

Lesson Five: Working as a team

Activity One:



Why is teamwork important? How could not working as a team impact on your well-being?

Share your ideas as a class!



Lesson Six: Growth mind-set

The concept of growth mindset has been around for a while. It was developed by Stanford University professor Carol Dweck. Dweck and her colleagues did a series of studies that found that children who pushed through challenges held the belief that they could improve their abilities. Children who pulled back from challenges believed their abilities were fixed.



(Carol Dweck)

Picture a child who struggles with reading and has gotten low scores on her recent comprehension test. If she's convinced she's "just bad at reading," and that no amount of work will change that, she's showing a fixed mindset, and is likely to stop trying. If she says she has trouble with reading, but continues to try to improve at it, that shows a growth mindset.



But how a child approaches challenges isn't set in stone, according to Dweck. That's one of the misconceptions about growth mindset—that either you have it or you don't. In fact, we all have a mix of fixed and growth mindsets that change based on the experiences we have and the feedback we get.



Having a growth mindset means more than just accepting feedback and being open-minded. Children with this mindset take feedback, and what they learn from experience, and create strategies for improving. They believe that even if they fail at something, they can still succeed.

Activity:

Re-write these statements from a growth-mindset point of view.

INSTEAD OF.....	TRY THINKING....
I'm not good at this	What am I missing?
I give up	A
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
This is too hard	This may take some time
I made a mistake	B
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	C
My friend can do it	D

A. _____

B. _____

C. _____

Extra resources to view:

<https://www.bbc.com/bitesize/subjects/zqtnvcw>