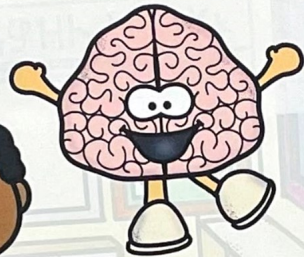


Learning Skills Activities **GROWTH MINDSET**

K/1st

Joshua's Strong Brain



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17

Is it bad to make mistakes?

17

STRONG BRAIN Qs



Social Emotional Learning

note to the educator

This lesson on **Growth Mindset** can be used on it's own or as part of larger Learning Skills unit. The activities are truly **developmentally appropriate** for your youngest learners (K/1st) and require zero independent reading.

It's flexibly designed to accommodate any SEL delivery method or schedule.

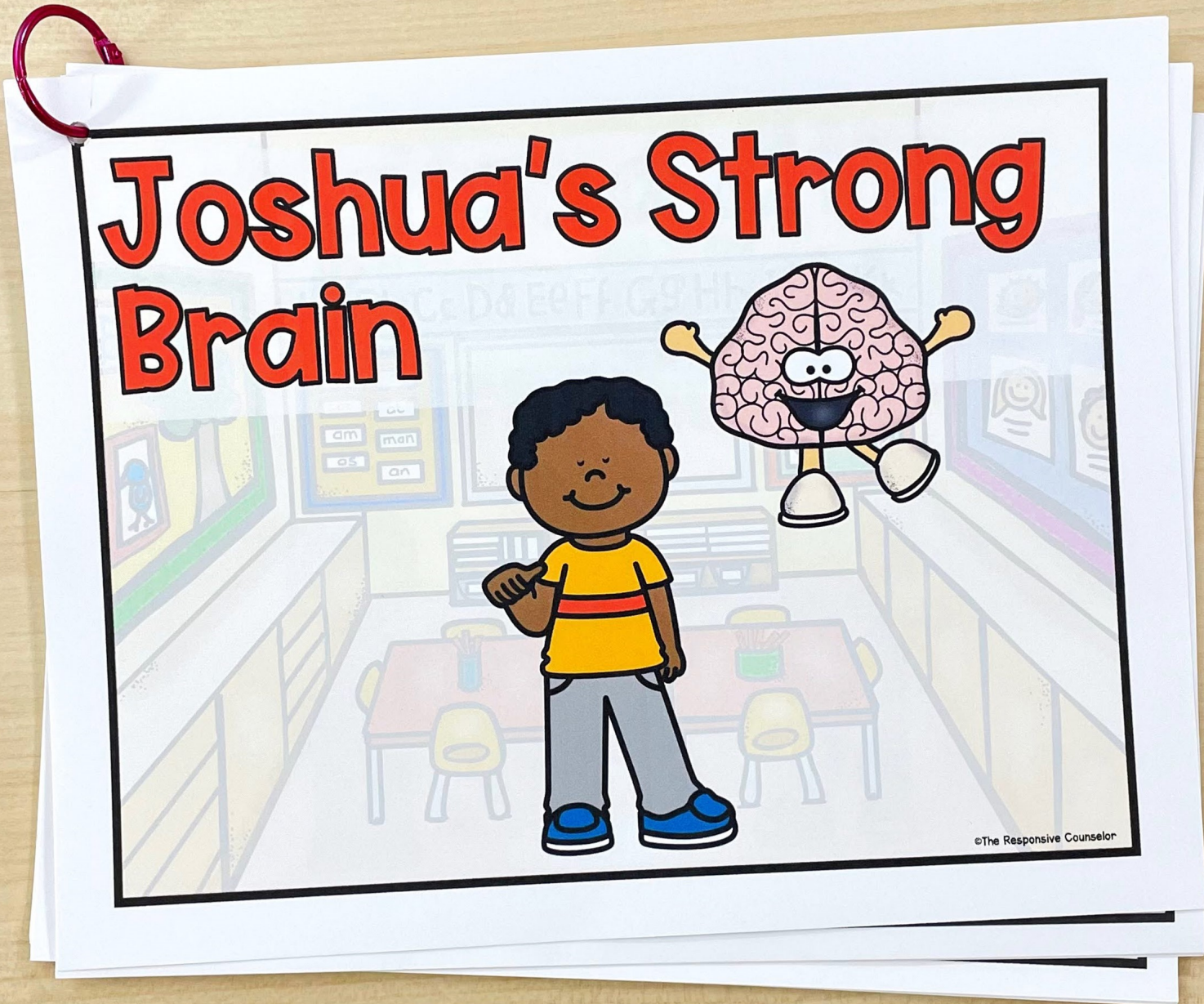
It was also created using SEL **research-based** best practices:

- Focus on 1 or more specific skills
- Includes activities to practice the skill(s)
- Incorporates cooperative learning
- Provides opportunity for self-reflection

resource includes:

- Short story
- Whole group activity
- Small group practice activity
- Closing circle questions
- Extension activity
- Poster/coloring pages
- Recommended book companions

short story



Joshua learns that hard work makes his brain stronger and smarter, and that mistakes are okay.

short story



Hard work helps our brains get stronger and smarter.

"It's okay Joshua," Ms. Perez explained. "Sometimes

"What if I get the answers wrong?" asked Joshua. "It's okay to make mistakes," said Ms. Perez. "We can learn from our mistakes and that helps our brains grow stronger, too."



Joshua stopped for a minute. He didn't about giving up. Instead, he remembered more, and that hard work makes

"It's okay," he told her. "When we try something hard, we might make mistakes, but hard work is how our brain gets stronger and smarter!" Joshua used when he learned about his brain to help Jordyn feel better!



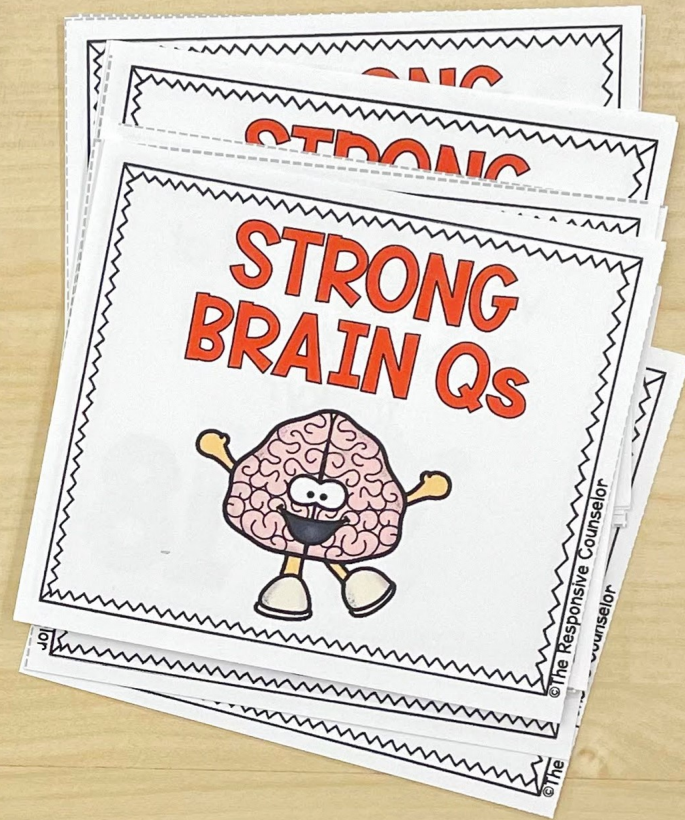
12 pages

whole group activity

13

15

17



Is it bad to make mistakes?

17

Movement-based activity to answer discussion questions and "what would you do" questions about working hard.

small group activity

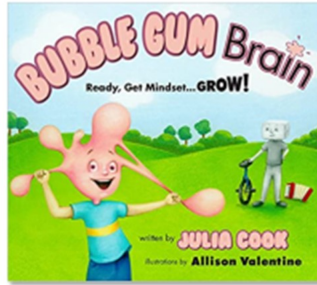


Students put together 2 puzzles and discuss how one shows trying their best and one does not.

extensions

Book Companions

This lesson can be used without any stories, but the following picture books would make for great companions. Click on the covers to find them on Amazon.



Reinforcing Growth Mindset

Your students just received a lesson about HARD WORK GROWING STRONG BRAINS. Below is an extension and reinforcement activity you can use with your class to make their learning stick!

Teach students this mantra/poem with motions. You do, then they repeat. Then incorporate it into your morning routine!

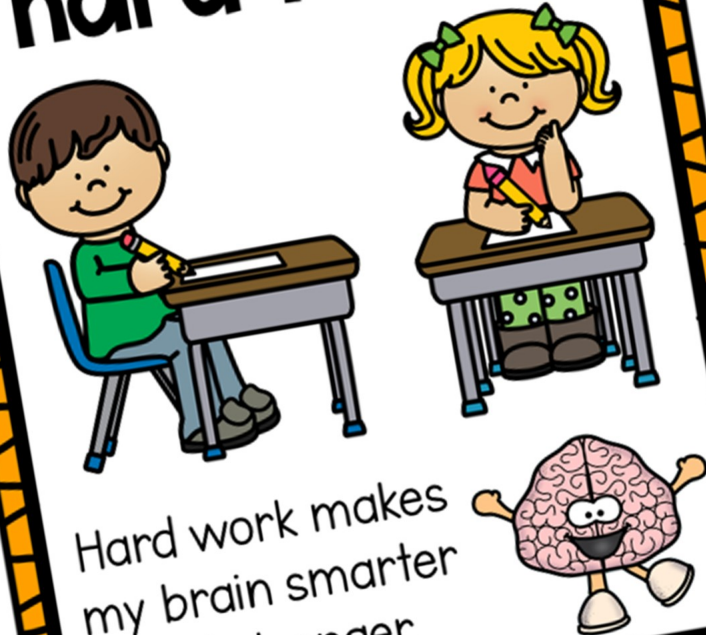
When work is hard (touch the bottom of your fist to the palm of your hand, then switch hands)

My brain gets smart (point to your head twice)

I know

Name: _____

I can do hard things.



Hard work makes my brain smarter and stronger.

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I can do hard things.

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how to use

Use for one lesson or multiple lessons.

Can also be used for small group/tier 2 support.

PACING GUIDE (25-30 minute lesson)

- Story (7-10 minutes)
- Whole group activity (choose just 4-6 scenarios – 5 to 7 minutes)
- Introduce small group activity (5 minutes)
- Small group practice activity (7-10 minutes)
- Closing circle question: (3-5 minutes)

PACING GUIDE (45 minute lesson)

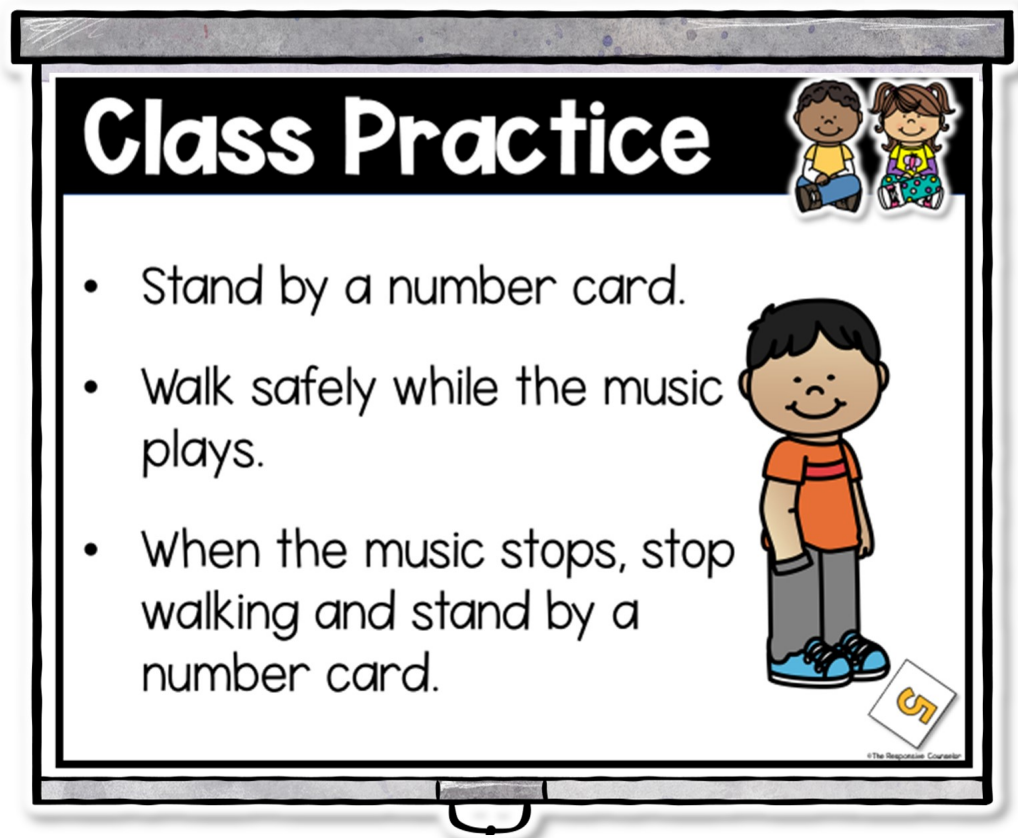
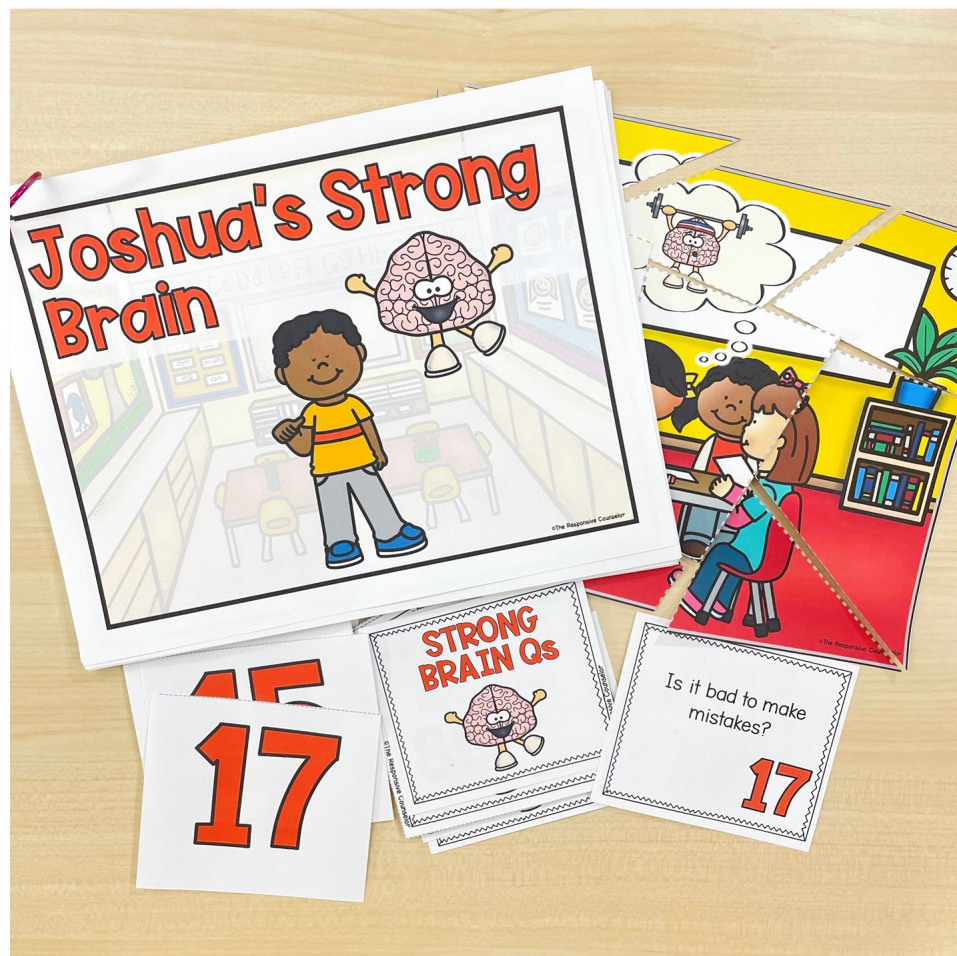
- Same as above, but use all of the cards scenarios for the whole group activity
- Students color the "I can" page
- Read a recommended book companion

PACING GUIDE (super mini lessons, weeklong)

Mon	Read and discuss story
Tues	Whole group activity
Wed	Small group practice activity
Thurs	Extension activity + 1 recommended read aloud
Fri	Color "I Can" page + closing circle

how to use

Love technology?
Use the included
slideshow to guide
the activities.



Want a tech-free
option?
Everything can be
done screen-free
with printables.

Hi, I'm Sara! I create resources for elementary students, counselors, and teachers that improve social emotional learning and help students be their best selves. My focus is creating resources that are *effective* (using research-based best practices) and *engaging* (through collaborative learning and relevant scenarios) for all types of learners and populations.



Education

B.A. from Michigan State University
Psychology and Anthropology

M.S. from Vanderbilt University
Community, Research, and Action

M.Ed. From Vanderbilt University
Human Development Counseling:
School Counseling & Mental Health

Experience

I'm a school counselor from a large southeastern school district with a wonderfully diverse group of students. I create and implement a data-based comprehensive school counseling program while helping classroom teachers and administrators implement schoolwide SEL and restorative practices. I also share my ideas and resources to reach students and help educators across the world!

Let's
Connect:

