

# Growth Mindset Lesson 2: Having a Growth Mindset – the Secret to Success

## Lesson plan

### Lesson overview

This lesson introduces students to what it means to have a growth mindset. Firstly, they watch a montage of motivational film clips to encourage the belief that they can achieve whatever they want if they are prepared to work hard enough. Next, they find out about some people who have defied expectations and reached the top of their field. Students are then introduced to the five rules of having a growth mindset. Finally, they work in groups to identify some people who have achieved success through sheer hard work and to explain how these people have demonstrated a growth mindset.

### Objectives

- Understand that success is achieved through hard work and determination.
- Understand what it means to have a growth mindset.

### Materials needed

- Lesson 2 PowerPoint
- Copies of the Growth Mindset Rules
- Copies of pictures and descriptions
- Scissors
- Lined Paper

### Procedure

1. Show the YouTube montage of motivational film clips (link on slide 1 Lesson 2 PowerPoint) to set the mood and encourage students to believe that they can achieve anything if they work hard enough.
2. Use slides 2-4 to see if students can identify 3 people who have defied expectations to become very successful. Emphasise that they each overcame setbacks and achieved success through hard work.
3. Use slides 5-9 to teach students the 5 rules of growth mindset.
4. Display slide 10. Students work in groups to complete the challenge. Each group will need a set of pictures and descriptions and the growth mindset rules (you might want to give each individual student the rules to keep). They first need to cut out the cards and then match the pictures to the descriptions (this will be quite difficult for them but if they read the descriptions there are clues in some of the pictures and they should be able to work out the rest by a process of elimination). Groups should then go through the descriptions and find examples of how the people in the pictures have shown they have a growth mindset.

If pupils struggle with the challenge task remind them that it is supposed to be a challenge and encourage them to remember the growth mindset rules.