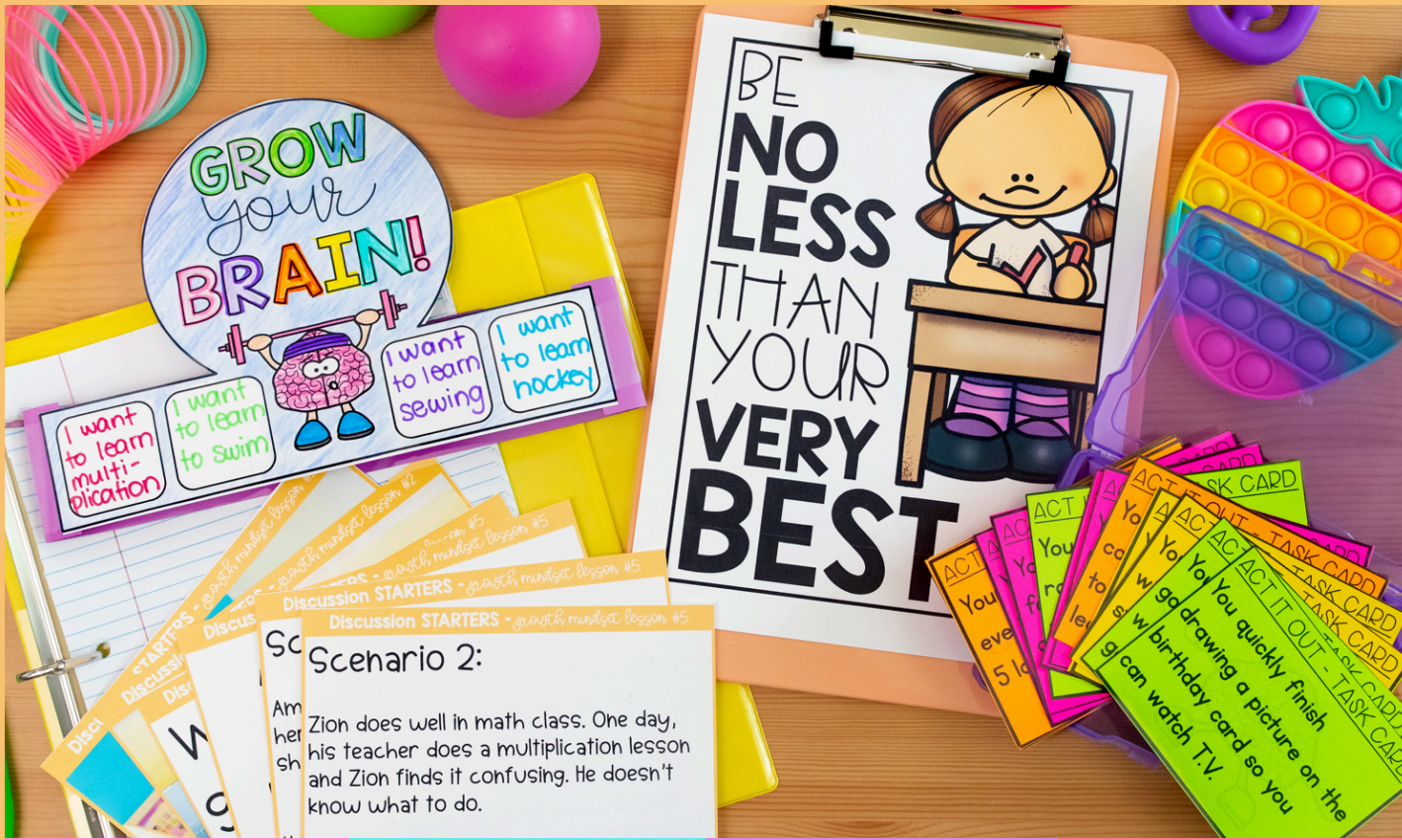
Posters

SOCIAL-EMOTIONAL LEARNING K-2

Proud to Be Primary

growth mindset

5 Weeks of Lessons & Activities



Discussion Cards

Games

Books

Posters

growth mindset

See What's Included

5 Detailed Lesson Plans

mind-heart - GROWTH MINDSET Lesson 2: Fixed versus Growth Mindset	
Community Building Activity	Bring 3000 in together as a group. Go around the circle and one of us will have each person repeat "My brain can..." and complete the sentence. Encourage children to share their own idea for growths help us learn!
Discussion Starters	Use the Discussion Starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one of a time and encourage age children to respond and share their thoughts.
Whole Group Lesson	Discussion & Video: Teach children what a fixed and growth mindset are (see posters). Explain that our mindset is our attitude and thoughts about our ability to do and learn things. Emphasize that a growth mindset helps us learn and helps our brain grow. Use the video (linked below) to illustrate the difference and how to change a fixed mindset. Collaborative Anchor T-Chart: Create a T-chart called "Fixed versus Growth Mindset". Sort phrases and statements under each heading. Get Out Scenarios: These children will act in scenarios and others must guess if it is a fixed or growth mindset. They come up with ways to change the mindset (if necessary) and what they can say. Matching: Read the scenarios (optional) and discuss their mindset.
Follow-up Activities	Book & Writing Task: What Do You Do with a Problem? and scenarios problems they have faced and solutions. Draw and write about one. Board Game: Play "What's the Mindset?" board game. See game card for instructions. Maths/Reading Game: similar with scenarios.
Lesson Goal	Understand what a fixed and growth mindset is and identify examples of each. Encourage and promote a growth mindset through discussions and activities.
Vocabulary	Fixed mindset, growth mindset, attitude.
Lesson Materials	Discussion cards, Board game & game cards, Fixed & Growth Mindset posters, Video, Book, Scissors, Glue, Markers, Paper, A4 Out scenario cards, Maths/Reading & writing sheets, Book, What Do You Do with a Problem? Writing template.

Discussion Starters



Anchor Charts



Mentor Text List



Tools



Posters



growth mindset

See What's Included

Writing Activities



Social Storybooks



Role Play Cards



Games



Student Certificates



Family Guide



This

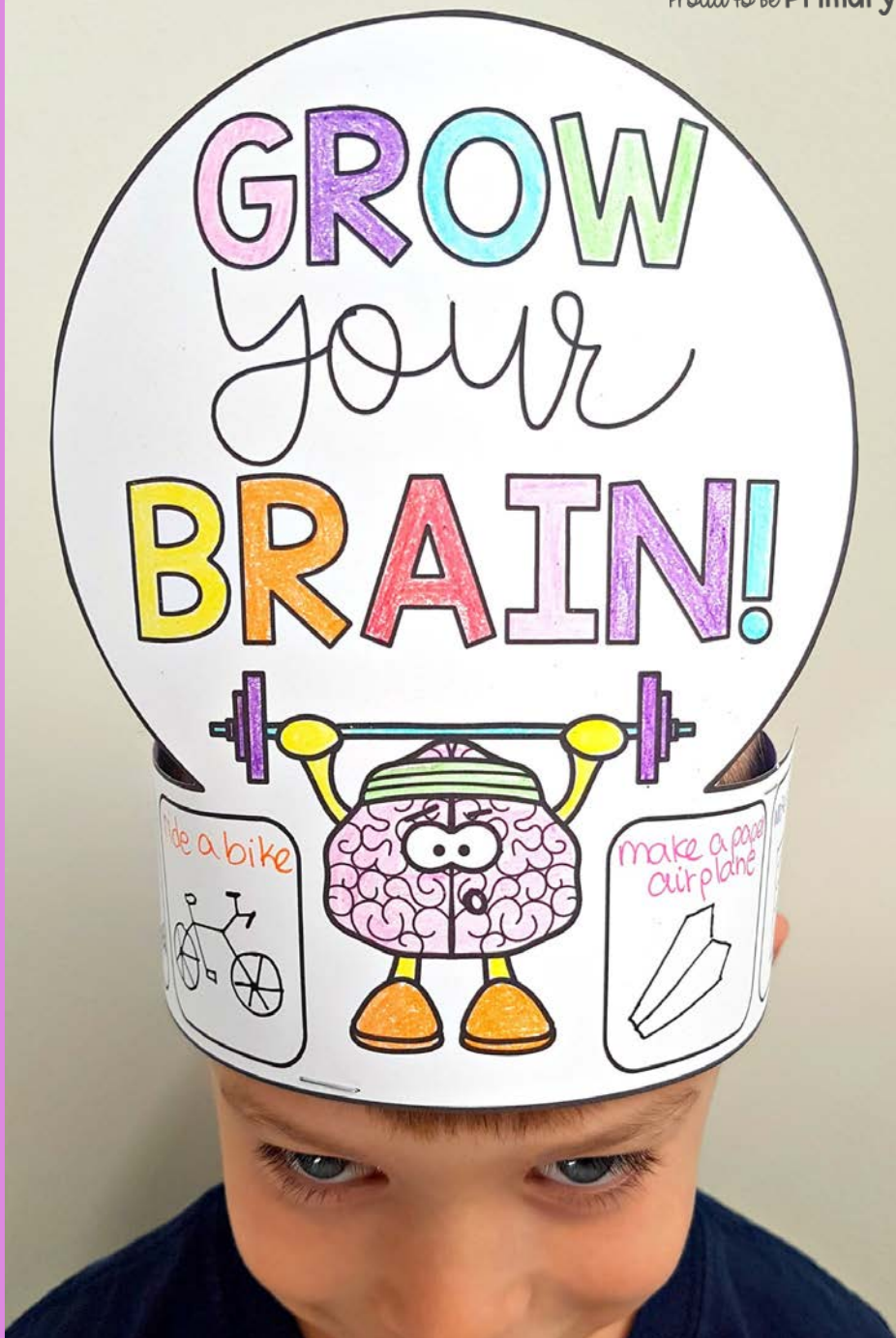
growth
mindset

unit covers

IMPORTANT

topics

- ♥ The Elastic Brain
- ♥ Fixed vs. Growth Mindset
- ♥ Making Mistakes
- ♥ Perseverance
- ♥ Power of Yet.



This growth mindset Unit HAS WHAT TEACHERS LOVE!

- This ONE SEL unit is all you need to teach kids to have a growth mindset and how their brain grows as they learn and make mistakes!
- 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**

LESS
THAN
YOUR
VERY



LEARN

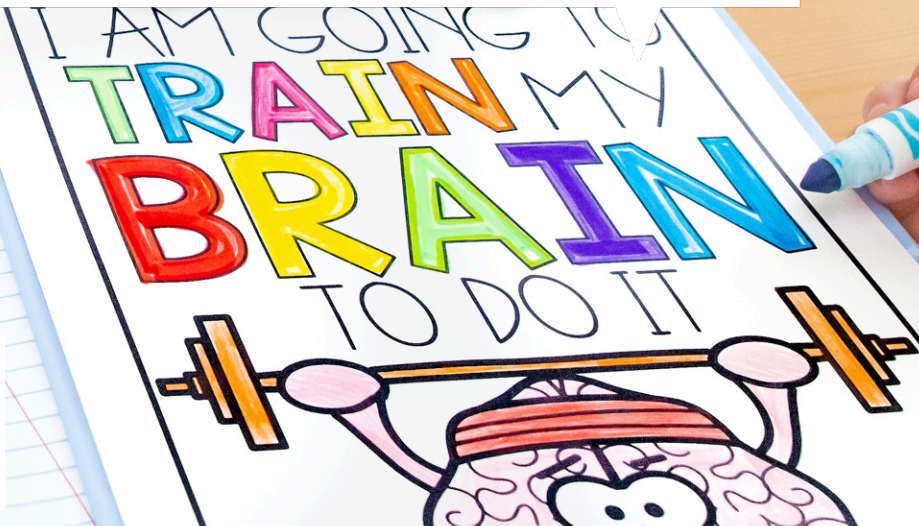


Donnalyn T.



Wow! I love this resource! My students were so engaged, and it really drove the concepts home- we are a growth mindset class and this resource is in large part, the basis for that. Thanks so much!

Our SEL units are enjoyed in thousands of classrooms worldwide!



growth mindset

See a Lesson Plan Up-Close

mind+heart - GROWTH MINDSET Lesson 1 : The Elastic Brain	
Community Building Activity	Bring children to the carpet to share their strengths with the class. Go around the circle and have each child say something they are good at. Ask others to put up their hands if they agree or disagree. Repeat.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion, Video, & Book: Teach children that their brains can change, stretch, and grow and become stronger when they learn new things. Stretch and pull an elastic band to show how the brain can stretch and change. Say "Our brains have billions of tiny neurons. Learning stretches the brain to allow new connections among neurons (neuroplasticity) to stretch and make more room to learn new things and solve new challenges. Use the videos (linked in the 'Lesson Materials' section) and the 'Your Fantastic Elastic Brain' to illustrate. Anchor Chart/Posters: Create a chart called "The Elastic Brain" and brainstorm how the brain changes and things they stretched their brain to learn. Use the brain poster as a reminder. Mantras: Read the mantras (posters) and discuss their meaning.
Follow-up Activities	Learning Reflection: Draw and write 3 things about what they learned, are learning, and want to learn. Storybook: Read & color the 'My Brain and I' storybook. Mantras Posters: Color a poster with a mantra.
Lesson Goal	Lesson Materials
Understand what the brain does, that it can change and stretch, and it can get stronger by learning new things.	Discussion Starters Elastic band Book: Your Fantastic Elastic Brain Video: Brain Jump with Ned the Neuron & The Mysterious World of Neurons Anchor chart pieces, chart, and poster Mantras & coloring pages Board game Mini-book 'My Brain and I'
Vocabulary	
brain, elastic, change, grow, challenges, stretch, neuron, pathways, neuroplasticity	

Community building activities get children 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 include questions, scenarios, and pictures to encourage a group discussion.

Hands-on activities, games, and centers that build social emotional skills.

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

growth mindset

3 Types of Discussion Cards

Discussions are a great warm-up to your SEL block or morning meeting. The included discussion cards provide a valuable way to engage kids and have them reflect.

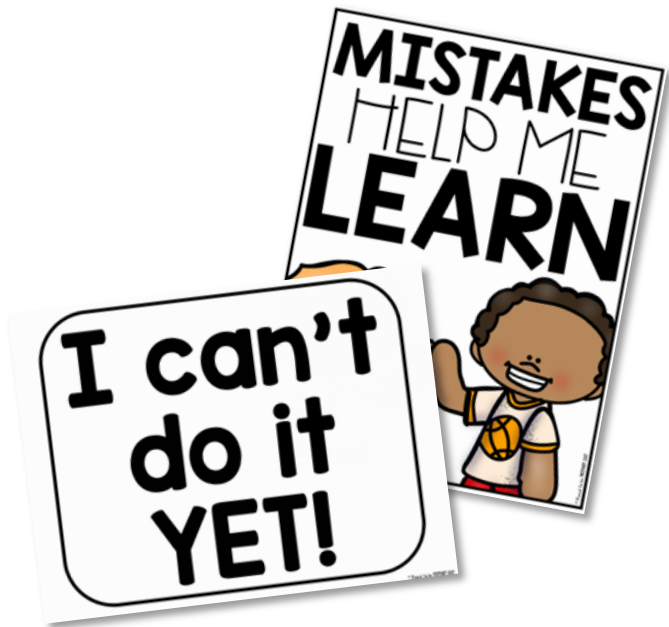
Discussion starters include questions, scenarios, and pictures to encourage a group discussion. No more coming up with engaging prompts; these are done for you!



growth mindset

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

Support Materials

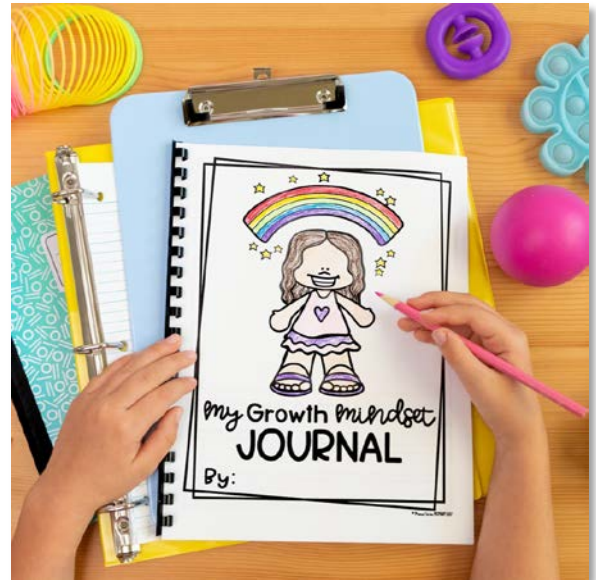
Support materials, such as bulletin boards and student tools, are included in this unit. They help children grasp the lesson and build important social-emotional skills. Create and use the tools as needed during your lessons and after to support your students.



growth mindset

Writing & Book Activities

Writing activities are included throughout the unit to emphasize the lesson topics. Kids will enjoy reflecting on books read and writing about the fun topics and prompts. You will have differentiated writing templates to use and meet your students needs. Just print and go to implement the writing activities quickly and easily!



growth mindset

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 booklets.



growth mindset

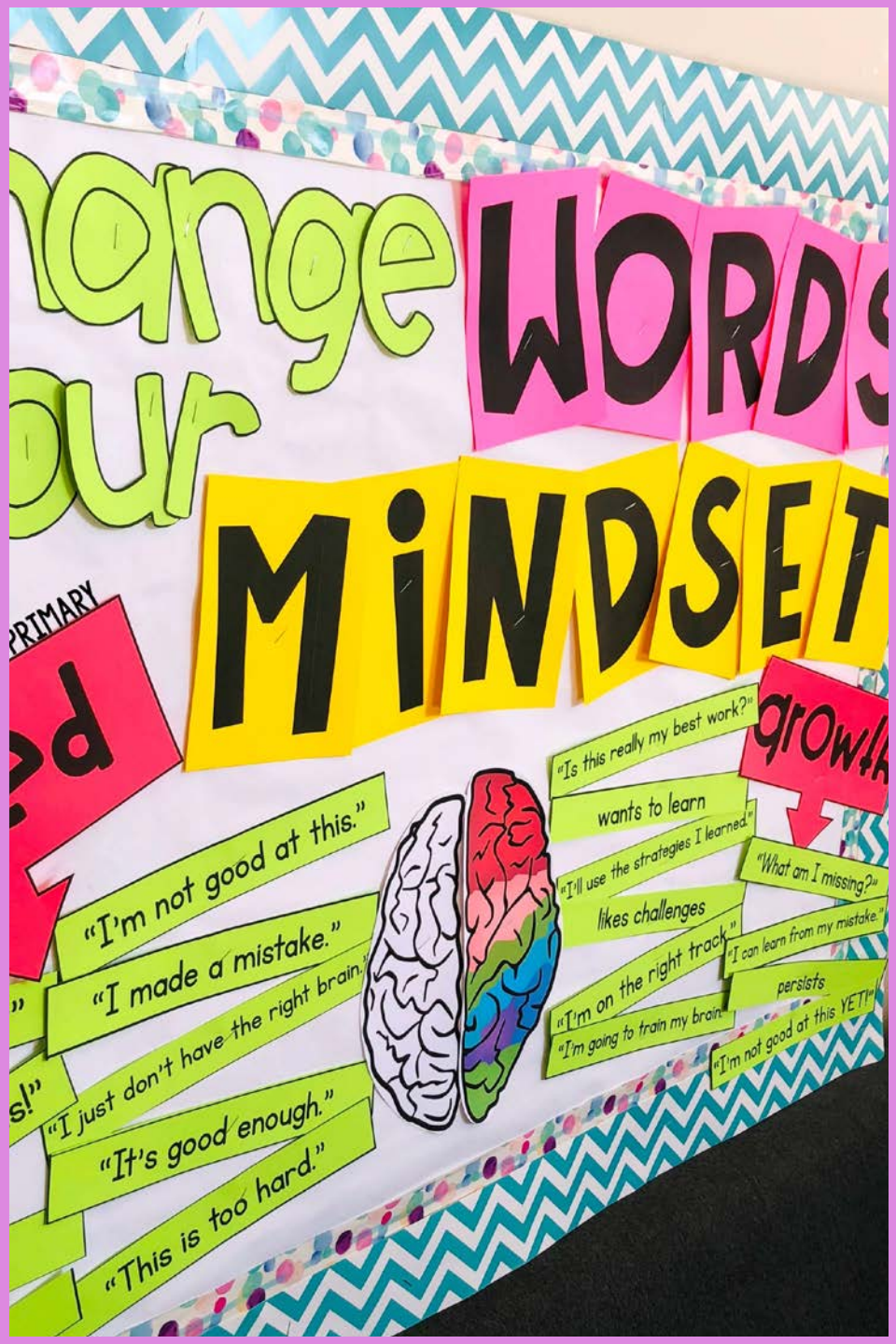
BONUS: Family Partnership Guide

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 emotions 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



Sarah B.

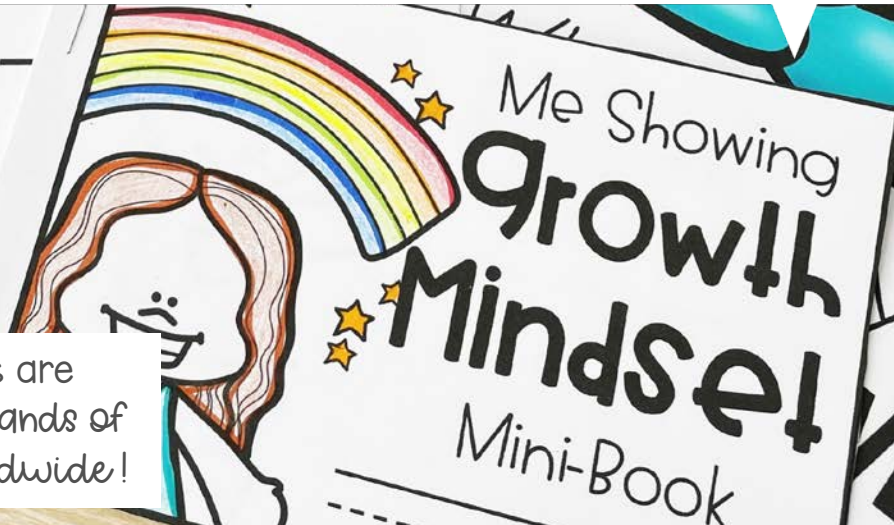


This is an AWESOME resource!!! Saves so much time and my students LOVE the lessons!!!! They kept asking "are we learning about our brains again today?"

signed

© Proud to be PRIMARY 2017

Our SEL units are enjoyed in thousands of classrooms worldwide!



Lesson 1 - The Elastic Brain

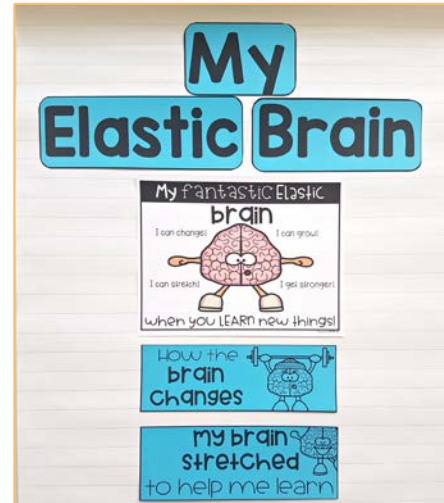
Lesson 1 teaches children about the brain and its capabilities. They will understand what the brain does, that it can change and stretch, and it can get stronger by learning new things.

mind+heart - GROWTH MINDSET Lesson 1: The Elastic Brain	
Community Building Activity	Bring children to the carpet to share their strengths with the class. Go around the circle and have each child say something they are good at. Ask others to put up their hands if they agree or disagree. Repeat.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion, Video, & Book: Teach children that their brains can change, stretch, and grow and become stronger when they learn new things. Stretch and pull an elastic band to show how the brain can also stretch and change. Say "Our brains have billions of tiny neurons. Learning something new causes the brain to grow more connections among neurons (neuroplasticity). The brain stretches and makes more room to learn new things and face new challenges. Use the videos (linked below) and read "Our Fantastic Elastic Brain" to illustrate. Anchor Chart & Poster: Create a chart called "The Elastic Brain" and brainstorm how the brain changes and things they stretched their brain to learn. Use the brain poster as a reminder. Mantras: Read the mantras (posters) and discuss their meaning.
Follow-up Activities	Learning Reflection: Draw and write 3 things about what they learned, are learning, and want to learn. Storybook: Read & color the "My Brain and I" storybook. Mantras Posters: Color a poster with a mantra.
Lesson Goal	Understand what the brain does, that it can change and stretch, and it can get
Lesson Materials	Discussion Starters, Elastic band, Book: Our Fantastic Elastic Brain

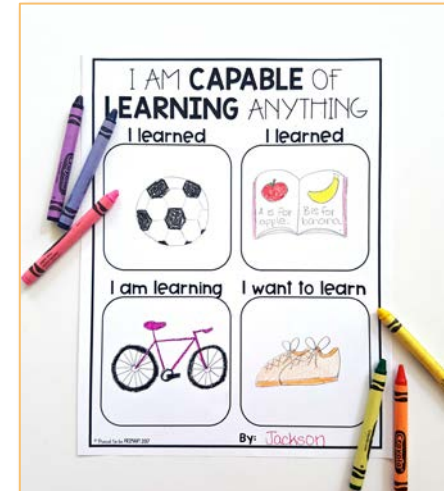
Lesson Plan



Discussion Starters



Anchor Chart Idea



Learning Reflection



Storybook



Mantra Posters



Mantra Coloring Posters

Lesson 3 - Mistakes, Failure, & Challenges

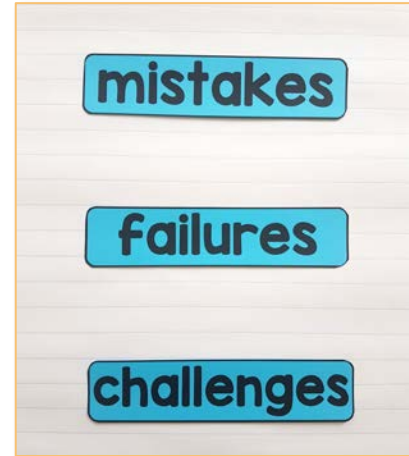
Lesson 3 teaches children to identify and describe how mistakes, failures, and challenges are positive and help them learn new things.

mind+heart - GROWTH MINDSET	
Lesson 3 : Mistakes, Failures, & Challenges	
Community Building Activity	Do a visualization activity where children lay down and imagine what you are saying. Say "Pretend you are doing something very challenging, like swim in the deep end, ride a skateboard," etc. "You continue to practice and each day you get better." Have them share what they imagined.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	Discussion, Video, & Anchor Chart: Review the difference between a mistake, failure, & challenge. Teach children that they are good because they help us learn (explain why). If we challenge ourselves, we learn more. If we only do easy things, we don't learn to our potential and our brains don't grow as much as they could. Use the video (linked below) to illustrate the magic of mistakes. Share an example of a time you failed at something and how you learned from it. Have children share examples of mistakes, failures, and challenges (record on chart) they have had. Book & Writing Activity: Read "It's Okay to Make Mistakes" and discuss. Have them draw a mistake they have made or a challenge they need to face and write about it. Complete the sentence frame, "It's okay to..." Mantras: Read the lesson's mantras and discuss their meaning.
Follow-up Activities	Reflection Journal: Complete a daily reflector about something that was challenging that day. Grow Your Brain Crown: Draw & write 4 new things they want to learn on the crown template. Cut out and attach to strap of paper. Mantra Posters: Color a poster with a mantra.
Lesson Goal	Identify and describe how mistakes, failures, and challenges are positive and
Lesson Materials	Discussion Starters, Reflection journal, Anchor chart & pieces, Crown template

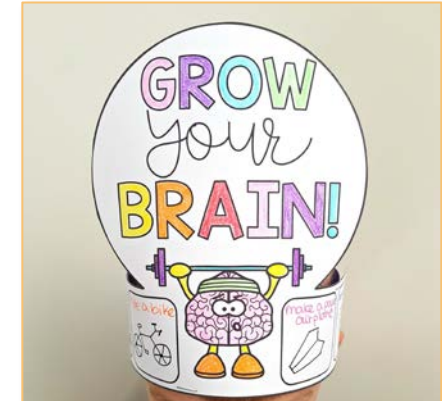
Lesson Plan



Discussion Starters



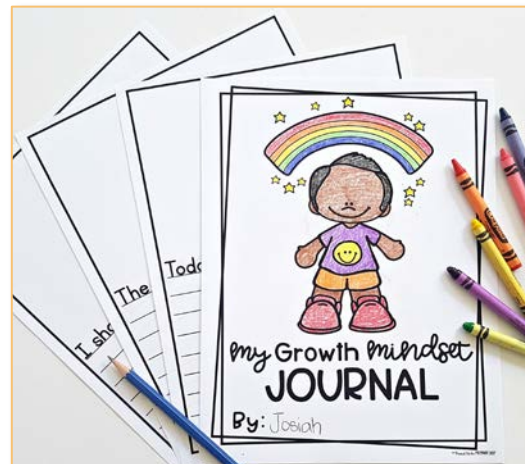
Anchor Chart Pieces



Crown



Writing Activity



Reflection Journal



Mantra Posters

Lesson 4 - Effort & Perseverance

Lesson 4 teaches children to understand what growth and perseverance are and the power of YET. They will learn different strategies that can help them persevere when things are difficult.

mind+heart - GROWTH MINDSET Lesson 4 : Effort & Perseverance	
Community Building Activity	Play "The Human Knot" game in a circle. Each child reaches across with their left hand to grab someone else's left hand. Repeat with the right hand. Children work together to find a way to untangle the knot.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos.
Whole Group Lesson	<p>Discussion: Teach children what perseverance (also called "grit") is. Explain that they need this to succeed, accomplish difficult tasks, and grow their brains. Emphasize that they persevere when they work through challenges and difficulties to get what they want.</p> <p>The Power of YET & Video: Teach them the power of "YET" using the video (linked below). Not knowing how to do something, doesn't mean they never will. It means they haven't YET. Brainstorm things under "I can't do it YET" on the anchor chart to illustrate the power of "YET."</p> <p>Strategy Posters: Teach children different strategies on the posters "I can...". Create a display that they can refer to when they need help.</p> <p>Mantras: Read the mantras (posters) and discuss their meaning.</p>
Follow-up Activities	<p>Book & Writing Activity: Read "Almost" and they can share things they can't do YET, but almost. They complete the sentence frames, "I can almost..." with things they are learning to do and "I can..." with something they can do. Goal Sheet: They think of something they want to learn and make a goal out of it. Record the goal, draw a picture, and write a plan. Mantras Posters: Color a poster with a mantra.</p>
Lesson Goal	Understand what growth and perseverance are and the power of YET. Learn different strategies.
Lesson Materials	Discussion Starters, Anchor chart, Book "Almost", Goal sheet, Mantra Posters, Video "The Power of YET"

Lesson Plan

Discussion Starters

Anchor Chart Idea

Mantra Posters

Writing Activity

I Can Do Posters


Goal Sheet

Lesson 5 - Having Growth Mindset Everyday

Lesson 5 teaches children to understand and show determination and confidence in order to stretch their brain, show a growth mindset, and learn difficult, new things.

mind+heart - GROWTH MINDSET Lesson 5: Having Growth Mindset Everyday!	
Community Building Activity	Bring children into a circle to share goals they want to set or have set for themselves (from last lesson). Transform the different goals on a chart that says "We Want to Learn". Encourage children to share something else they want to learn after from the ideas shared.
Discussion Starters	Use the discussion starters to have open conversations with children. Ask the questions, read the scenarios, and show the photos one at a time and encourage children to respond and share their thoughts.
Whole Group Lesson	Discussion: Teach children that they need to have confidence (believing in yourself) and determination (continue trying without giving up) to succeed, have a growth mindset, and stretch your brain. Use the video (linked below) and read the book "The Most Magnificent Thing" to illustrate the importance of determination and having confidence. Growth Mindset Mini-Book: Fill in words and color the "Me Showing Growth Mindset!" mini-book filled with ideas about growth mindset. Mantras: Read the mantras (posters) and discuss their meaning.
Follow-up Activities	Book & Writing Activity: Emphasize that even if they aren't the best at something, they enjoy it and can try to get better. Read "The OK Book" and brainstorm all the things they are just OK at. Have them draw and write about something ("I am okay at...") and share after. Growth Mindset Awards: Give students their own award for showing growth mindset and different related character traits. Mantra Posters: Color a poster with a mantra.
Lesson Goal	Understand and show determination and confidence in order to stretch their brain, show
Lesson Materials	Goals chart Discussion Starters Mantra posters & coloring sheets

Lesson Plan



Discussion Starters cards with scenarios and questions:

- Scenario 2: Dujan can read books that are harder than his friend. He says, "I am smarter, than you!"
- What do you do when something is hard in school?
- Do you think you are "right" or "wrong"?

Discussion Starters



A student award certificate for a "Mindset GROWER". It features a cartoon character with a rainbow and stars. The certificate is signed by "Mrs. Jones" and dated "3/2/21".

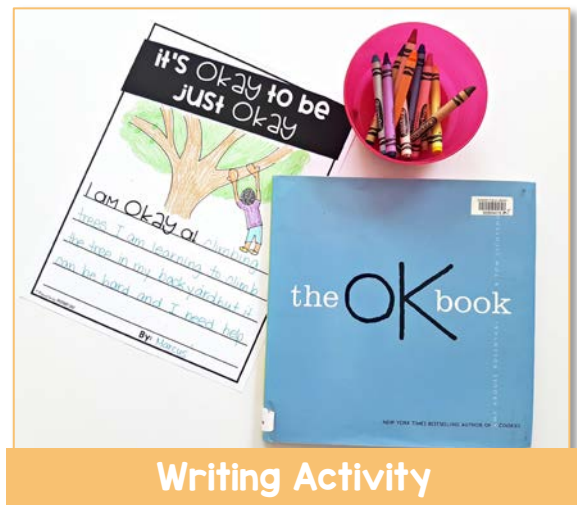
Student Awards



A stack of various student award certificates with colorful backgrounds and cartoon characters. The awards include:

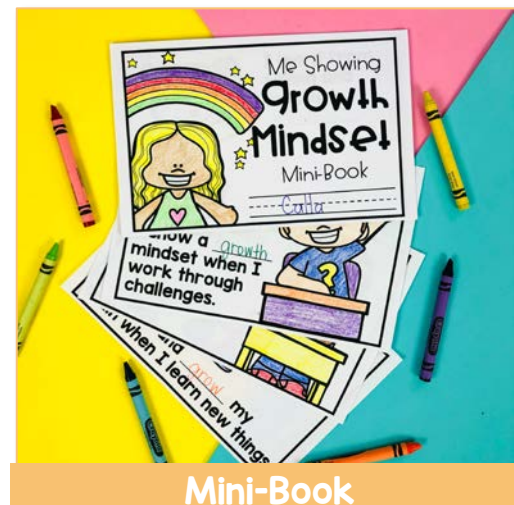
- Brain BUILDER
- Determined DOER
- Challenge SEEKER
- Bright THINKER
- Persevering PUPIL
- Mindset GROWER

Student Awards



Materials for a writing activity, including a book titled "the OK book" and a worksheet with the heading "It's Okay to be just okay". The worksheet has a drawing of a tree and a person hanging from a branch.

Writing Activity



Materials for a mini-book, including a book titled "Me Showing Growth Mindset Mini-Book" and a worksheet with a drawing of a girl and a boy. The worksheet has the heading "I show a growth mindset when I work through challenges."

Mini-Book



Mantra posters with colorful backgrounds and cartoon characters. The posters include the following mantras:

- CHANGE MY WORDS CHANGE MY MINDSET
- MISTAKES HELP ME LEARN
- I BELIEVE IN ME
- I AM ON THE RIGHT TRACK
- WON'T GIVE UP UNTIL I'M PROUD
- CAN'T DO THIS

Mantra Posters

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!



Social-Emotional Resources for K-2

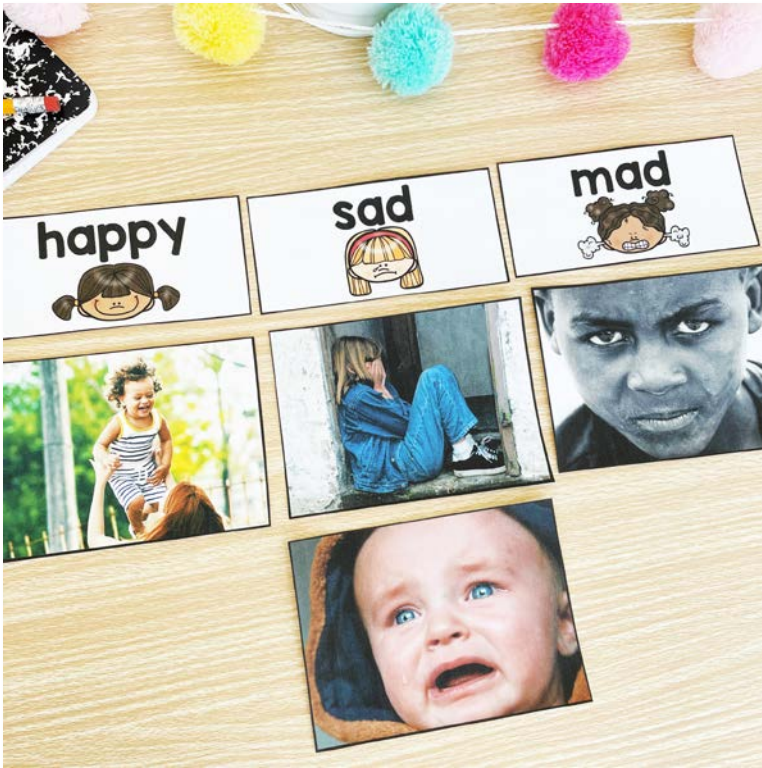


Click the images to see the SEL curriculum BUNDLE & resources with EVERYTHING you need for a year of SEL!

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.