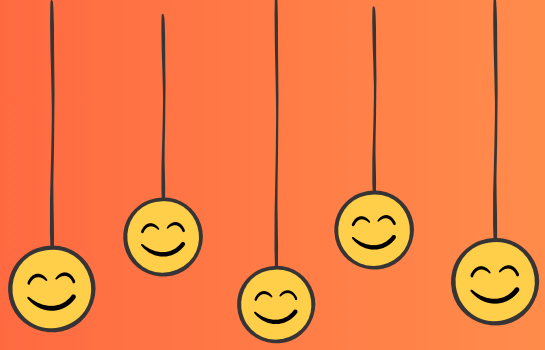
MINDSET MINUTE



ARE YOU OPEN TO NEW IDEAS?

Are you open to new ideas and processes? Do you believe we can learn with enough effort? Here are a few activities for you to try with your team and/or students.

SET SMART GOALS

Help guide students to set goals that are attainable, specific, and measurable. Guide them in creating the small steps to reach their goals.

TRY 3 TIMES AND THEN ASK FOR HELP

This can be used to help students through assignments before going to the teacher for help. They could be independent tries or working/asking a fellow student before going to the adult.

Focus on progress, ask reflective questions, and share some failures from famous people.

INTRODUCE HABIT TRACKERS

New habits take time to create. Help students pick a habit they want to create (read for 15 minute every day, doing a chore without a reminder, etc) and have them use a tracker to mark each day they accomplish the task.

Remind students to think of the word FAIL as the:

First
Attempt
At
Learning

POST A "YET" CHART

Start a chart that says "I can't do this YET" and let students add items they are wanting to learn in class that year.
As time goes on, you can have a second chart for "I CAN do this" and move the items over.

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Books

Do you have some quick go to picks? Here are a few that look interesting you might want to check out.

What Do you Do With a Chance? By Kobi Yamada

- What do chances become? New friendships, exciting opportunities, and daring discoveries. Chances are invitations to grand adventures, tickets to unforgettable experiences, and doors to whole new worlds.

When Sophie Thinks She Can't ... by Molly Bank

- When Sophie can't solve a math puzzle, she feels upset and inadequate. "I CAN'T DO IT!" she shouts, expressing the frustration all of us feel when we try and fail. Will she ever be "smart" like her sister? Maybe she isn't smart at all.Luckily Sophie's teacher steps in. What does it mean to be smart? Using current, popular "mindset" techniques, Sophie's class is taught that we get smarter when we exercise our brains, such as when we work harder at solving a puzzle. Struggling to solve a problem doesn't mean "I can't do it!" Sophie and her classmates just can't do it... yet! Readers will cheer when Sophie finally prevails, and at the end of the day, she's confident and optimistic. At home, Sophie uses her new technique to help her dad solve a carpentry puzzle.In this third book about Sophie, Molly Bang again helps children deal with a challenging everyday issue, providing an opening to ask: What do you do when you think, "I can't!"?

Flight School by Lita Judge

- Although little Penguin has the soul of an eagle, his body wasn't built to soar. But Penguin has an irrepressible spirit, and he adamantly follows his dreams to flip, flap, fly! Even if he needs a little help with the technical parts, this penguin is ready to live on the wind.