

Week 6: Resilience & Growth Mindset

Objective: Introduce the concepts of Resilience and Growth Mindset, and how we can use strategies from previous weeks to manage frustration and anxiety in order to persevere.

Materials:

- Visual Schedule of Session
- Growth mindset book: e.g. The Magical Yet, The Power of Yet, Your Thoughts Matter
- Optional “Yet” activity (one per student)
 - Older students: Growth Mindset Reflect and Plan worksheet
 - Younger students: Yet fill-in-the-blank worksheet

Plan:

- **Interactive Lesson:** Read story relating to Growth Mindset (e.g. Magical Yet, Your Thoughts Matter: Negative Self-Talk, Growth Mindset). Discuss the difference between growth mindset and fixed mindset.
- **Discussion:** Encourage students to reflect on something they are still working on and identify as a personal “yet” goal (e.g., “I can’t tie my shoes yet,” “I can’t stay calm when I lose a game yet”) and strategies from the class list that can help them persevere when things feel hard. Reinforce that these tools and strategies can be used both in and out of school to support learning, relationships, and resilience. Discuss how strategies can help us keep trying even when things feel hard.
- **Activity A:** Students get time to finish their individual toolboxes
- **Activity B:** If students are done their personal toolboxes, they can complete “Yet” activity:
 - Reflecting on strategies practiced in previous weeks, and the tools they have in their toolkits, students identify self-regulation strategies they can try when things feel hard. For older students, use Growth Mindset Reflect and Plan worksheets. For younger students, use fill in the blank “I can’t ____ yet” worksheet, with space to cut/paste strategies and draw picture.