

Growth Mindset (Grades 6-12)



Overview: Life can be busy and can create distress in the lives of families and students. Therefore, it is important to highlight the need to have a growth mindset and to manage stress to respect yourself, your health, and your well-being.

Duration: 2 days (45 minutes each day)

Character Education Objectives:

Students will:

- share ideas about good stress and distress on the body
- discuss ways to use a growth mindset to navigate stressful situations
- create a Personal Stress Management Plan

Materials:

- 3-2-1 Handout
- Stress Quadrant Handout

- Personal Stress Management Plan

Lesson Plan Day 1

Journal: (5 mins)

- What makes you feel stressed?
- How do you know you are stressed?

Whole Group Discussion (10 mins)

- What are physical signs of stress?
- What are some emotional signs you may be feeling distressed?
- How do we show respect for ourselves by paying attention to our stress levels?

Whole Group Video 15 mins:

- Watch Video : *How To Make Stress Your Friend*
- Record what you learned on the 3-2-1 Handout

Whole Group Discussion (10 mins)

- What are the effects of believing stress is bad?
- How does changing the way you think about stress impact your body's response to stress?

Exit Ticket: (5 mins)

- What is the number one thing learned about stress today?

Lesson Plan Day Two

Journal: (5 mins)

- What should you think when you feel stressed?

Small group Discussion/Productive Group Work (25 mins)

- Use the 3-2-1 Handouts from the previous lesson to help with responses
- Record the responses to share with the whole group on

Stress Quadrant Handout

- What:
 - should you think when you feel stressed?
 - are some healthy ways to process stress?
 - are some unhealthy responses to stress?
 - is important to know about stress?

Individual (15 mins)

- Utilize the posters created in a small group to give ideas
- Complete your own Stress Management Plan
- This is the exit ticket

References

Lee Health, 2020. The Good And Bad Stress. [online] YouTube. Available at: <<https://youtu.be/ZN2NarsQZ04>> [Accessed 26 March 2020].

McGonigal, K., 2020. How To Make Stress Your Friend. [online] Ted.com. Available at: <https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?utm_campaign=tedspread&utm_medium=referral&utm_source=tedcomshare> [Accessed 26 March 2020].

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