

Fixed VS Growth Mindset Board-Guide



CHECK LIST

- 30 - 45 min
- Different colored Sticky Notes
- Board or a wall

ACTIVITY DESCRIPTION

Identify three areas in your classroom - One side with Wall Title "Fixed Mindset" on the opposite side of the classroom display Wall Title "Growth Mindset." The center area is where ALL students will post their sticky notes with their Wall Title "Goals and Natural Highs."

THE STEPS

1. Review your checklist to ensure you have materials you need.
2. Ask each student to write a full sentence about a goal they want to achieve or a Natural High they want to discover and write it down on sticky notes you provided and place it on the Goals/Natural High wall.
3. TEACHER REVIEW OF GROWTH MINDSET:
 - a. Ask students to go to their desks and now explain to them the power of a Growth Mindset.
 - b. Explain the concept of "when you THINK YOU CAN'T you are probably right."
But when you THINK YOU CAN, YOU WILL through practice, dedication and persistence.
4. Explain how what we think impacts our outcomes. Such as:
 - I can't
 - I am not good at
 - I never win
 - I would like to but...
5. DISPLAY GRAPH BELOW AND EXPLAIN:
(Graph is on page 3) Importance of challenges, obstacles, effort and criticism to student's ability to achieve a goal or live their Natural High.



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6. STUDENT PARTICIPATION:

a. Now ask each student to select ONE sticky, read it carefully and place it in fixed mind set or growth mindset wall. It should not be the sticky student put up on the Goals/Natural High wall.

b. Give examples of what to look for:

i. Fixed mind set:	Growth mindset:
ii. I will try to... a...skater, swimmer	I will become
iii. I want to...	I will...
iv. I'd like to... what it takes to...	I am going to do what
v. I wish I could achieve...	I know I will

7. TEACHER REINFORCEMENT - Questions to have class discuss:

a. What should you do if you have a Growth Mindset when someone criticizes or says you can't do something?

b. What would a person who has a Growth Mindset do if he/she faces a challenge in achieving your goal?

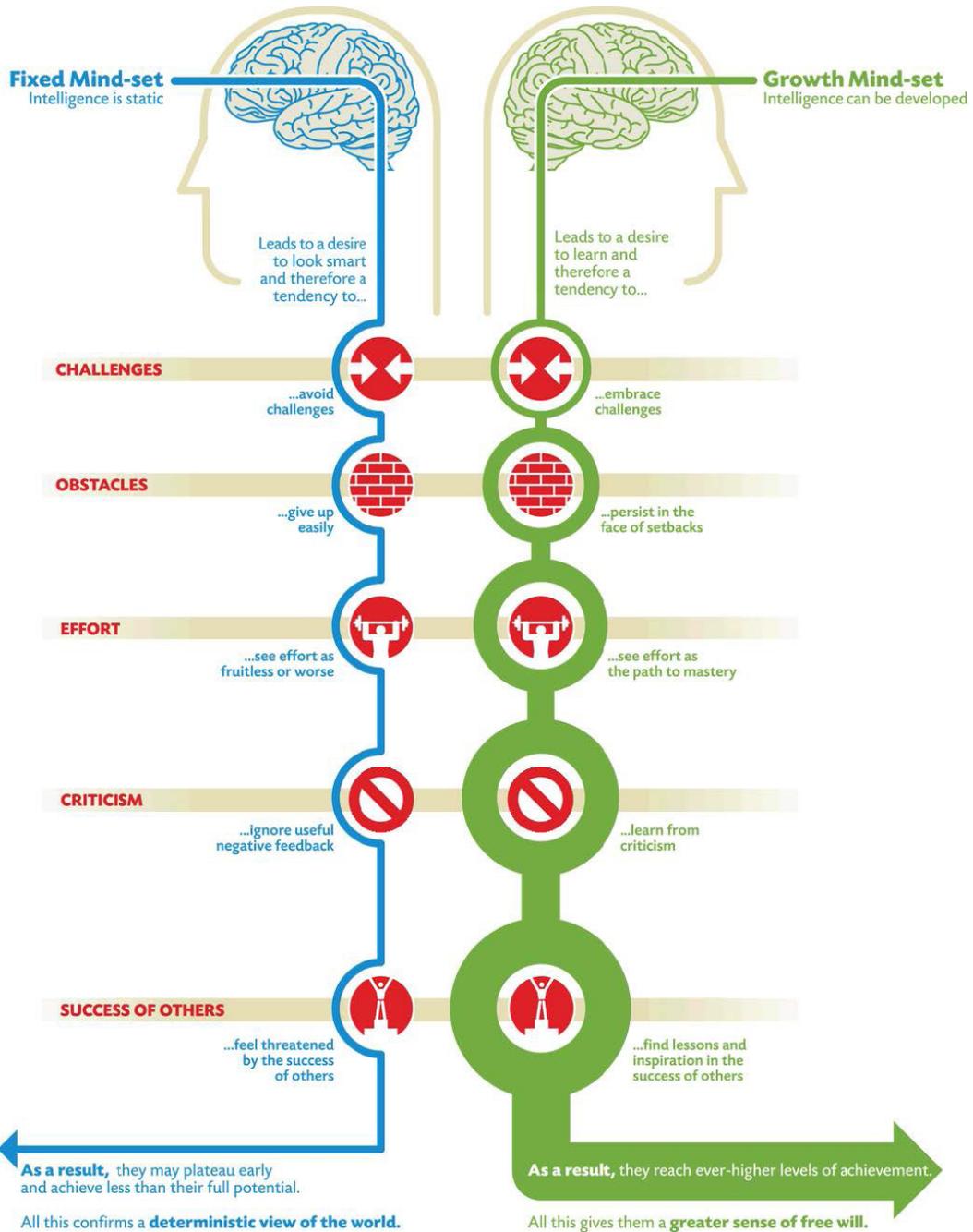
How would a person with a Growth Mindset think when they become discouraged, tired and begin to lose faith that they can achieve their goal?

8. WALL DISPLAY:

Display Growth Mindset Graphic provided here and Keep Growth Mindset Sticky Notes up in class to reinforce Growth Mindset concept..

The Outcome: Students will identify what is a fixed mindset thinking vs growth mindset thinking. This will allow them to reframe their thought process and overall decision making.





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