



# Growth Mindset

## Lesson #1

Ask students to “think, draw, or write about” the following questions:



- a. Think of a time you learned something new. What steps did you take to learn it?
- b. Think of a time you failed at something. How did it make you feel? What happened after you failed?

Show Video



## Group T-Chart BrainStorm

Have student work in small groups to generate a t-chart of things they have learned and a prerequisite set skill they needed to learn it.

I learned this.	But first I needed to know this.

## Discussion

These activities lend themselves to answer our first essential question:

- How do we learn new things?

# Shoelace Activity

[Watch this video](#) to learn how to tie your shoe in under a minute.

Allow students time to practice. Give them access to the video so they can rewind, pause, and watch at their own pace.

## AFTERWARD:

Allow students to share their experiences with a partner. Encourage them to think about the activity with a partner.

- Was it difficult or easy?
- Did you get better at it?
- How did you improve?
- How does this relate to growth mindset?

## SHARE-OUT:

How can we relate “learning to tie our shoes a new way” to harder texts we may read this year or harder math we may learn?

