

**TOPIC**

Resilience & Growth Mindset

LEVEL

Fifth Grade

THEME

Reframe It!

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Differentiate between a growth mindset and a fixed mindset.
- Create growth mindset statements to replace fixed mindset thoughts.

MATERIALS

- Fixed mindset slips
- Small container or hat to hold the slips of paper
- A whiteboard or large paper to write down the reframed statements

ESSENTIAL QUESTIONS

- How does reframing our thoughts help us to build resilience?

CHECK-IN / WELCOME (5 MINUTES)

Ask: "If you had a superpower that helped you never give up, what would it be?"

- Allow students time to share with the class.

Ask students the follow-up question: "Tell me about a time you worked hard to get better at something you weren't good at."

Explain to students that today they will work with a small group of students to reframe different situations to showcase different mindsets. Aavidum means, "I've got your back" and we can have our friends' backs by helping them to face challenges with a growth mindset.

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Start by asking students if they've ever noticed how muscles get stronger the more you use them. Explain that our brains work in a similar way. When we try something difficult, our brains form new connections, making us smarter and more capable over time.

Introduce the core concepts:

- Growth Mindset: This is the belief that our intelligence and abilities are not fixed. We can grow our brains by trying new things and working hard. Instead of saying, "I'm not good at this," a growth mindset says, "I'm not good at this yet, but I can improve."
- Resilience: This is the ability to recover quickly from challenges. It's not about avoiding problems. It's about facing them, learning from them, and bouncing back stronger. A growth mindset is a key ingredient for being resilient.

ACTIVITY: REFRAME IT! (20 MINUTES)**Instructions:**

- Divide the class into small groups of 3 to 4 students.
- Explain that they will be detectives for a day. Their mission is to "reframe" negative, fixed mindset thoughts into positive, growth mindset ones.
- Have each group member pick a slip of paper from the container.
- Each group will read their "fixed mindset" statements aloud.
- Then as a group, they will brainstorm and write down a new, reframed growth mindset statement on their whiteboards or large pieces of paper.
- Give the groups about 5 to 7 minutes to complete this task.
- After the time is up, have each group share their original statements and their new "Reframe It!" versions with the class.
- Direct students to bring their whiteboard/large paper to the board, so it is visible by everyone.

WRAP-UP (5 MINUTES)

Bring the whole class back together. Point to the lists of reframed statements on the board and ask students which ones they've heard themselves say before.

Wrap up the lesson by summarizing the main points:

- Our brains are always growing and we can choose to have a growth mindset. This helps us be resilient and turn every challenge into an opportunity to learn.
- End the lesson by encouraging students to use their new knowledge to face challenges with courage.