**Secondary Guidance Lesson**

*Growth Mindset Pt. 2*

**Objective: To understand the difference between growth and fixed mindset; to understand why it is beneficial to have a growth mindset**

**Activity:**

* Review: What is a growth mindset and a fixed mindset?
  + Growth mindset is the general mentality that your intelligence, skills, etc. can grow and develop. Someone with a growth mindset believes that any mistake or hardship is something they can work through to achieve their goals!
  + On the opposite side of the spectrum is a fixed mindset, a mentality that your skills or lack thereof are static and you might as well not try.
* Choose 1 or more of the following activities:

### **1. Mantra Cards:** It seems simple, but having mantras that your students can repeat to themselves can be really effective for reinforcing a growth mindset! Grab some notecards and have the students write mantras like “you can do this”, “keep trying”, or “you are enough”. Let them decorate the cards and keep them somewhere that they can see them when they are struggling. If you really want to get the most out of your mantras, you could also incorporate saying the mantras together as a group into your lessons.

### **2. Goal Posters:** Setting goals is a huge part of a growth mindset, so teaching students to set reasonable and achievable goals is a great activity. Try making posters with goals and steps that they hope to achieve in the near future. They could decorate the poster with pictures, doodles or whatever else you’d like. Keep the posters around to remind them of their goals in a fun and creative way.

### **3. The Paper Challenge:** Sometimes the best way to teach a growth mindset is by exposing your teens to challenging activities in a safe space where you can guide them. The Paper Challenge is a great way to do this!

Basically, they have to replicate a tricky shape of paper only using a sheet of paper and scissors. It’s harder than it looks and can be a bit frustrating! During the activity be sure to encourage them to keep trying and not give up!

### **4. Changing Phrases:** Here’s another great simple activity that will help retrain your students’ brains to have more of a growth mindset. Have a list of several fixed-mindset statements such as “I give up”, “this is too hard for me”, or “I’m just not good at this skill”. Let the students brainstorm individually or as a group a new statement for each fixed mindset statement that is more positive and growth mindset oriented!

**Follow-up/Closing:**

* Did you catch yourself having that negative thought since last time? What did you replace it with?
* When was a time to you let your fixed mindset get in the way of growth or meeting your goals? How would you do that differently with a growth mindset?
* What are short term and long term goals that you have for yourself? How important will your mindset be to reach these goals?