**LESSON: *I Can Have a Growth Mindset***

**OUTLINE**

1. Introduce the topic of **Growth Mindset**: Ask students if they’ve ever heard this term. What do they think it means?
2. Talk about how everyone feels frustrated or discouraged sometimes. We can stay that way or we can have a Growth Mindset!
3. Define Growth Mindset
4. Talk about the differences between a Growth Mindset and a Fixed Mindset
5. Explain how challenging our brains can help them grow stronger
6. Discuss how we can control our thinking and turn negative thoughts into positive ones.
7. Explain “Can Do” attitude
8. Introduce the 6 Steps to Develop a Growth Mindset
9. 6 Steps to Develop a Growth Mindset
10. Pay attention to self-talk
11. Be open to learning
12. Recognize your strengths
13. Welcome challenges and embrace feedback
14. Track your progress
15. Believe in yourself!
16. Summarize the importance of developing a Growth Mindset

**MATERIALS NEEDED:**

* Facilitator’s Guide
* Activities
* Lesson Summary Card (magnet cards)
* Homework Sheet – “This week I might try to develop a Growth Mindset”
* Mini schedule
1. So what do YOU think? discussion question
2. Give out the magnet cards