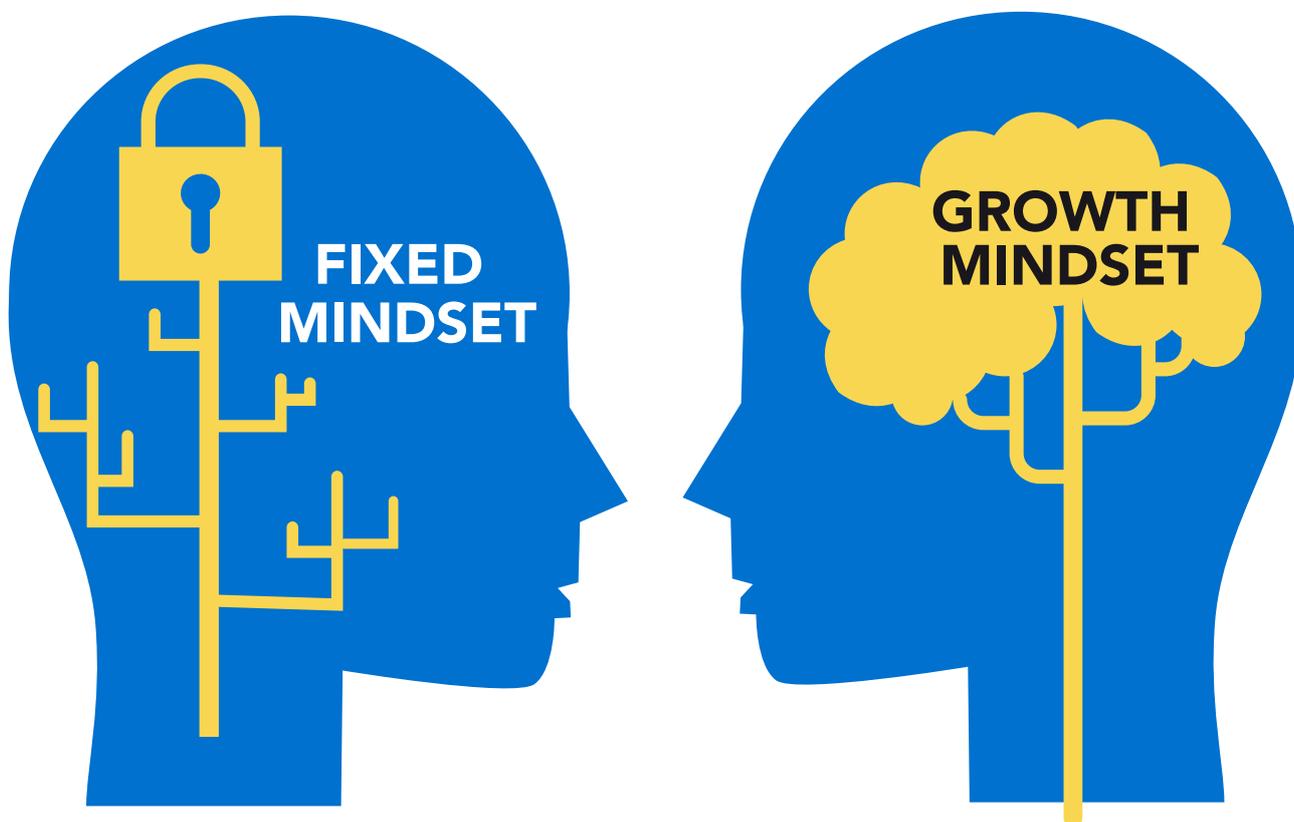


# MY MINDSET LESSON PLAN



## 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.

**MY MINDSET - LESSON PLAN**

**LINKS TO WHOLE SCHOOL GUIDANCE**

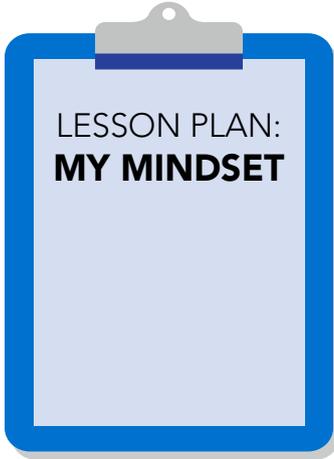


**Developing Myself**

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.

## MY MINDSET- LESSON PLAN



### MATERIALS NEEDED FOR THIS LESSON

#### BY TEACHER

- PowerPoint
- Worksheet
- Access to online video

#### BY STUDENTS

- Worksheet

### 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/ 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?'



**MY MINDSET- LESSON PLAN**

**BODY OF LESSON**

**TEACHER  
ACTIVITIES**

**STUDENT  
ACTIVITIES**

<p>Teacher defines what mindset is and demonstrates this using the video on Slide 7.</p>	<p>Students become aware that their brain can develop and learn more over time.</p>
<p>Teacher distinguishes the differences between fixed and growth mindsets and illustrates examples of famous people with a growth mindset.</p>	
<p>Teacher demonstrates how to use a growth mindset.</p> <ul style="list-style-type: none"> <li>• Teacher asks students to select a subject/a life event where they could use their growth mindset.</li> <li>• What change will they make to the way they think about this?</li> <li>• What will they say to themselves?</li> <li>• How do they think they will feel when they use a growth mindset?</li> </ul>	<ul style="list-style-type: none"> <li>• Students select a subject/a life event where they could use their growth mindset.</li> <li>• What change will they make to the way they think about this subject/life event? What will they say to themselves?</li> <li>• How do they think they will feel when they use a growth mindset?</li> </ul>

**CONSOLIDATION OF LEARNING**

The teacher re-examines the lesson's aims

