

PENNANT HILLS PUBLIC SCHOOL

GROWTH MINDSET LESSONS

PARENT OVERVIEW



This booklet is an overview of our students' learning K-6. It contains an outline of the goals and lessons used to introduce Growth Mindset to PHPS students. Through this Overview for Parents we hope to help you support your children by providing information and strategies that you can use to reinforce their growth mindset development.

Growth Mindset lessons K-6 will provide opportunities for students to develop a growth mindset so that they think of their intelligence as something they can develop through study and learning rather than as something fixed. In doing so, they thereby increase their sense of self-efficacy and motivation to learn. Students will learn how the brain functions, learns, and remembers, and how it changes in a physical way when we exercise it. The concept of neuroplasticity will be reinforced so that our children understand that the brain has the capacity to develop throughout life. They will learn how to tackle academic challenges by applying this knowledge to their learning.

The words of Carol Dweck are inspirational:

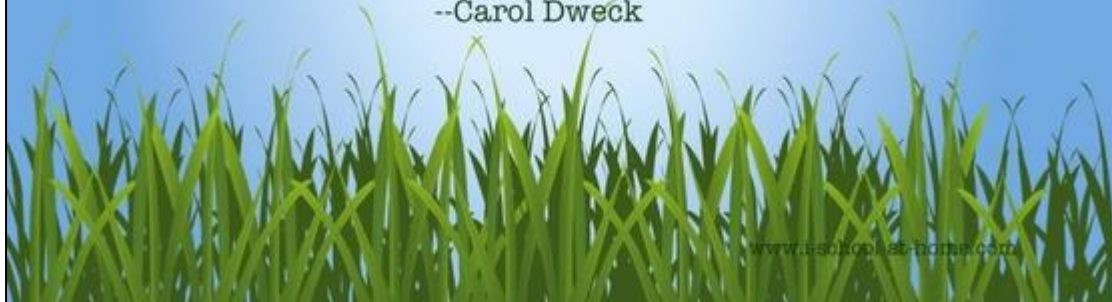
“If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning.”

The Growth Mindset:

"People believe... their talents and abilities can be developed through passion, education, and persistence.

For them...it's about a commitment to learning- taking informed risks and learning from the results, surrounding yourself with people who will challenge you to grow, looking frankly at your deficiencies and seeking to remedy them."

--Carol Dweck



EARLY STAGE 1

Growth Mindset lessons in Early Stage 1 will provide opportunities for students to incorporate a 'Growth Mindset' style into their learning. The key focus will be on Perseverance and how the students can encompass this virtue in their day-to-day lives both at school and home. Kindergarten will be investigating Growth Mindset concepts and what it means to them.

Lesson 1

Subject Matter Focus:

"What is your brain?" "What does it do?"

Students learn about:

- Brainstorm what they know about their brain and then go through what your brain can do. Discuss and demonstrate "switch ons".
- Craft activity with the buddy –making a pasta brain

Lesson 2

Subject Matter Focus:

Persistence / Resilience

Students learn about:

- Not giving up
- Keeping on trying
- Not Yet - Keep practising – You will Achieve

Lesson 3

Subject Matter Focus:

Learning from mistakes

Students learn about:

- Everyone makes mistakes
- Learning from mistakes
- What is perseverance?

Lesson 4

Subject Matter Focus:

Positive strategies to use so we can learn from mistakes

Students learn about:

- Types of mistakes
- Positive Strategies to use
- Resilience

Lesson 5

Subject Matter Focus:

Persistence

Students learn about:

- Persistence in mastering difficult tasks
- Drama activity enabling children to master a skill

Lesson 6

Subject Matter Focus:

Tackling Difficult Tasks

Students learn about:

- Difficult tasks are achievable
- To do something difficult you have to be persistent
- Sustainability

Lesson 7

Subject Matter Focus:

Symbolising Growth Mindset

Students learn about:

- Creating a symbol about brain power
- Consolidating their knowledge of Growth Mindset
- Keep moving forward

What Can I Say To Myself?

Instead of:

Try thinking:

I'm not that good at this.

What am I missing?

I'm awesome at this.

I'm on the right track.

I give up.

I'll use some of the strategies we've learned.

This is too hard.

This may take some time and effort.

I can't make this any better.

I can always improve, so I'll keep on trying.

I just can't do maths.

I'm going to train my brain in maths.

I made a mistake.

Mistakes help me learn better.

She's so smart. I'll never be that smart.

I'm going to figure out how she does it so I can try it.

Plan A didn't work.

Good thing the alphabet has 25 more letters.

It's good enough.

Is it really my best work?

STAGE 1

Growth Mindset lessons in Stage 1 will provide opportunities for students to ...

Lesson 1

Subject Matter Focus:

"What is your brain?" "What does it do?"

Students learn about:

- Introduce book '*Your Fantastic Elastic Brain*'.

 "What does the term elastic mean?"
- Discuss the important function that the brain has.
 READ the book '*Your Fantastic Elastic Brain*'. Discuss terminology.
- 'Label the Brain' activity. (Using stencil provided)

Lesson 2

Subject Matter Focus:

*The harder you try / practise,
The more you will learn.*

Students learn about:

- In pairs, students make a list of things they have learnt to do since they were a baby. Eg. playing an instrument, walk, etc.
- Students make a class list of activities that require practice in order to improve.
- Discuss what happened when you first started the activity or skill.
- How does that compare to completing the activity today?
- On an enlarged picture of a brain - students place a strip of paper where they have written something new that they have learnt. Eg .new language, learnt to swim

Lesson 3

Subject Matter Focus:

The brain is divided into parts and they determine how we think, write, learn, move etc.

Students learn about:

- Picture book '*Think Think Think – Learning about your brain.*'
- "What side of the brain do you think you use when draw a picture?"
- "What side of the brain works when you write this sentence?"
 Sentence is "*My brain helps me to think, remember, see, hear and feel.*"
- Discuss what is healthy and unhealthy for our brains.
- "Let's challenge ourselves and learn a new skill. Use the hand that you don't usually use to draw a picture and write your name."

Lesson 4

Subject Matter Focus:

A student's mindset really controls what is learned and how successful each student becomes.

Students learn about:

- Teacher introduces the word *mindset* to the students. Students guess what it means.
- Teacher then introduces *growth vs fixed mindset*. (Due to age of students it is recommended to describe growth as open and fixed as closed – relates to hand signs in the lesson).
- Students, in pairs, are given a minute to discuss what the difference is between the 2 mindsets.
- Teacher asks for answers for each type of mindset. Teacher then gives examples for each type. Eg. Fixed – “I can’t do this”, “I can’t make any friends”, “I’m not going to try”.
- Growth – “This math is hard but I’m going to keep trying”, “I can do this”, “I don’t have any friends ...yet”.
- Teacher and students focus on the power of the word ‘yet’. Adding the word yet to the end of a sentence can make all the difference!
- Students practise the signs for growth (open) mindset – open hand and the sign for fixed (closed) mindset – closed fist.

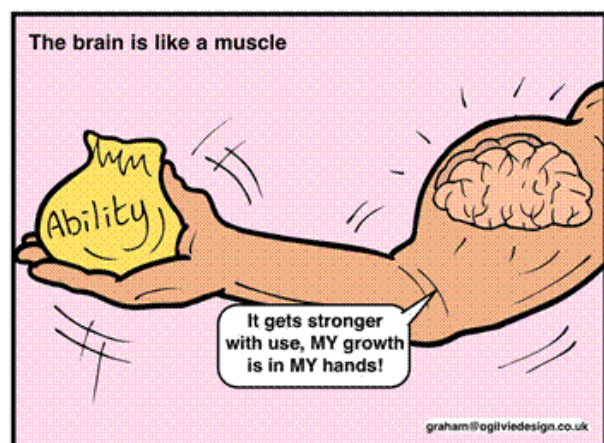
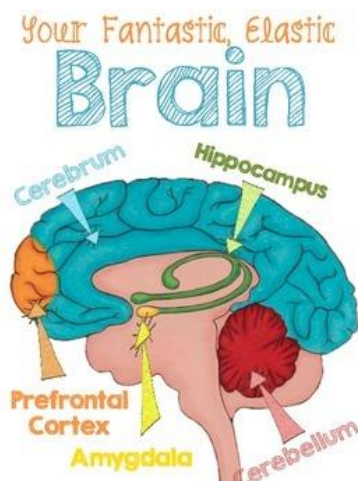
Lesson 5

Subject Matter Focus:

Mindset can change over time. (Continues from previous lesson).

Students learn about:

- Students read book ‘The Dot’ by Peter H. Reynolds (on youtube).
- Students discuss the mindset of the characters and how the mindset of the main character Vashti changes over the course of the story.
- Teacher then has students match phrases for wall chart “What Can I Say To Myself?”
Eg. “I just can’t do Maths” matches with “I’m going to train my brain in Maths”.
“It’s good enough” matches with “Is it really my best work?”
Students will be exposed to language associated with growth mindset as a result.



STAGE 2

Growth Mindset lessons in Stage 2 will provide opportunities for students to learn about how the brain works, the different parts of the brain and how important it is to keep our brains active to develop growth throughout life.

Lesson 1

Subject Matter Focus:

Cerebrum

Students learn about:

- How the brain works
- Cerebrum – being the front part of the brain
- Cerebrum – where activities including reasoning, learning, sensory perception and emotional responses takes place

Students will:

- Brainstorm what they already know about the brain
- Use 'Think, think, think: Learning about Your Brain' book by Pamela Hill Nettleton
- Participate in whole class activities to demonstrate how the cerebrum works

Lesson 2

Subject Matter Focus:

Cerebellum

Students learn about:

- How the brain works
- Cerebellum – being the rear part of the brain
- Cerebellum – serving to control and coordinate muscular activity and maintain balance

Students will:

- Use 'Think, think, think: Learning about Your Brain' book by Pamela Hill Nettleton
- Participate in whole class activities working/using their cerebellum
- Design an experiment to demonstrate how the cerebellum works

Lesson 3

Subject Matter Focus:

Brain Stem

Students learn about:

- How the brain works
- Brain Stem – the brains primary concern is keeping you alive and this is something we cannot control or stop.
- Brain Stem – the part of the brain between the spinal column and the cerebral hemispheres

Students will:

- Use 'Think, think, think: Learning about Your Brain' book by Pamela Hill Nettleton
- View YouTube videos related to the brain stem
- Play 'Parts of the Brain' game

Lesson 4

Subject Matter Focus:

Neuroplasticity

Students learn about:

- How the brain works
- The brain – how it works to connect ideas
- Neuroplasticity – how experiences and learning new things reorganise neural pathways in the brain

Students will:

- Read 'My Fantastic Plastic Brain'
- View YouTube videos about metacognition
- Reflect on the Growth Mindset unit of work

Lesson 5

Subject Matter Focus:

Mistakes are a part of learning

Students learn about:

- Mistakes

Students will:

- Work in groups to discuss how it feels when you make mistakes
- Discuss and role play what they can do to learn from mistakes
- Discuss what can be learned from making mistakes

Lesson 6

Subject Matter Focus:

Using the language of Growth Mindset

Students learn about:

- Fixed Mindset
- Growth Mindset
- Challenges

Students will:

- Learn the difference between a Fixed Mindset and a Growth Mindset
- Discuss strategies to overcome learning challenges
- Share the language of Growth Mindset
- Learn how to set achievable goals

STAGE 3

Growth Mindset lessons in Stage 3 will provide opportunities for students to explore how the brain works and how intelligence is something that can be developed through study and learning, rather than something that is fixed.

Lesson 1

Subject Matter Focus:

How the brain works.

Students learn about:

- Discuss how they think the brain works.
- Watch a video on how the brain works.
- Reflect on what they have learnt about the brain.

Lesson 2

Subject Matter Focus:

The different parts of the brain and what neurons are.

Students learn about:

- Research what the different parts of the brain are called.
- Discover what areas the different parts of the brain are responsible for.
- Learn about neurons.

Lesson 3

Subject Matter Focus:

Revise what students know so far about the brain and build on that knowledge by introducing the concept that you never stop learning.

Students learn about:

- Participate in a class discussion about how the brain works.
- Complete an activity involving detailed descriptions about the different parts of the brain and what they are responsible for.
- Discuss the concept that learning potential is limitless.

Lesson 4

Subject Matter Focus:

The difference between a fixed and growth mindset.

Students learn about:

- Learn about a fixed mindset.
- Learn about a growth mindset.
- Discuss the difference between a fixed and growth mindset and reflect on what type of mindset they currently have.
- Discover that when you have a growth mindset, you will believe that learning potential is limitless.

Lesson 5

Subject Matter Focus:

The difference between feedback and feed forward, reflection of student learning as well as revising what students know about growth mindset and the brain.

Students learn about:

- Discuss what they already know about feedback.
- Learn about feed forward and why it is imperative in the classroom environment.
- Complete feedback and feed forward sentence starters to reflect on their own learning. For example, “Something that I need to improve on is...” and “In the future I will...”
- Recap what they have learnt about growth mindset and the brain.

FIXED MINDSET		GROWTH MINDSET
<ul style="list-style-type: none">• SOMETHING YOU'RE BORN WITH• FIXED	SKILLS	<ul style="list-style-type: none">• COME FROM HARD WORK.• CAN ALWAYS IMPROVE
<ul style="list-style-type: none">• SOMETHING TO AVOID• COULD REVEAL LACK OF SKILL• TEND TO GIVE UP EASILY	CHALLENGES	<ul style="list-style-type: none">• SHOULD BE EMBRACED• AN OPPORTUNITY TO GROW.• MORE PERSISTANT
<ul style="list-style-type: none">• UNNECESSARY• SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH	EFFORT	<ul style="list-style-type: none">• ESSENTIAL• A PATH TO MASTERY
<ul style="list-style-type: none">• GET DEFENSIVE• TAKE IT PERSONAL	FEEDBACK	<ul style="list-style-type: none">• USEFUL• SOMETHING TO LEARN FROM• IDENTIFY AREAS TO IMPROVE
<ul style="list-style-type: none">• BLAME OTHERS• GET DISCOURAGED	SETBACKS	<ul style="list-style-type: none">• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME.