



## **Webinar Bonus: Lesson 1 from Growth Mindset by Angela Watson**

Thanks to Angela Watson for offering Lesson 1 from her best-selling Growth Mindset product absolutely free to webinar viewers! Click the cover image above or [this link](#) to find the full product in her TpT store.



# Lesson 1:

**I can learn anything,  
because I was born  
to learn.**



1. Tell students you are going to pass out a packet of papers to them, and the packet will be *already open to the first page* (so the cover is hidden). Instruct students not to look through the packet at all, as its contents are a surprise, and to keep the packet open to the first page. Some students may not be able to resist the temptation to peek—just give them a gentle reminder. It's not a huge deal if they see other pages, and these instructions are intended partially to build anticipation and a bit of mystery so the class understands this is not just a set of regular worksheets.
2. Ask students to spend 2-3 minutes thinking about their answers to each question on the quiz they see on page 1, and circle their responses on the sheet. You may choose to read each question aloud and pause for students to silently mark their responses.
3. Solicit student reactions. Was this the type of quiz they expected to see? Have students ever been asked (or have they thought about) these topics before?
4. Instruct students to flip to the cover of the packet. Read each statement on the cover aloud together. Tell students that the papers they're holding are actually an interactive journal where they'll be doing fun activities throughout the coming weeks as they learn about their brains and mindset (their established set of attitudes.)
5. Announce that you are going to play a 1 minute 30 second video from Khan Academy (<https://youtu.be/JC821l2cjqA>), and that afterward, you want students to share the main idea (or most important idea) of the video.
6. Ask students what the video's main idea was. Students may mention key points such as:
  - I can learn anything, because I was born to learn.
  - Each wrong answer makes your brain a little bit stronger.
  - Failure is just another word for growing when you keep going.
  - You only have to know one thing: you can learn anything.
7. Challenge students to reflect on things that would have been impossible for them when they were younger, but that they've learned over time. They should record their thoughts on pg. 2 and use the third box to share what they want to learn this year.
8. Allow student volunteers to share their responses from the third box, and use the conversation to build on student anticipation about the learning ahead.

Name \_\_\_\_\_



# My growth mindset interactive journal



1. I can learn anything because I was born to learn.
2. I can train my brain through practice.
3. I can choose my thoughts when things are challenging.
4. I know failure is an important part of my success.
5. I take ownership of my mistakes and learn from them.
6. I do not let setbacks keep me from accomplishing goals.
7. I believe that I can do difficult things.
8. I take charge of my own learning.
9. I encourage others to have a growth mindset.
10. I celebrate my own growth and progress.

**I HAVE A GROWTH MINDSET!**

# WHAT DOES IT MEAN TO BE SMART?

**Use a pencil to circle T if you believe the statement is mostly true, or F if you think it's mostly false.**

- 1) T F People are born either smart or dumb.
- 2) T F Some people aren't very good or kind, and they can't change that.
- 3) T F The more you work at something, the better you will be at it.
- 4) T F I don't like doing things that are hard for me.
- 5) T F I sometimes get mad or upset when people tell me about my mistakes.
- 6) T F You can choose to change the way you think.
- 7) T F No matter how hard I try, there are some skills I'll never be able to have.
- 8) T F You have to be born with talent for sports and music to be good at them.
- 9) T F I appreciate when parents and teachers give feedback about my performance.
- 10) T F You can improve your talent in reading or math with practice.
- 11) T F If spelling doesn't come easy to you, you probably won't ever be good at it.
- 12) T F I enjoy learning new things even when I don't understand them at first.
- 13) T F The important parts of who you are as a person don't change.
- 14) T F You can learn new things, but you can't change how intelligent you are.
- 15) T F People who are truly smart people don't need to try hard.

# I WAS BORN TO LEARN!

**5 years, ago, I didn't know how to....**

**Last year, I didn't know how to....**

**This year, I am learning how to....**