

Counselor Lesson: Week 6

Growth Mindset

MESSAGE FOR PARENT/GUARDIAN:

As a parent/guardian we want what is best for our child. We want them to be successful and not struggle or fail. Although we feel that we are helping our child by never letting them fail we are actually not preparing them for the future. It is important to teach our kids that we aren't experts at everything and it is ok to fail or not do something well. It is just as important to teach them that with hard work and a positive attitude they can learn from their mistakes and improve. This week our lesson focuses on believing in yourself and allowing yourself to make mistakes and learn from them.

Click on the title of the article [PARENTING IS REALLY HARD.HAVING A GROWTH MINDSET HELPS](#) to read about how you can help your child have a growth mindset and understand that making a mistake is a part of life.

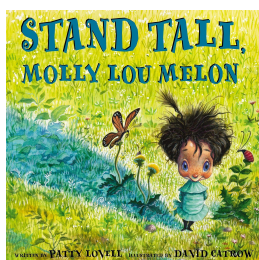
Guidance Lesson

Every day you are being asked to do new things and you are learning how to navigate a new normal during this online learning experience. Some things may be easy to adapt to while others are more difficult. Don't forget we all have things that are easy for us and other things that are hard. Focus on your strengths and build your self-confidence, you are your own cheerleader/coach. **You can do this!**

PreK-2nd

Self-Confidence Shield

Click on the book below to watch a short read aloud of Molly Lou Melon by Patty Lovell. As you watch, pay attention to her positive thinking and attitude. How does she combat things that are hard with positive thoughts and actions?



What you think matters! The way you think determines how you feel. If you think positive thoughts about yourself and your abilities, you will have a more positive self-confidence. You should be your own cheerleader/coach telling yourself "I can do this", "I am a great kid", "I did that, I am so proud." The more you talk to yourself in a positive way the more it builds your self-confidence.

Self-confidence can act as a shield when hard things come your way. Shields were used to protect soldiers by blocking arrows, swords, or other harmful things.

3rd-5th

Keeping my "Selfie" on the Right Track

This activity focuses on ...

- Personal Strengths
- Self Reflection
- Setting Goals



Those who embrace a growth mindset—the belief that they can learn more or become smarter if they work hard and persevere, may learn more, learn it more quickly, and view challenges and failures as opportunities to improve their learning and skills. Click on the image below to see the difference between a growth mindset and fixed mindset.



Our self-confidence can do the same thing. When we think positively and feel good about ourselves then words or events that are difficult can bounce off of us instead of sticking to us and making us feel bad. When we get a bad grade, instead of feeling defeated, we can remind ourselves “that is okay, I can ask for help and study hard for the next test.” When someone is unkind, we can remind ourselves “that isn’t true, I am a smart and kind kid I don’t need to worry about them.”

ACTIVITY:

Either independently or with an adult you can draw a shield or print and fill out the below activity sheet.

Write down...

- 3 things I do well
- 3 positive characteristics I have
- Something I have done recently that I am proud of.

When you are finished, post it somewhere you will see often (on your refrigerator, bathroom mirror, bedroom wall, etc.). The more you are reminded of the things you know are true about you, the easier it will be to talk positively to yourself and be your own cheerleader/coach.

My Self-Confidence Shield

It is important to remember that no one is an expert at everything. Someone who has a **FIXED MINDSET** would say “I CAN_____”. Someone with a **GROWTH MINDSET** would say “I AM NOT AN EXPERT YET AT _____, BUT I AM GOING TO STILL TRY”.

Think of something you are an “expert” at, a sport, reading, math. Now think about when you were 3 years old, were you able to do what you can do now? How did you get so good at _____? Is it because you practiced a lot and believed in yourself?

ACTIVITY:

Either independently or with an adult you can draw or print and fill out the below activity sheet. After you complete the activity, put it somewhere that you will see it often, to remind yourself how amazing you are and the goals you have set.

Always remember that YOU can do anything you put your mind to.

For the activity talk about or write down.

- I am good at...
- I want to be able to...
- I have been working on...
- Something I would like to try is...
- 3 things that make me awesome are...

The more you practice positive thinking the more you will build your confidence and the better you will feel about yourself!

Additional Read Alouds

FOCUSING ON GROWTH MINDSET & POSITIVE THINKING

Click on the book below you would like to hear.

