



Healthy Heads Lesson Plan

Growth Mindset - Year 5/6

- Our Aim:**
- I can understand the difference between a fixed and growth mindset
 - I can identify ways to develop a growth mindset and give my partner feedback
 - I can demonstrate a growth mindset during physical activity

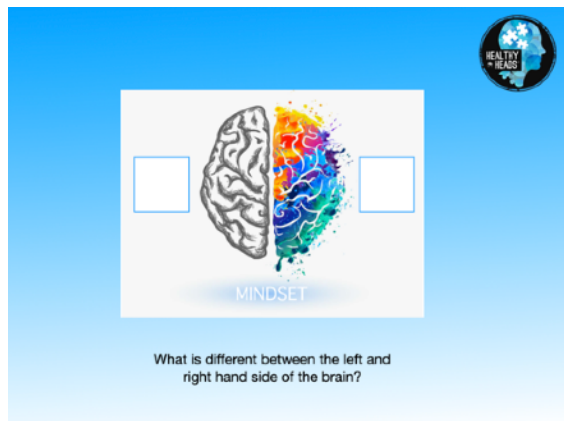
Lesson Topic: Growth Mindset	
Age: Year 5/6	Duration: 1 hour – 30 min classroom + 30 practical
Links to PSHE curriculum: <ul style="list-style-type: none"> - About how to develop - Choices that promote health and wellbeing 	Notes on the class: <p>Gain overview of class - discussion with teacher.</p> <p>SEND Medical Behaviour Other</p>
Resources <p>Theory: growth mindset lesson presentation Practical: cones, bibs, dodgeballs, beanbags</p>	
Organisation/Diagrams	Teaching Points

Theory

Introduction

Our aim:

- I can understand the difference between a fixed and a growth mindset
- I can identify ways to develop a growth mindset and give my partner feedback
- I can demonstrate having a growth mindset during physical activity



Introduce topic
Set classroom expectations
Share learning objectives

Ask children to study the image for a few seconds. What do they see? Can they explain the different between the left and right side?

(Gather children's responses and use it as assessment for the lesson)

Explain the image/model: the left side (black and white) shows a fixed/negative mindset.

The right side (colourful) shows a growth mindset/positive one.

Task 1

Fixed mindset vs growth mindset

Growth mindset

A growth mindset is where a person looks at challenges and change as a good thing to increase effort and learning.

What are the signs of a growth mindset?

Growth-Mindset

- Thinking I can be good at anything
- I keep trying until I get results
- I embrace challenges
- Welcoming feedback and criticism
- I like learning about things I don't know

Fixed mindset

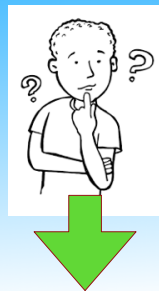
A fixed mindset is where a person looks at challenges and change as a threat.

What are the signs of a fixed mindset?

Fixed-mindset

- Thinking I'm only good at certain things
- Giving up if things become difficult
- I hate challenges
- Taking feedback personally
- I don't like doing what I don't know

How can I build a growth-mindset?



The Learning Pit

The Learning Pit



Ask: What is a growth mindset?

-present answer on slide

Ask: what are the signs of a growth mindset?

Present information on slide

Explain: A growth mindset is ultimately a positive mindset.

Ask: What is a fixed mindset?

-present answer on slide

Ask: What are the signs of a fixed mindset?

Present information on slide

Explain: A fixed mindset is ultimately a negative mindset. When we look at things negatively, it is restrictive and prevents growth.

Key question

Ask: How can we build a growth mindset?

Explain the model: (move from the left to the right)

All learners experience moving through the learning pit. Starting with being faced with a challenge, and falling into 'the pit' here it becomes our decision - to be positive or give up.

We are all capable of overcoming challenges.all learners experience moving through difficulty before they can achieve. Knowing that you can and will get through it will build your growth mindset.

The Power of YET!

The Power of Yet!



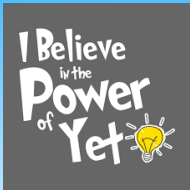
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Explain: It easy to think negatively. It offers **personal challenge when we transform negative thoughts into positive ones.** we can easily change a negative statement to a positive one by adding **YET**.

This is a good way to improve your growth mindset. By understanding that we haven't achieved something **YET** is far better than giving up and feeling negative.

Task 2

Can you write down as many sentences that you can think of where you add the word yet to turn it from a fixed to a growth mindset?



Can you give a partner feedback and help them to come up with some more?

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Explain task using slide. Children use their white-board to complete task.

Facilitate class discussion and give individual feedback to children as they partake in activity.

Conclusion

What's important?

That we keep developing our growth mindset when learning



This will help us to learn more and develop quicker



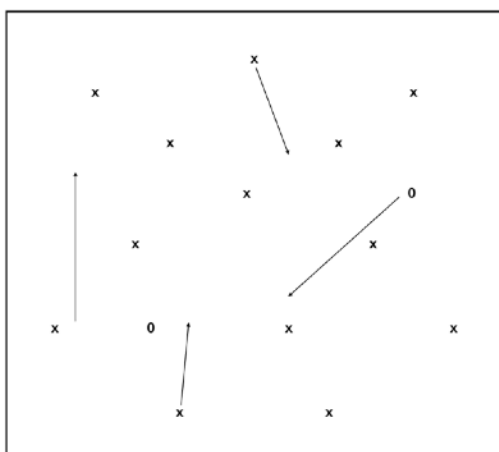
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Share conclusions as shown on the slide.

Prepare children for practical activity. Emphasise that we will practise and discuss **growth mindset** throughout the session.

Practical

Activity 1 - Sun and Ice

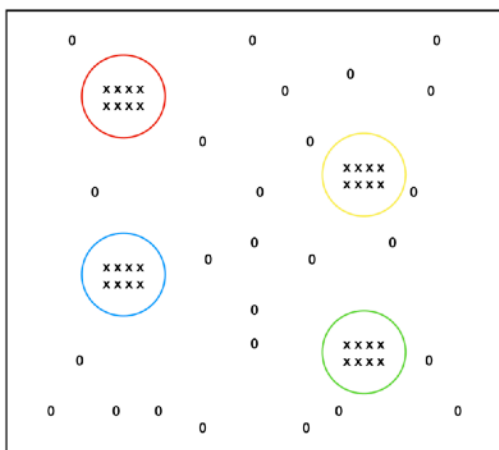


Key: Children - x Dodgeballs - 0

At the start of the game, choose two children to be the 'sun' who will receive a yellow dodgeball each and two children to be the 'ice' who will receive a blue dodgeball each.

The children who are the ice must run around the area and tag the children who do not have a ball. Once tagged, those children must stand still and put their arm in the air to signal the sun. The children who are the sun will tag them with the ball to 'un-freeze' them so they can return to the game.

Activity 2 - Collect the treasure



Key: Children - x Beanbags - 0 Hoops - o

Children will be split into four teams; red, blue, yellow and green. Each team must collect beanbags as quickly as possible and return them to the hoop, with all children running at the same time. Children can only pick up one beanbag at a time and must be stood inside their hoop before they drop the beanbag into it. The winning team is the team that collects the most beanbags.

Progression 1 - The sun must throw the ball to the frozen person and then receive the ball back to unfreeze them.

Progression 2 - The ice are now allowed to throw the ball to freeze the other children.

Progression 3 - Once the sun has thrown the ball, the frozen child will now keep that ball and become the sun.

Teaching points:

Ask: How can we improve at this game by using a growth mindset?

Examples of correct answers:

- Look around to become more aware of your surroundings
- Work with others to perform better at the task in hand

Progression 1 - Only one person at a time can leave the hoop and collect one beanbag at a time.

Progression 2 - If a beanbag is collected that matches the team colour then the team is awarded an extra point.

Progression 3 - Children are allowed to take beanbags from other hoops

Teaching points:

Ask: How can we improve at this game by using a growth mindset?

Examples of correct answers:

- Work together as a team to decide which beanbags to collect
- Come up with an order of which children will leave the hoop when going one at a time

