

**TOPIC**

Resilience & Growth Mindset

LEVEL

Kindergarten

THEME

Keep Trying

LEARNING OUTCOMES

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

- Understand what it means to keep trying, even when something is hard.
- Use kind words to encourage themselves and their friends to keep going.

MATERIALS

- *The Little Engine That Could* by Watty Piper
- Chart paper/whiteboard and markers
- Simple building materials (blocks or cups) OR drawing supplies

ESSENTIAL QUESTIONS

- What does it mean to keep trying?
- How do we feel when we don't give up?
- Why is it okay to make mistakes?

CHECK-IN / WELCOME (5 MINUTES)

Say: "Today we're going to talk about something really important: keeping trying even when things are hard. This is called having a growth mindset. When we keep trying, we learn and get stronger. Aavidum means, 'I've got your back,' and part of that is cheering each other on!"

Ask:

"Let's go around the circle and share: What is something you learned to do that was tricky at first but you kept trying?"

- Examples: tying shoes, riding a bike, writing your name

Allow brief shares. Validate all answers: "That was great perseverance!"

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: "We are going to read a story about someone who didn't give up."

Read aloud: *The Little Engine That Could* (pause during the story).

Ask during reading:

- "How do you think the Little Engine felt when the hill was so big?"
- "What words did the Little Engine say to keep trying?" ("I think I can!")

After reading:

- "Why do you think the Little Engine made it up the hill?"
- "What can we learn from this story about not giving up?"

Write on chart paper/on the board: "Things that help us keep trying"

Allow students to share things that help them keep trying, such as kind words, friends cheering us on, practicing. Write their responses down.

ACTIVITY: TRY AGAIN STATIONS (20 MINUTES)

Say: "Now, we will practice what it feels like to keep trying."

Instructions:

- Create 2 to 3 simple "Try Again Stations":
 - Build a block tower 6 blocks high.
 - Draw a star or simple shape.
 - Balance on one foot for 5 seconds.
- Say: "At each station, we will try something. If it's tricky, remember to take a deep breath and say: 'I think I can!' Then try again. Mistakes help us learn!"
- Circulate and encourage:
- Use phrases like: "Wow, you didn't give up!" "You're practicing just like the Little Engine!"
- After everyone has had time to try and succeed at at least two stations, gather the group back together.
- Ask:
 - "How did it feel when you kept trying?"
 - "What can we say to ourselves or our friends when something is hard?"
- Write down positive phrases they share, such as "I think I can!" "You can do it!" "Keep going!"

WRAP-UP (5 MINUTES)

Say:

"Today we learned that it's okay to make mistakes. When we keep trying, we get stronger and smarter. That's what Aavidum is all about, helping ourselves and helping our friends!"

Lead the class in:

"I think I can! I think I can! I know I can!"

Challenge:

"This week, I want you to notice a time when you or a friend keeps trying. Can you cheer for them with kind words? That's Aavidum!"