

The Power of Yet

Developing a Growth Mindset

Resources and links to learn more about developing a growth mindset can be found at

<http://bit.ly/lennyvgrowth>

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Link to this document <https://bit.ly/lennyvpowerofyet>

The Power of YET is a component of the “Growth Mindset”, which is promoted by Carol Dweck and Jo Boaler. I don’t know how to ride my bike, YET. I don’t know how to do this hard task, YET. Having students add the word YET after a statement begins to change their mindset.

September Growth Mindset days at Thomas

- Kindergarten - [Slides](#) for Giraffes Can’t Dance (video Power of Yet video-3min, You can ride your bike-1min)
- 1st grade- The Dot-[Slides](#) for The Dot for growth mindset (Video Dog bone-1 min)
- 2nd grade- [Slides](#) The magic of Yet (Video Your Brain is like a muscle. (2.5 min) From Class Dojo)
- 3rd grade-[Slides](#) from “When Things Aren’t Going Right, Go Left” (Video-Class Dojo Learning from mistakes and music rap)
- 4th grade [Slides](#) Math Curse (Video-“You Can Learn Anything”) or Learning to Draw
- 5th grade [Slides](#) putting everything together. Video Audri’s Rube Goldberg Monster Trap

Growth Mindset Picture Books Below

An Addition to the Power of YET

- Instead of “I am really bad at multiplying” YET.
- Add a comment about HOW or NEXT STEPS the student will take. I can’t multiply YET. I am going to use arrays, skip counting, etc, to learn more facts. (Share what students can do to get better.)

Short Videos to Reinforce the Power of YET and a Growth Mindset

- [The Power of Yet](#) (3 min) from the Sesame Street video, elementary
- [Dog with Bone](#) (1min) Dog shows persistence in trying to get a bone through the small dog door
- [You Can Learn Anything](#) (1.5min) Khan Academy
- [Persistent Ducklings](#) (2.5 min) group of ducklings goes upstairs with mother’s encouragement
- [You Can Ride Bike](#) (1min) Elementary student shares excitement over riding a bike.
- **A series of videos from [ClassDojo](#)** (5 min each) videos on growth mindset, perseverance, empathy, gratitude, and mindfulness, intermediate
 - Your Brain is like a muscle. (2.5 min) From Class Dojo <http://vid.ly/3c0x2k>

- The Magic of Making Mistakes (2.5 min) <http://vid.ly/8c1n7n>
- The Power of Yet [link](#)
- [#4 Link](#) How Your brain works
- [#5 link](#) Putting it together
- [Growth Mindset series](#)
- [Baby George](#) (2 min) What a baby can show us about learning as shown by going down steps
- [Failure Video](#) (1.5 min) Examples are from people many young students probably do not know.
- [Learning to Draw](#) (2min) Mistakes are just steps to success
- [Student Rap, Learn From Mistakes](#) (2.5 min) intermediate students
- Rube Goldberg Machines
 - [Audri's Rube Goldberg Monster Trap](#) (4 min) with a great ending about learning from your mistakes.
 - [Scott Phillips Example](#) of rube goldberg machine
 - [RGB Fail video](#)
- **Jo Boaler** [The Brain](#) (8 min) Learning Math & Growth Mindset video intermediate, middle level, and high school [website link](#) with more student videos (intermediate, middle level) [Mindset Boosting Videos](#), [WIM videos](#)
 - [Boosting Messages](#), how to learn math (9-min)
 - Everyone can learn math
 - Believe in Yourself
 - Struggles and Mistakes are important.
 - Speed is not important
- [Math is ...](#) (2 min) students come up with positive attributes of math. Not really a growth mindset with YET but has students say why math is important.
- What is Neuroplasticity? 2-min [Video](#)
- [Rock Climbing Female](#) (2min)
- The brain is an amazing organ and grows and becomes more efficient as we expend energy to learn. [Neuroplasticity Video](#) (2 minutes) (intermediate) Also talks about changing bad habits.
- [Mouse Trap and Cheese](#) Watch this one before showing it to students.
- Even Yoda believes in a growth mindset. [Video](#) (6 min) Now there would have to be a “new way” of teaching the Jedi. That new method embodies the principles of [growth mindset](#):
- [SOAR: An Animated Short](#) (6 min) via Vimeo
- [Batman, Belief, and the Power of Yet](#) (4 min) via Mashup Math
- “Finishing ‘dead last’ trumps ‘did not finish,’ which trumps ‘did not start.’”

[Grit: The Power of Passion and Perseverance](#) (6 min) Angela Lee Duckworth TED talk

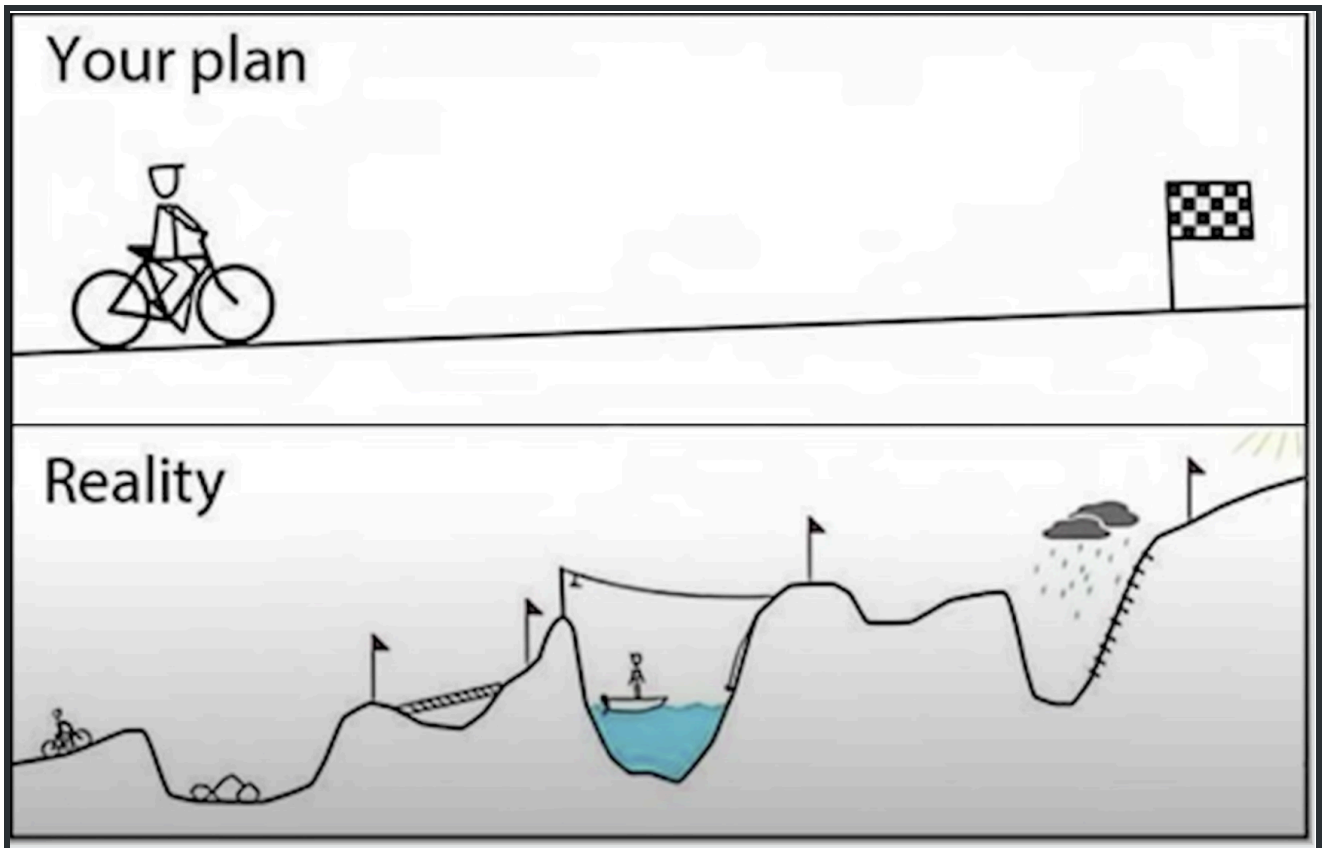
- Grit is the passion and perseverance for long-term goals.
- Grit is having stamina.
- Grit is living life like a marathon, not like a sprint.

[The Power of Grit TedTalk](#) by Dr. India White (10 minutes) (video for MS and above)

- Discover the power of grit and resilience to help you break through obstacles and achieve your goals. This TEDx talk explores how passion, perseverance, and time management can be used to activate grit in order to overcome struggles and thrive.

Teacher or Parent Videos

- [The Super Mario Effect](#) (15 min) Mark Rober, Ted Talk.
 - **Take time to watch this video.** Every time I watch the video I pick up something new.
 - The video compares playing video games to learning. Children playing video games learn from their mistakes, take risks, and when they are killed or the game ends they continue to play another game.
 - The power is finding a new way to frame the learning process. Develop learners who do not see failure in a negative light but see failing as a learning experience. Learn from the failures but not be focused on the failures. Create a focus on the end goal.
 - The ultimate challenge is to develop learners who want to do want to learn.



For Students: Monarch Butterflies need to struggle to get out of their cocoon so that their wings develop.

THE PITFALLS OF PERFECTIONISM

How to help your kids set realistic standards for themselves in life

DR. KENNETH R. GINSBURG
American Academy of Pediatrics

Every parent wants their child to be successful in life. But young people sometimes set excessively high standards for themselves. If something they do isn't flawless, they may become overly self-critical. Their pursuit of perfection can become unhealthy and actually interfere with what they want to accomplish.

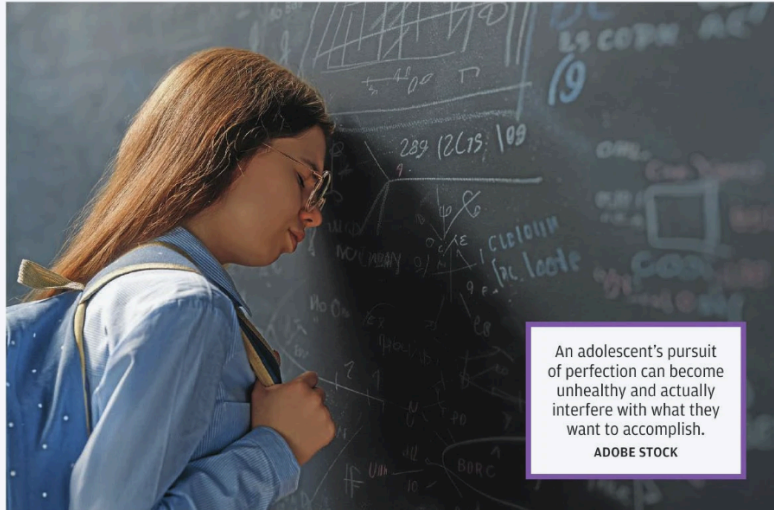
As adolescents face the challenges of growing up, parents can prepare them to be high achievers rather than perfectionists.

Mindset shift

Research shows how praise and criticism can lead to a "fixed mindset," rather than a healthier "growth mindset." For example, children praised for being smart are more likely to grow to fear being seen as anything else, while those noticed for effort develop a passion for growth.

Young people with a growth mindset believe their intelligence can be developed with effort. When they don't do something as well as they hoped, they don't see themselves as failures, but as learners. In contrast, people with a fixed mindset (including perfectionists) may believe people are either smart or not, and that failure proves you're not. They may even believe that having to work hard at something suggests a lack of natural intelligence.

People with a growth mindset feel successful when they can do something they couldn't do



before, whereas those with fixed mindsets feel smart when they avoid errors.

To help your child build a growth mindset, praise the effort, rather than the product.

'Pruning' commitments

Help your child work toward the balance in managing the tasks of daily life. Time and energy are limited resources. Extra time spent on a project may mean giving up needed sleep, exercise or time connecting with friends.

Extracurricular activities can enrich learning, but children also need self-driven play and down time to discover their passions and skills. When teens feel overwhelmed, they can't focus on anything or learn where they need to excel. Don't view the

need to cut back on extra activities as "quitting," but instead as "pruning." When they can prune away what no longer interests them, their strongest interests and greatest talents will flourish.

Use the best antidote to an unhealthy sense of perfectionism: unconditional acceptance. The most essential ingredient in raising resilient children and teens is the connections you form when you love or accept your children unconditionally and hold them to high but reasonable expectations. High expectations should not focus on grades or performance, but rather effort, integrity, generosity, empathy and other core values.

You can also model self-acceptance by presenting a "human" face to your children. You teach them humility and self-respect

when they see you admit and correct a mistake or failing. Acknowledge your own limitations while celebrating your strengths, and your children likely will do the same.

Redefine success

Celebrities receive attention at the top of their game, and young people in turn receive the message that recognition requires perfection. You can help counteract that message by clarifying and communicating your views of success.

Here are some you can consider: happiness, as well as contentment; commitment to hard work, determination and perseverance; resilience; generosity; compassion and empathy; desire to contribute; being able to

collaborate and work well with others; creativity and innovative potential; capacity to accept and learn from constructive criticism; and being accountable for your actions and making amends when needed.

Point out the real heroes all around us — those who choose to teach and heal, as well as those who choose to protect us and serve our communities and nation. Point out acts of kindness they witness among neighbors, friends and family. When children see realistic heroes and hear positive messages about the actions of real, accessible people, they learn a broader definition of success within which they, too, can feel valued.

Other considerations

Teens notice when parents are stressed and may not want to add to your worries with their concerns. Children and teens whose parents experience trauma, illness or divorce/separation, for example, may try to be "perfect" children. They may keep their own anxieties and struggles as tightly held secrets by always showing you their best face. Confiding in them about being overwhelmed or adult problems can make this worse.

Assure your teen that though you might be concerned, your greatest pleasure and most important job is to be there for them as their parent. You may say something like, "I know you want to protect me from more worries, and I appreciate how much you care about me. But the one thing I want to do right now more than anything is to be your parent. Please let me do that. I want to always be there for you."

This article offers valuable advice for parents on how to foster children with a growth mindset rather than a fixed mindset.

Picture Books

- [12 Read Alouds for Teaching Growth Mindset](#) elementary
- Young Adult Novels That Teach a Growth Mindset [EDUTOPIA](#) grades 6-9

When Sophie Thinks She Can't...



BY MOLLY BANG
CREATOR OF THREE CALDECOTT HONOR BOOKS

When Sophie can't solve a math puzzle, she feels upset and inadequate. "I CAN'T DO IT!" she shouts, expressing the frustration all of us feel when we try and fail. Will she ever be "smart" like her sister?

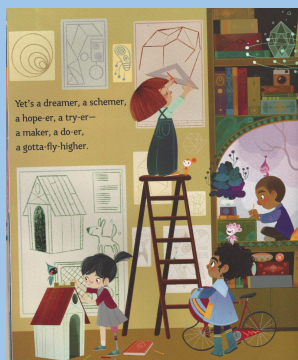
If you haven't built out an anchor chart for what it looks like & sounds like to productively struggle, this is a great way to launch that conversation!

[Amazon Link](#) [YouTube Video](#)



The Magical YET Angela DiTerlizzi I don't know how to do this YET.

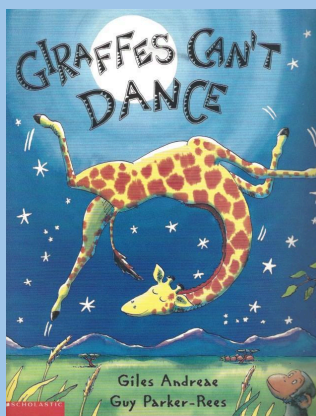
[Room Poster](#) [Level: Primary & up](#) [Powerpoint](#)



The Magical Yet



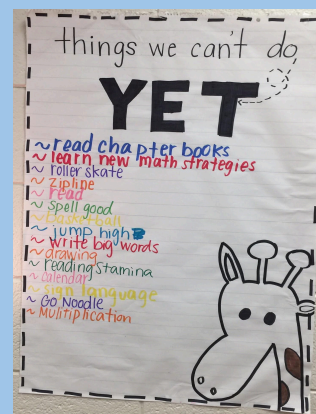
With the YET as your guide, along the way,
You'll do all the things you can't do today.
Don't stop now—you've got so much to do!
The good news is, this YET grows with you.



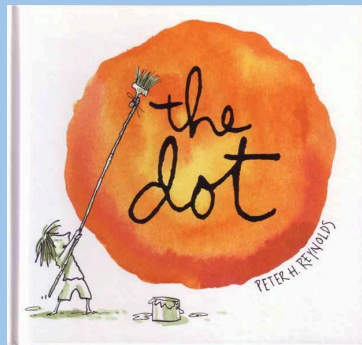
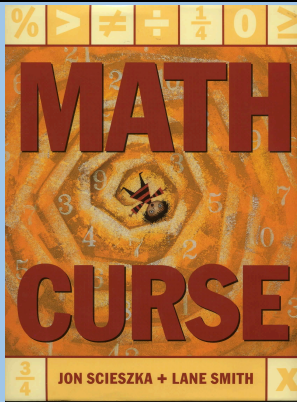
Giraffes Can't Dance YET

- [Slides](#) for Giraffes Can't Dance (Kids)
- [Powerpoint](#) (teachers)
- [The Power of YET](#) document with resource links

[Level: Primary & up](#)

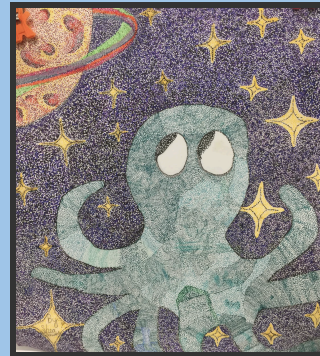


"Math Curse" written by Jon Scieszka and Lane Smith is delightful, entertaining, and educational. The book begins, "On Monday in math class Mrs. Fibonacci says, "YOU KNOW, you can think of almost everything as a math problem." On Tuesday I start having problems." Math questions are generated from and connected to the students' world as they go through a typical day. [Powerpoint](#) [Classroom Ideas](#) [Level: Intermediate & up](#)

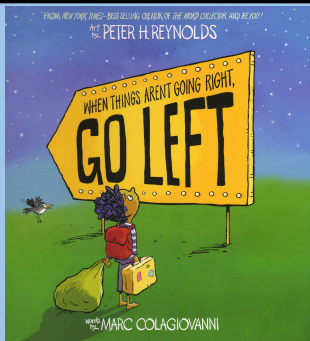


“The Dot” by Peter

Reynolds This delightful book is “Dedicated to Mr. Matson, my 7th-grade math teacher, who dared me to “make my mark.” As teachers we make “marks” on students daily, that is why we are teachers. Our interactions help mold students into young adults and ultimately into the person they will become. A related activity is provided to estimate the number of dots on a scanned picture that is provided. [Slides](#) for The Dot for growth mindset [Classroom Ideas](#) **Level: Primary & up**



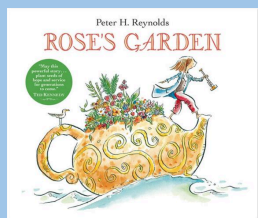
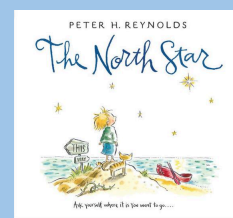
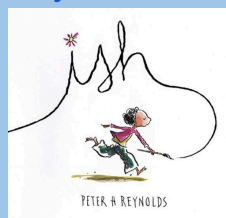
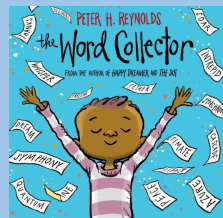
Gretna,
Thomas
Elementary
5th grader
2018



“When Things Aren’t Going Right, Go Left” by Peter

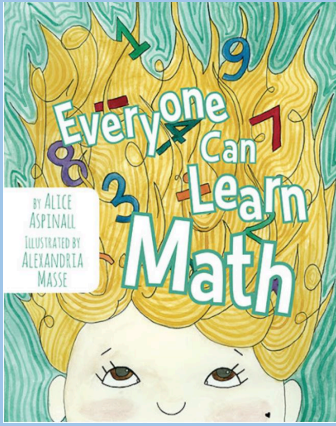
Reynolds. A growth mindset book. The boy leaves behind his worries, doubts, fears, and frustrations to achieve his goal. A celebration of choice, charting your own path, and finding inner strength even in the most challenging of times.

Some of [Peter Reynolds](#) Other Books



Everyone Can Learn Math

[MathBookMagic Post](#)
[Website](#) @EveryoneCanMath
[Making Math Moments Podcast](#)



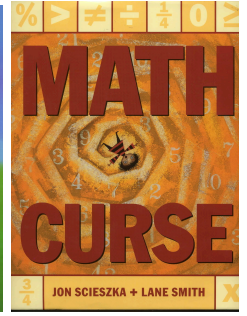
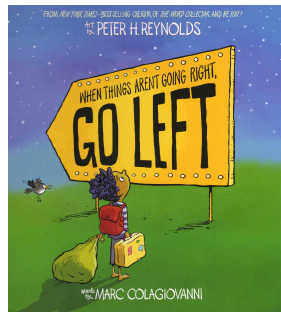
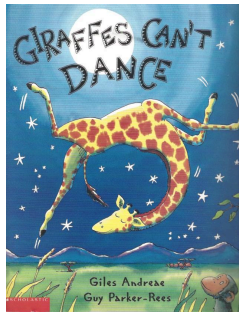
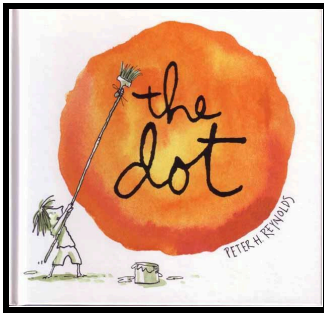
[Reading of Book by Author](#)

Level: Int & up



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GROWTH MINDSET SELF-TALK

ATTITUDE & EFFORT DETERMINE HOW MUCH I LEARN

I CAN
BE BRAVE & STEP OUT OF MY COMFORT ZONE

CHALLENGES HELP ME GROW

I'LL TRY A
DIFFERENT STRATEGY

EFFORT MAKES ME STRONGER

I CAN WELCOME
FEEDBACK

GETTING BETTER TAKES TIME

HOW CAN I BUILD ON MY STRENGTHS?

I CAN CHOOSE A GROWTH MINDSET

LEARNING IS A
JOURNEY

I CAN
KEEP AN OPEN MIND

LEARNING IS MY GOAL ... NOT PERFECTION

MISTAKES HELP ME IMPROVE

NEW THINGS ARE OPPORTUNITIES FOR ME TO LEARN

IT'S
OK TO NOT KNOW SOMETHING

WHEN I ASK
QUESTIONS, I LEARN

SUCCESS OF OTHERS INSPIRES ME

PLAN B MIGHT WORK

IT'S OKAY TO TAKE
RISKS

WHAT CAN I LEARN FROM THIS?

I CAN CHOOSE TO
TRY AGAIN

UNSUCCESSFUL ATTEMPTS ARE ALL PART OF THE PROCESS

VALUABLE INFORMATION CAN BE FOUND IN EVERY FAILURE

XYZ DIDN'T WORK I'LL TRY ABC

I DON'T KNOW HOW TO DO THIS...
YET!

ZANY IDEAS CAN LEAD TO AMAZING THINGS

Coaching a Growth Mindset



Mindset



5 Questions to Develop a Growth Mindset

What did you learn from today's performance?



What steps did you take to make you successful today?



What are some different strategies you could have used?



How did you keep going when things got tough?



What can you learn from your opponent today?



5 Feedback Comments to Develop a Growth Mindset

This will be a challenging concept to learn, but I believe you can master it



You haven't got it yet, but you will if you keep working and thinking about it

I really appreciated your effort today



It is okay to take risks, that's how we learn



Getting better takes time and I see you improving

