

# Growth Mindset Lesson Plan

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Begin the lesson by showing the students this video about the benefits of overcoming fear.

<https://paulsolarz.weebly.com/mini-lessons3/the-benefits-of-overcoming-fear>

Have a poster for a “Fixed Piper” and a poster for “Growth Piper”

Students will be given post-it notes and fill in what are some of the things that Piper does that show she is staying in her frame of mind and not wanting to change. These get posted on the “Fixed Piper” poster. Students also name things that change Piper’s mindset to grow in her thinking and be more independent. These are posted on the “Growth Piper”.

For K-2 students: students will think-pair-share and name things for the teacher to write down on the post it and they will post it. If they can’t think of ideas, teacher will write some on post-it notes and they need to put them in the appropriate “Fixed Piper” or “Growth Piper”.

For 3-5 students: they will write on their own post-it note.

Subsequent lessons can follow up with changing our wording;

- The Power of Yet

- Change Your Mindset/ Change Your Words

- I AM Wall

  - Sesame Street Video: What I Am Is...

- Salt In My Shoes

  - Stories of how very successful people failed before they were successful



