

## THIS LESSON CORRESPONDS WITH THE CORE LIFE TRANSFORMATION NEWSLETTER.

15-20 MINUTES

SUGGESTED SUPPLIES/TECHNOLOGY:

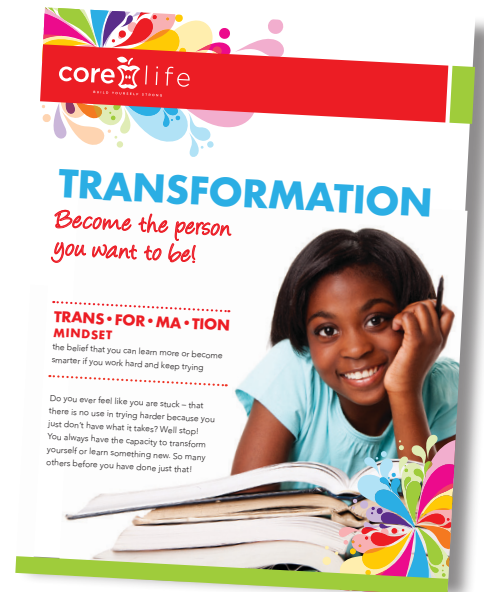
White board, dry erase markers

ESSENTIAL QUESTION:

How can you train your mind to keep trying?

LEARNING TARGETS:

I can learn how to develop a growth mindset to use my thoughts as a source of encouragement.



BELL RINGER/ICE BREAKER: Abraham Lincoln said:

*"Always bear in mind that your own resolution to succeed is more important than any other one thing."* – **Abraham Lincoln**

Ask: "Could you give me an explanation about 'resolution to succeed?'"

Teacher will summarize by saying that resolution is a firm decision to do or not to do something. When you decide that you cannot do something, you have already defeated yourself. Ask students to think about how different the world would be if the three examples in the newsletter gave up after facing adversity. That's the power of a growth mindset.

Watch the video: Fleas in the jar. Explain to students how the flea's inability to jump out of the jar is very similar to the student's mindsets when they say they can't do something. <https://www.youtube.com/watch?v=bjmfaZyNvDg>

Thinking that you cannot do something usually means you won't be able to. This is self-limiting thinking. You can train your brain to stop self-limiting thinking. It's referred to as the "growth mindset."

**EXIT SLIP:**

Students will write at least one exit statement in each column.

Draw this diagram on the white board and tell them to answer the question: What should I tell my brain each day as I face new challenges?

## *I Can Train my Brain*

What I <b>SHOULD</b> Tell my Brain	What I <b>SHOULD NOT</b> Tell my Brain
Example: "You can do this"	Example: "I'm not smart enough to do that"