

Growth Mindset

Lesson plan, age group 6-9

Objective:

By the end of this lesson, students will be able to differentiate between a growth mindset and a fixed mindset, understand the importance of having a growth mindset, and apply a growth mindset to problem-solving situations.

Materials:

- Roylco Laminated Speech Bubbles (R49621)
- Whiteboard Markers
- Roylco Stand Up Self Portrait Kits (R52095)
- Craft supplies: markers, crayons, craft paper, glue, scissors



Introduction:

Begin by asking the students if they have ever faced challenges or felt like they couldn't do something. Allow a few students to share their experiences.

Explain that today, we will learn about two different ways people think about challenges and learning: **growth mindset** and **fixed mindset**.

Explanation:

Define growth mindset: A growth mindset is when we believe that we can improve our abilities through effort, practice, and learning from mistakes. People with a growth mindset see challenges as opportunities to grow and learn.

Define fixed mindset: A fixed mindset is when we believe that our abilities are set in stone, and we cannot change them. People with a fixed mindset may avoid challenges because they are afraid of failure or believe they cannot improve.

Example of a growth mindset:

Imagine you have a puzzle to solve. With a growth mindset, you might think, "I haven't solved this puzzle yet, but if I keep trying and learn from my mistakes, I can figure it out!"

Example of a fixed mindset:

With a fixed mindset, you might think, "I can't solve this puzzle. I'm just not good at puzzles, and I never will be."



Activity 1:

Growth Mindset vs. Fixed Mindset Thoughts & Words

Divide the Roylco Laminated Speech Bubbles into 2 even groups of 6 bubbles. Then divide the whiteboard into 2 sections: **fixed mindset** and **growth mindset**.

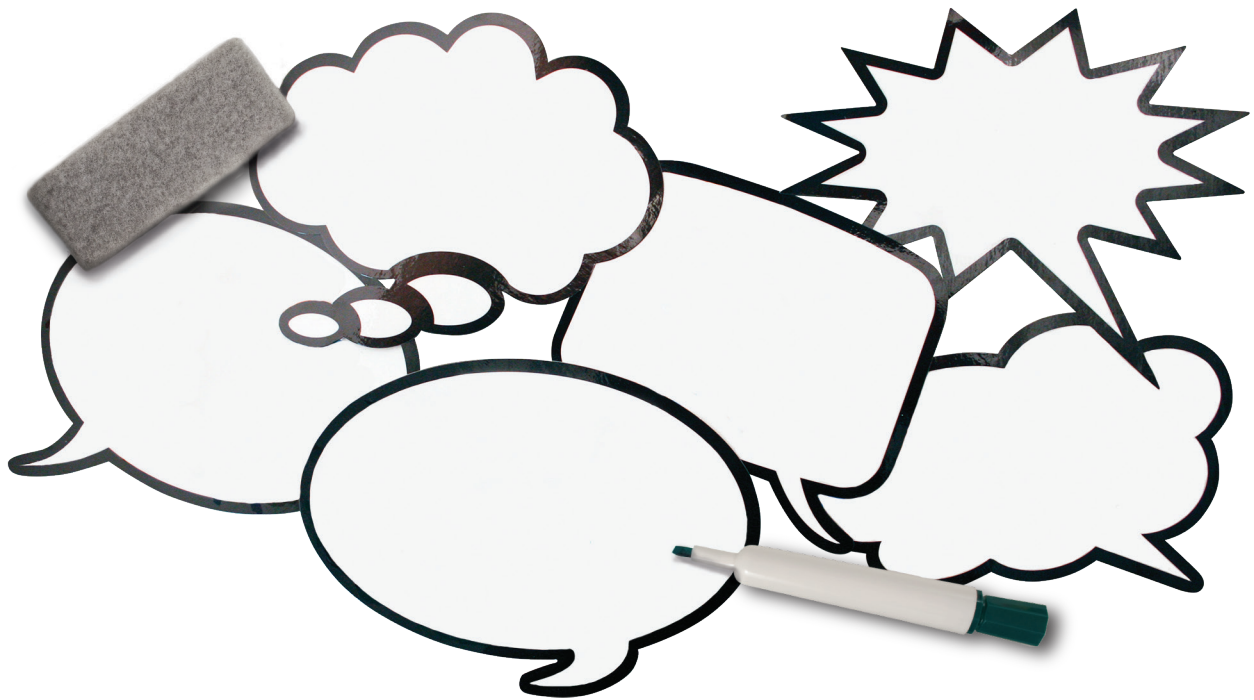
Ask students to first describe what someone with a fixed mindset might say or think. Write the responses and display them on the "fixed mindset" side of the board.

Ask students to first describe what someone with a growth mindset might say or think. Write the responses and display them on the "growth mindset" side of the board.

Discuss the differences between both sides of the board. Point out that the thoughts and words on the "fixed mindset" side often sound frustrated and limiting while the "growth mindset" side holds more control over their challenges.

Importance:

Discuss why having a growth mindset is important. Explain that when we have a growth mindset, we are more likely to try new things, persevere through challenges, and achieve our goals. Having a growth mindset helps us become better learners and problem-solvers in all areas of life—not just better students.



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Activity 2:

Growth Mindset vs. Fixed Mindset Craft Characters

Divide the students into pairs or small groups. Ask them to take out their crafting supplies.

Provide each group with 2 Roylco Stand-Up Self Portraits and instructions to create two characters: one representing a **growth mindset** and one representing a **fixed mindset**.

Encourage students to think about how each character would behave, what they would say, and how they would approach challenges.

After the craft is completed, have each group share their characters with the class, explaining the differences between the two mindsets. Display the characters in the classroom as a reminder to approach challenges with a growth mindset.

Conclusion:

Recap the key points of the lesson: the difference between growth and fixed mindsets, why having a growth mindset is important, and how we can apply a growth mindset to challenges.

Encourage students to practice having a growth mindset in their daily lives, whether it's in school, at home, or in their extracurricular activities.

Assessment:

Throughout the lesson, observe students' participation in discussions and their engagement in the crafting activity.

Ask questions to assess their understanding of growth and fixed mindsets.

Sources:

- biglifejournal.com
- soeonline.american.edu
- www.kodable.com
- www.weareteachers.com



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