




Lesson Seven: Growth mind-set

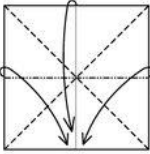
Growth mind-set is understanding the importance of struggling. Struggling means that you are working hard in order to achieve something. We're not always successful first time round but it's about persevering and never giving up despite how challenging something might be. It's important not to compare yourself to others but to focus on your own achievements and your own next steps.

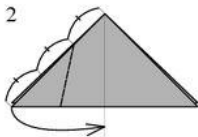
Complete the activity below but you only have 5 minutes!

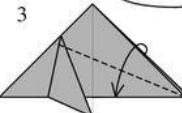
Dolphin

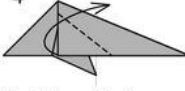
This model is simple enough to make a whole school of dolphins... even while in class!

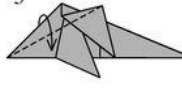


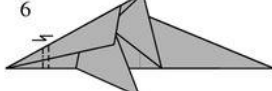
1  Fold a colored Waterbomb Base. For help, consult the cloud.

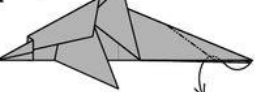
2  Valley-fold the front flap. Exact placement is not important.

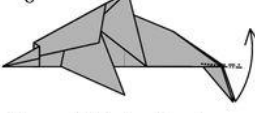
3  Valley-fold

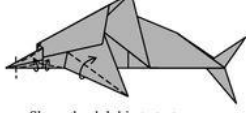
4  Valley-fold to make the dorsal fin. There is no guideline here; fold to taste.

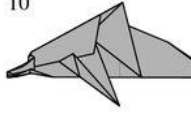
5  Valley-fold.

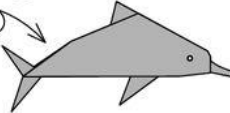
6  Pleat.

7  Reverse-fold.


8  Reverse-fold the inner flap only.


9  Shape the dolphin to taste with valley folds.


10  Turn over.


11  The Dolphin ready to swim away.


Waterbomb Base


1a  To fold a colored Waterbomb Base, first turn the paper over.


1b  Valley-fold and unfold in half both ways. Turn over.

1c  Valley-fold and unfold diagonally in half both ways.

1d  Collapse along existing creases.

1e  In progress.

1f  Further in progress.

1g  The Waterbomb Base has been built.



Pick three words which describe how you felt when you couldn't complete the task.