

Growth Mindset Activity #1

This activity is an idea from www.classcreator.io

Objective

Show learners how reflecting on their language can help them deal with struggles, and help them develop a growth mindset!

Activity overview

Ask learners to do something difficult, and record the mindset language they use. Have a discussion about how they can improve their language to tackle challenges.

① Prepare 5 mins

Materials needed: Scissors and scrap paper

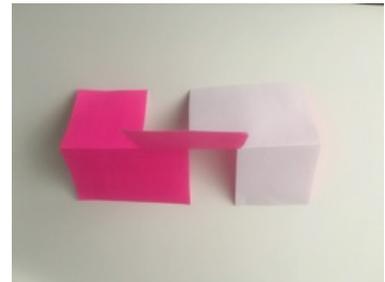
Create a mystery structure that students will need to try to reproduce, and place 4-5 mystery structures around the classroom.



Step 1: Fold paper in half (Use solid paper, we used two colors to illustrate what's happening!)



Step 2: Make cuts to the middle fold (Two on one side, and one on the other)



Step 3: Twist the paper and refold as needed in the middle to finish the structure!

② **Give an activity overview** *5 mins*

Ask students to get into groups with the goal of recreating the paper structure. There are only three rules:

- Students must complete the activity in 10 minutes using only one sheet of paper and scissors;
- Looking at the original structure is fine, but no touching;
- Working together is encouraged, but don't shout out the answer to other groups when you figure it out.

③ **Record their language** *10 mins*

While students are attempting to recreate the paper structure, listen and record their "mindset language." Examples include: "this is impossible," "I can't do it," "this is hard," "I like this challenge," and "let's try..." Before time is over, start writing language examples on the board without names.

④ **Lead a discussion** *15 mins*

Example questions:

- How were you feeling about the project in the first minute versus the last? What kinds of things were you saying (or maybe just thinking)?
- Pick out one example of a "fixed mindset" quote and one "growth mindset" quote; ask learners which of the mindsets might lead to success next time and why