



Intermediate Lesson Plans

Ideal for Ages 8-12

Every Lesson:

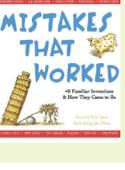
- Identifies **key vocabulary** and **tricky phrasing**
- Includes **discussion starters** and **questions to check for understanding**
- Features engaging **writing prompts**
- Includes **activities** and at least one **printable** activity or resource

Aligned to Common Standards

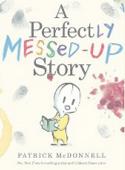
Every lesson plan aligns with age-level standards in **Reading, Writing, Speaking & Listening and Literacy** and supports age appropriate learning mindsets and behaviors.

Six lesson plans that introduce and focus on growth vs. fixed mindset

LESSON PLANS FOR AGES 8-12

Book Title and Author	Printable Activities	Big Ideas
 <p>How to Grow A Brain Introducing a Growth vs. Fixed Mindset</p>	<ul style="list-style-type: none"> • 2 Mindsets: <i>Personal Reflection</i> • NED Says: <i>Group Activity</i> 	Determination Do Your Best Failures are Important Grow Your Brain Growth Mindset I Can Learn from Mistakes Never Give Up Overcoming Obstacles Perseverance
 <p>The Most Magnificent Thing by Ashley Spires</p>	<ul style="list-style-type: none"> • Bookmarks: <i>Art Project</i> • Story Planning: <i>Pre-Write Brainstorm</i> 	
 <p>Mistakes That Worked by Charlotte Foltz Jones and Illustrated by John O'Brien</p>	<ul style="list-style-type: none"> • Cause & Effect: <i>Sequential Thinking</i> • Summary: <i>Story Reflection</i> • Encouragements Notes: <i>Home Connection for Parents</i> 	

LESSON PLANS FOR AGES 5-8

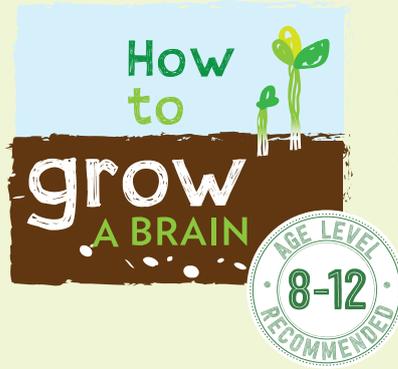
Book Title and Author	Printable Activities	Big Ideas
 <p>How to Grow A Brain Introducing a Growth vs. Fixed Mindset</p>	<ul style="list-style-type: none"> • NED's Poems: <i>Teaching Aid</i> • T-Chart: <i>Compare/Contrast</i> • Card Set: <i>Growth Mindset Practise</i> 	Determination Do Your Best Grow Your Brain Growth Mindset I Can Learn from Mistakes Never Give Up Overcoming Obstacles Perfectionist Perseverance
 <p>The Girl Who Never Made Mistakes by Mark Pett and Gary Rubinstein and illustrated by Mark Pett</p>	<ul style="list-style-type: none"> • Trace Sheets: <i>Writing Practise</i> • Story Planning Sheets: <i>Creative Writing</i> • Bookmarks: <i>Art Project</i> • Encouragement Notes: <i>Home Connection for Parents</i> 	
 <p>A Perfectly Messed-Up Story by Patrick McDonnell</p>	<ul style="list-style-type: none"> • Now I Can: <i>Draw/Write Practise</i> • 4 Thoughts: <i>Personal Reflection</i> • Fingerprints Poem: <i>Art Project</i> • NED Feelings: <i>Emot. Intelligence Exercise</i> • Magnets: <i>Home Connection for Parents</i> 	

How to Grow A Brain

Introducing Growth vs. Fixed Mindset

Objectives

Growth Mindset
 Grow Your Brain
 Do Your Best
 Never Give Up
 I Can
 Learn from Mistakes



Introduce your students to the concepts of Growth Mindset vs Fixed Mindset (based on three decades of systematic research by Carol Dweck, professor of psychology at Stanford University). NED's message of Never Give Up and Do Your Best can help your students achieve their potential, embrace challenges, persist in the face of setbacks, and see mistakes and failures as a necessary to grow and master useful skills.

Key Vocabulary

Mindset: *your attitude or ideas with which you approach a situation. Your mental disposition that determines your response to problem solving, overcoming obstacles or facing challenges.*

Growth Mindset: *Everyone has a brain! My smarts and abilities can grow if I challenge myself and exercise my brain by trying new things and doing my best all the time. I may not always succeed at first, but I can't give up – I will make mistakes but I must keep trying and learning from my every mistakes. Mistakes help my brain to grow. Every mistake is a step closer to success. I don't say, "I can't do that." Instead I say, "I can't do that YET." I keep my brain growing and learning and believing in myself and the power of my brain. NED can help you remember to keep a Growth Mindset by NEVER GIVING UP and DOING YOUR BEST!*

Fixed Mindset: *Everyone has a brain but some brains are better than others. It doesn't matter how hard I work, I just can't get better at it. I don't want others to know that I haven't learned something yet, so I pretend to know things I haven't learned. I am afraid to try new things because I might fail. Once I fail, I don't want to try again so if doesn't work the first time, I don't like to try it a different way.*

Building Background

1. Brainstorm a list of things that are "fixed." Define fixed in each example given.

Provide additional examples that help students to think outside their definitions to include:

- mend or repair
- prepare to state of completion
- make steady or stable
- fasten securely
- bring into a final or unalterable state
- firmly establish

Examples:

Fixed date – New Year's Day is always January 1, unchangeable

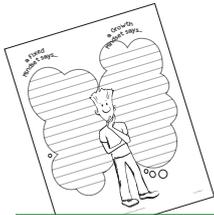
Fixed dog – spayed; altered so no puppies can be made; permanent, unaltered state

Fixed table leg – repaired after damage

Fixed dinner – prepared and completed

How to Grow A Brain

Introducing Growth vs. Fixed Mindset



PRINTABLE:
2 Mindsets

2. What does it mean if your MINDSET is fixed? Define mindset.

Answers will vary. Stuck on one idea, unchangeable, can't grow, etc.

3. What is the difference between a GROWTH MINDSET and a FIXED mindset?

Answers will vary. Use the printable to allow students to think before discussing. Then lead the discussion to build on understanding of these two important concepts:

Videos



Parable of the Two Builders – Wise & Foolish (2:10) by Max7

www.max7.org/en/resource/WiseFoolishBuilders# or vimeo.com/130593967

Discuss the different mindsets you see in this video

- Attitudes when facing a challenge (2 boys-2 different reactions)
- Learning from mistakes (take note of instructions given at beginning)
- Being a risk taker (one boy embraces project/other boy sits back and watches to completion)
- Seeing other's success (decides to copy)
- Confident vs fearful when new challenge arises (weather)
- Other observations



Ormie the Pig (4:00) by Arc Productions

www.vimeo.com/27256955 or www.youtube.com/watch?v=EUm-vAOmV1o

Discuss the “never give up attitude” and growth mindset. Why did Ormie keep trying a new idea after one didn't work?

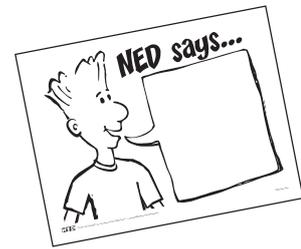
Writing Prompts

There once was a day that I was stuck with a “Fixed Mindset.” Write about a time when you faced a challenge or obstacle with a FIXED mindset. Write about your actions, attitude and emotions during the process. What could you have done differently in the same situation to have a GROWTH mindset?

There once was a day that I mastered a “Growth Mindset.” Write about a time when you faced a challenge or obstacle with a GROWTH mindset and a NED mindset. Write about your actions, attitude and emotions during the process.

How to Grow A Brain

Introducing Growth vs. Fixed Mindset



PRINTABLE:
NED Says

Activities

NED Says

Create NED says messages to post around your school. Encourage others with reminders to have a growth mindset. Examples:

- I give up trying; I'll try it a different way
- It's good enough; Is this really my best?
- I can't make this any better; I can always do better
- This is too hard; This may take some time
- I made a mistake; Mistakes can help me learn
- I just can't do this; I am going to train (exercise) my brain
- I'll never be that smart; I will learn how to do this
- Plan A didn't work; There's always Plan B
- My friend can do this; I will learn from them
- I can't do this; I can't do this YET

Home Connection

Teaching Growth Mindsets - Kelly Corrigan's video for parents

www.youtube.com/watch?v=OhLJPhxuvGM

Direct parents to watch this compelling conversation between a parent and Dr. Christine Carter, executive director of the Greater Good Science Center. This four and a half minute video is part of a discussion series called HALF FULL - Social Science for Raising Happy Kids.

More Resources

For more info...

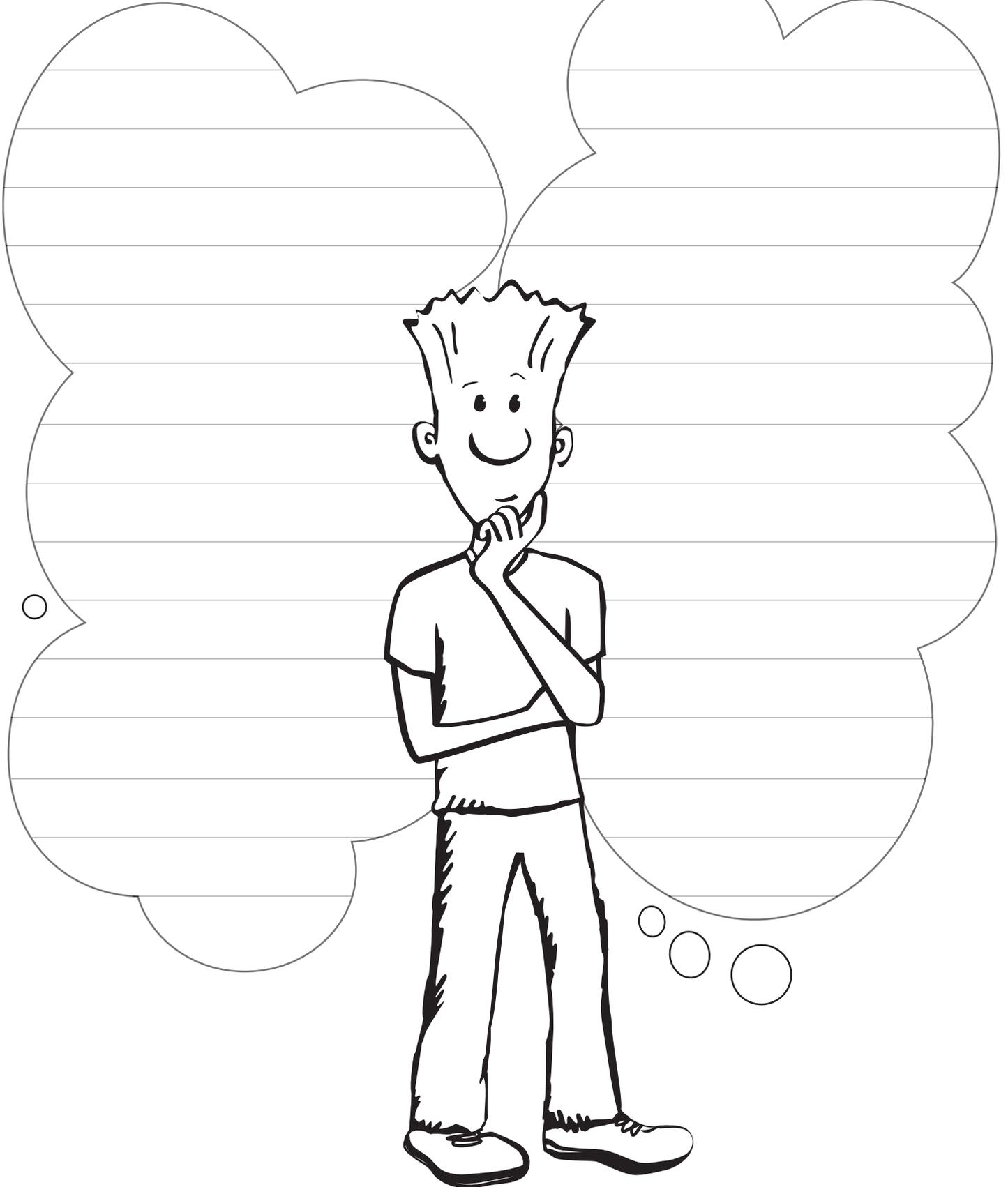
Check out this article by Michael Graham Richard called *Fixed Mindset vs Growth Mindset: Which one are you?*
Available at: <http://bit.ly/1lhon9B>

Inspire your class!
Grab this printable
GROWTH MINDSET POSTER
theNEDshow.com/mindsetposter

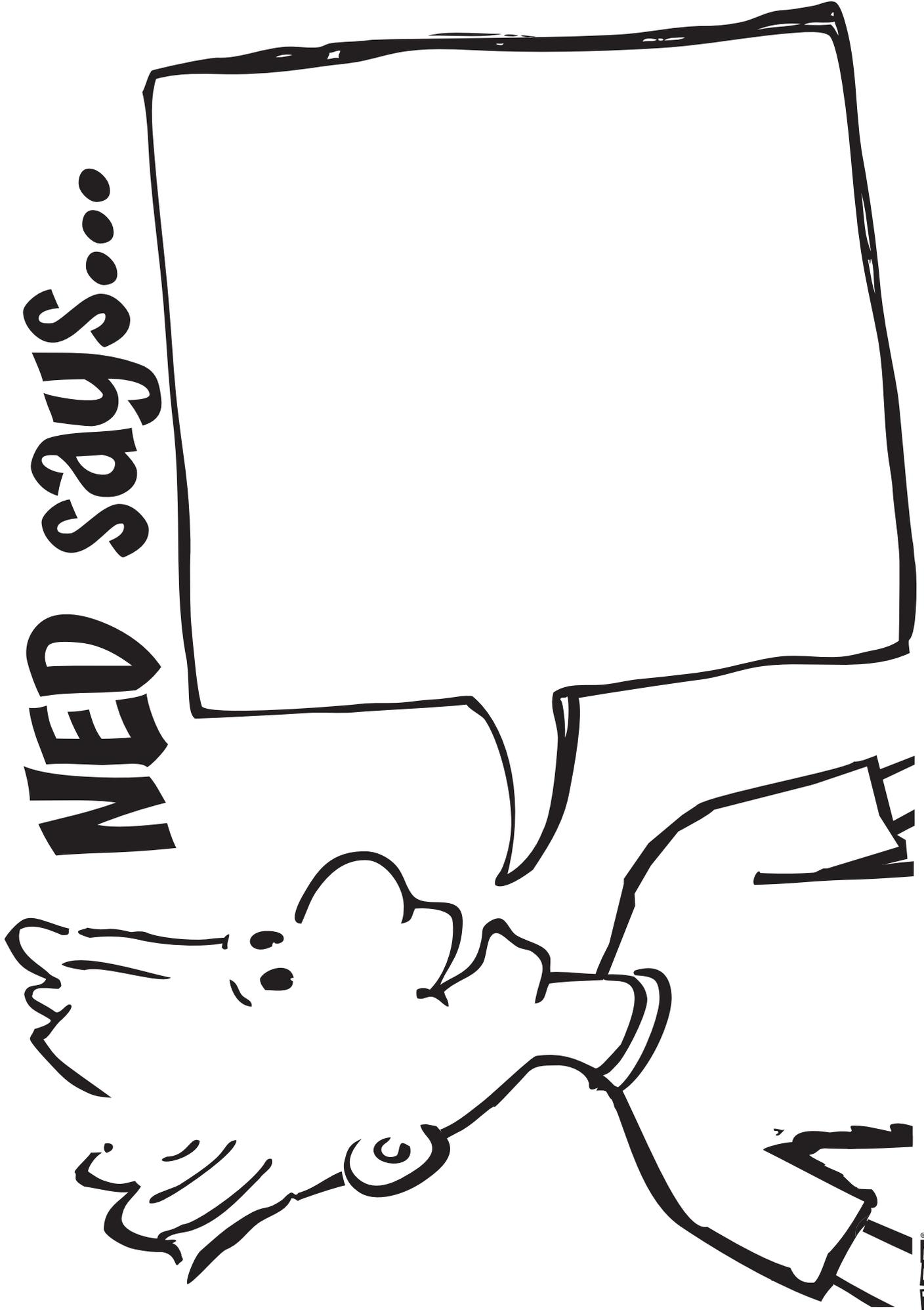


a Fixed
Mindset says...

a Growth
Mindset says...



NED says...

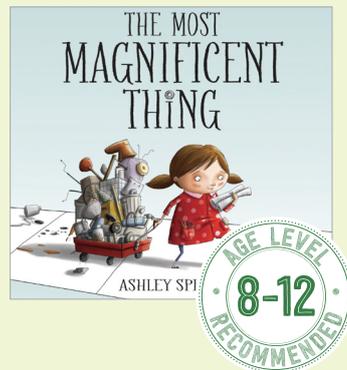


The Most Magnificent Thing

by Ashley Spire

Objectives

Growth Mindset
Do Your Best
Never Give Up
Determination
Perseverance
Overcoming Obstacles
Learning from Mistakes



This is a story about a little girl with a big plan to make the most magnificent thing. She quickly discovers that her perfect plan doesn't work as perfectly as she planned. Through a wide range of emotions, she learns that by having perseverance and a growth mindset, her plan can still work in the end as long as she is willing to keep trying new ideas.

Note to teachers: If your students are not familiar with Growth Mindset vs. Fixed Mindset, we encourage you to first use NED's How to Grow a Brain introductory lesson to build background.

Key Vocabulary

Magnificent: over the top wonderful, most wonderful

Mindset: your attitude or ideas with which your approach a situation, Your mental disposition that determines your response to problem solving, overcoming obstacles or facing challenges.

Perseverance: ability to keep trying even when frustrated.

Imagination: ability to dream without boundaries-this means thinking of things that don't exist yet

Tricky Phrasing

Easy-peasy: super simple

Tinkers: tries to fix with simple steps

Fiddles: same as tinkers

Tweaks: makes small adjustments

Before Reading: Discussion Starters

1. Brainstorm a list of synonyms for the word "magnificent".

Answers will vary. Brilliant, splendid, glorious, impressive, fabulous, splendiferous, magnificent, excellent, resplendent, superb, first-class, glorious, bright, smart as a whip, brainy, splendid, brilliant, vivid. Post in the classroom for visual reminders for writing, discussion, building self-esteem, etc.

2. If you could make the most magnificent thing (not a toy) that could help you – what would it be and how could it help?

3. How does something become a magnificent thing?

Discuss the process for creating. Lead the discussion to include what happens in the process when you reach an obstacle.

4. If you had a fixed mindset – how would you react to an obstacle in the process? If you had a growth mindset – how would you react to a challenge you face?

The Most Magnificent Thing

by Ashley Spires

5. Make a list of emotions you might feel during the creative process.

Answers will vary....get a list of words and then have students discuss whether the emotion word fits best under fixed mindset or growth mindset. Allow students to debate and support their answers as the point of this is for them to see it's not the emotion or feeling that determines mindset, it's the action you take after you feel the emotion. Example: Frustration can cause you to quit and give-up (fixed mindset) but if you walk away and keep thinking about the challenge and ways to solve it, you will return and try again with new ideas (growth mindset).

After Reading: Discussion Starters

1. What positive attitudes do you see in the girl during her creative process?

Thoroughness, creativity, organized, determination, persistence, flexibility etc.

2. Did the girl have a Growth Mindset or a Fixed Mindset? What did she do and feel when she met a challenge?

Answers will vary. Discussion should focus on specific examples that show her displaying both mindsets with growth mindset winning! In the beginning, she had a growth mindset that allowed her to keep trying new and different ways. She had a fixed mindset when she got angry, smashed her work, and quit. In the end, she came back to the project and looked at in a totally new way.

3. Why was she so mad when her hard work attracted a few admirers? Why did they admire hard work?

She was wanting to create a magnificent thing and in her mind – her hard work wasn't enough. Hard work is important to growing your brain – sometimes results don't happen but without hard work – you can't persevere and keep trying. It is a positive character trait to never give up and do your best.

Writing Prompt

Once I quit but I wished I didn't Write about a time you gave up. Describe the situation and your feelings. What could you have done differently if you had used your growth mindset? What kind of self-talk would have helped you?

My Most Magnificent Thing If I could make the most magnificent thing, it would be _____. Write about what you would make and why it would be magnificent.

Self-Talk List Make a list of 10 things you could tell yourself to keep a Growth Mindset. Share your 10 things with 3 others in your classroom and add one thing from their list to your list. Choose your top 3 and make a bookmark to remind yourself.

Choose your own mindset adventure: Write your own story with a character who faces an obstacle or challenge. Write 2 different endings – one where the main character has a Fixed Mindset and the other with a Growth Mindset. Use the printable Story Planning sheet to create your adventure.

 PRINTABLE:
Bookmarks

 PRINTABLE:
Story Planning

The Most Magnificent Thing

by Ashley Spires

Activities

Create a Deconstruction/Construction Zone

Bring in old appliances, toys and take-apart tools. Allow students to deconstruct junk for the parts. Encourage free creativity to make something new, reminding them to be in a growth mindset – be flexible, try alternative options, redesign when necessary and, most importantly, to never give up.



Encourage Your Classmates How can you encourage your classmates with examples of self-talk that will remind them to have a growth mindset? Create growth mindset posters for your classroom or school.

Home Connection

Invite parents to share stories of “growth mindset” that they see at home. Use your newsletters, conferences or open house events to encourage parents to look for “growth mindset” moments.

More Resources

For more info...

Accelerated Reading Quiz: 164735

Inspire your class!
Grab this printable
GROWTH MINDSET POSTER
theNEDshow.com/mindsetposter

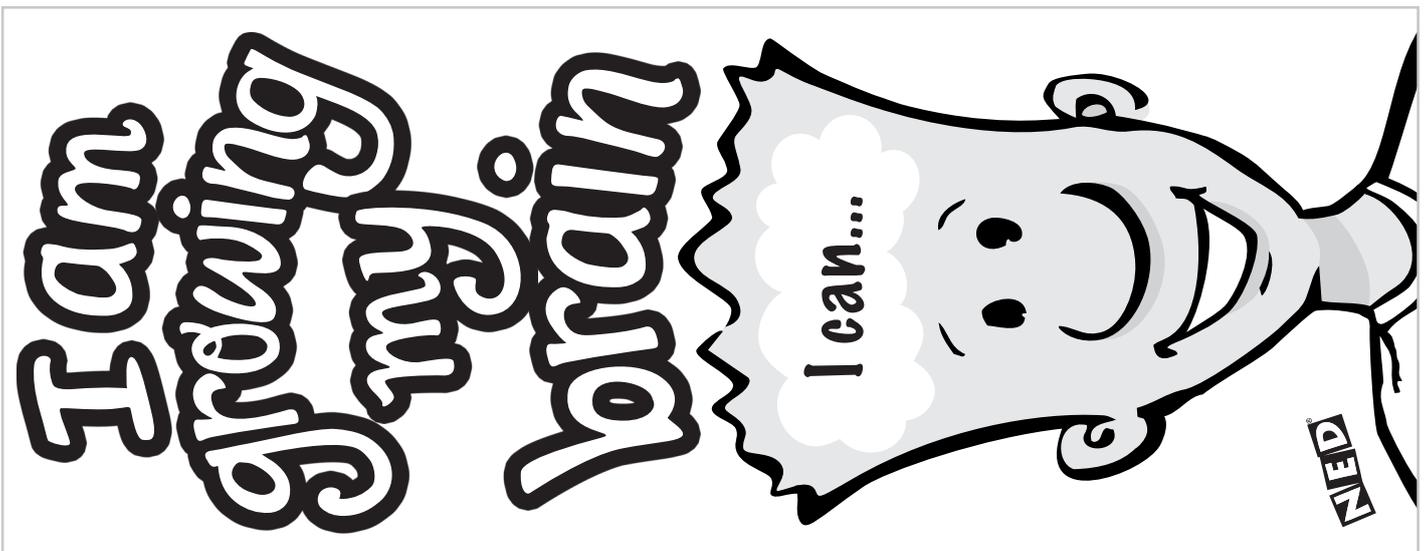


Directions

Create inspiring bookmarks about things you can do to grow your brain.

Blank rectangular area for creating a bookmark.

Blank rectangular area for creating a bookmark.



STORY PLAN HELPER

Title:

Characters:

Setting:

Opening:

*Introduce character
and set the scene*

**Events
building up
to problem:**

**Problem,
Challenge,
obstacle:**

*Describe the situa-
tion and feelings*

Events building to **Solution A:**

Events building to **Solution B:**

Ending A:

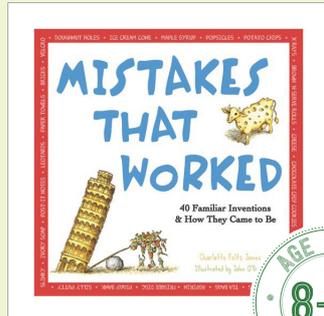
Ending B

Mistakes That Worked

by Charlotte Foltz Jones and Illustrated by John O'Brien

Objectives

Growth Mindset
 Do Your Best
 Never Give Up
 Learning from Mistakes
 Failures are Important



A collection of stories about 40 familiar inventions and how they came to be. Mark Twain was asked to name the greatest of all inventors and he responded....“Accident.” Children will be fascinated by great inventions and discoveries that were accidental, unintentional and even mistakes! It is easy to fail and abandon an idea (fixed mindset) but it’s more difficult to fail, learn from the failure and recognise another use for the failure or try another direction (growth mindset). *“Intelligence is not to make no mistakes, but quickly to see how to make them good.” Bertolt Brecht, 1930*

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Key Vocabulary

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Fixed Mindset: *Some people act and believe that some brains are better than others. If you have a fixed mindset-you believe that it doesn’t matter how hard you work, you just can’t get better at it. NED knows that if you do your best your best will get better! If you have a fixed mindset, you don’t want others to know that you haven’t learned something yet, so you might pretend to know things that you really haven’t learned yet. You might be afraid to try new things because you might fail and once you make a mistake or fail, you don’t want to try again or try it in a different way. NED says “Never give up and keep trying and you will learn something new each time and eventually get better at it.”*

Inventors: *A person who creates or makes something new, like a new device, process or object that is useful to others.*

Discoveries: *The act of finding or learning something for the first time. Research and exploring often lead to discoveries that are not expected.*

Accidents: *Something that happens suddenly or unexpectedly. It was not planned or intended but happened by chance. Some accidents are great discoveries.*

Before Reading

Choose any of the short stories from this collection of 40 short stories of mistakes that worked. They can be used on a regular basis in the classroom to inspire, motivate and encourage students to keep a growth mindset when they face obstacles, challenges or failures. If multiple copies of the book are available – instruct groups of students to read different examples and share with the class.



Cause & Effect



Cause = *The reason why something happened*

Effect = *The result of what happened*



summary organizer

.....
Somebody

.....
wanted

.....
But then

.....
so

.....
summary:

Encouragement Notes

Brighten your child's day with notes of encouragement, especially when your child makes a mistake. Use the printable notes and add a personal note for them on the back.

I am so
Proud of you
for **NOT GIVING UP!**
KEEP TRYING

I LOVE
that you are
NOT AFRAID
to make mistakes.

DON'T
QUIT *
*
*
*
*
I know
you can do
this!

I know
it's hard,
- but -
NEVER
GIVE UP ○○○○○

DON'T BE AFRAID TO
Try new ☆
things ☆
IT'S FUN

YOU MAKE MY
Heart smile
WHEN YOU DO
YOUR BEST

KEEP
EXPLORING
I can't wait to hear about
what you learned!
~~~~~

I wish that **PLAN A**  
had worked...  
**TRY PLAN B**