

MY MINDSET LESSON PLAN



MY MINDSET - LESSON PLAN

LESSON TITLE:
MY MINDSET

AIMS

This lesson will:



- Explore what a mindset is and the difference between a fixed and a growth mindset.
- Explore how a growth mindset can help students to succeed in school.

OUTCOMES



At the end of this lesson students will be able to:

- Identify growth and fixed mindsets.
- Explain what it means to have a growth mindset.
- Apply this new learning to their studies.

LINKS TO JUNIOR CYCLE KEY SKILLS



- Communicating (listening and expressing myself, discussing and debating, using language).
- Managing myself (knowing myself, making considered decisions, using digital technology to manage myself and my learning).
- Staying well (being healthy, being social, being safe, being responsible).
- Being creative (exploring options and alternatives, implementing ideas and taking actions).
- Working with others (learning with others, respecting difference, developing good relationships, co-operating).
- Managing information and thinking (gathering and recording information, being curious, thinking critically, using digital technology to access, manage and share knowledge).

LINKS TO JUNIOR CYCLE STATEMENTS OF LEARNING



In this lesson students will

- Take action to safeguard and promote her/his wellbeing and that of others.
- Bring an idea from conception to realisation.

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LINKS TO WHOLE SCHOOL GUIDANCE



Developing Myself

In this lesson students will

- Develop & maintain self-esteem & a positive self-concept.
- Interact effectively with others.
- Develop & grow throughout life.
- Identify and describe their personal qualities, attitudes and strengths, interests and how they influence behaviour.
- Demonstrate effective social skills when cooperating, collaborating & negotiating with peers and teacher.
- Participate in a range of activities & tasks to enhance emotional, social, cognitive & physical development.
- Ask for help when required.

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MATERIALS NEEDED FOR THIS LESSON

BY TEACHER

- PowerPoint
- Worksheet
- Access to online video

BY STUDENTS

- Worksheet

AIMS

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- Explore what a mindset is and the difference between a fixed and a growth mindset.
- Explore how a growth mindset can help students to succeed in school/ life.



OUTCOMES

At the end of this lesson students will be able to:

- Identify growth and fixed mindsets.
- Explain what it means to have a growth mindset.
- Apply this new learning to their studies/ life.



OPENING 'THE HOOK'

Display Slide Two and ask 'Does anyone know what the difference between a fixed and growth mindset might be?'



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BODY OF LESSON

TEACHER ACTIVITIES

STUDENT ACTIVITIES

Teacher defines what mindset is and demonstrates this using the video on Slide 7.

Students become aware that their brain can develop and learn more over time.

Teacher distinguishes the differences between fixed and growth mindsets and illustrates examples of famous people with a growth mindset.

Teacher demonstrates how to use a growth mindset.

- Teacher asks students to select a subject/a life event where they could use their growth mindset.
- What change will they make to the way they think about this?
- What will they say to themselves?
- How do they think they will feel when they use a growth mindset?

- Students select a subject/a life event where they could use their growth mindset.
- What change will they make to the way they think about this subject/life event? What will they say to themselves?
- How do they think they will feel when they use a growth mindset?

CONSOLIDATION OF LEARNING

The teacher re-examines the lesson's aims

