

## **Topic: Building a Growth Mindset**



**Learning Objectives** - Students will be able to:

- rewrite fixed mindset statements as growth mindset statements
- explain how growth mindset language supports learning and effort

### **Materials**

- paper, markers, or digital tools for planning/presenting
- whiteboard or chart paper
- Fixed vs Growth Mindset handout

### **Lesson Plan**

#### 1. Introduction

- Write this statement on the board: "I'm just not good at math."
  - Ask: How does this statement sound? How might it make someone feel or act?
  - Stress to students that the words we use about ourselves affect how we learn.

#### 2. Mini-Lesson: Fixed vs. Growth Mindset

- Explain in simple terms:
  - Fixed mindset: Belief that abilities are set and can't change
  - Growth mindset: Belief that abilities grow with effort, practice, and strategies
- Give 2-3 examples aloud:
  - Fixed: "I can't do this." vs Growth: "I can't do this yet, but I can learn."
  - Fixed: "I'll let others do it, because they're better." vs Growth: "I can contribute and learn."

#### 3. Guided Practice (Whole Class)

- Display a fixed mindset statement. Ask students:
  - What makes this a fixed mindset?
  - How could we rewrite it to show growth?
- Work together to create a growth mindset version. Model the thinking process out loud.
- Example: "I always mess this up." -----> "I've made mistakes, but I can improve with practice."

#### 4. Student Activity: Rewrite the Statements

- Distribute the Fixed vs Growth Mindset handout.
- Students work individually or in pairs to change fixed mindset statements into growth mindset statements.

#### 5. Class Discussion

- Invite volunteers to share one rewritten statement.
- Discuss: How does the growth mindset version feel different? How might it change what you do next?
- Reinforce that mindset affects effort and persistence.
  - For example, Aaron Judge "appreciates the days we lose because you learn from those experiences; you learn how to move on and grow from it so that you can win the next game. That's the beauty of baseball; you always have a game the next day that you can rebound from and answer back from. I have always tried to have a positive mindset and not feel like anything is a given."

### **Debrief Question**

Finish this statement: One thing I want to practice using a growth mindset with is \_\_\_\_\_.

Name: .....

Date: .....

Directions: A growth mindset is the belief that your abilities and skills aren't fixed and they can improve with effort, learning, and experience. Change the statements below to reflect a growth mindset.

## FIXED MINDSET

✗ THIS IS TOO HARD, I GIVE UP.

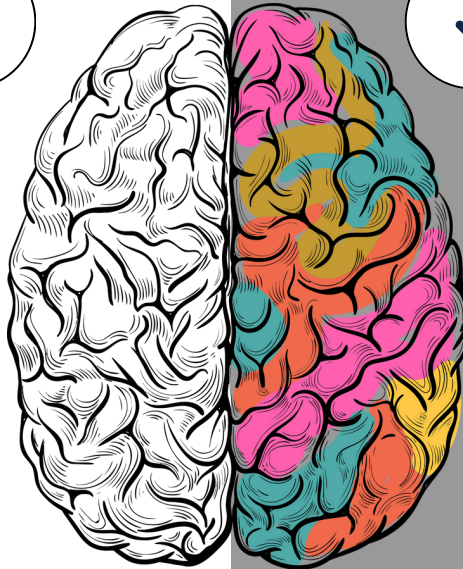
✗ I DON'T NEED TO PRACTICE.

✗ I DON'T KNOW HOW.

✗ I ALREADY KNOW IT ALL.

✗ THIS ISN'T WORKING.

✗ I'M NOT GOOD ENOUGH.



## GROWTH MINDSET

✓

✓

✓

✓

✓

✓

