

Got Attitude?



Concept
Mindset



Length
5-10 Minutes

Inquiry Prompts

- How do you know when you have a positive (growth) mindset?
- How do you know when you have a poor (fixed) mindset?
- When do you feel your most confident at school? Your least confident?

Instructions

The purpose of this activity is to build on students' experiences with self-doubt and help remind them of what a positive attitude looks and sounds like.

- 1 Explain to students that you're going to make a series of statements. Ask students to vote on whether the statement demonstrates a positive (growth) or poor (fixed) attitude.
- 2 You can come up with your own statements or build on these:
 - I'm too dumb to get this. (fixed)
 - I know everything there is to know about planets. (fixed)
 - Mistakes help me learn. (growth)
 - I'm not a very good baseball player. (fixed)
 - I'm going to try my best. (growth)
 - I don't understand this. What's wrong with me? (fixed)
 - My answer is wrong. What am I missing? (growth)
- 3 Now ask for volunteers to describe a time they had a similar thought or attitude. What made them think the way they did?

Message for students: Often, success can start with attitude! Believing in yourself and your ability to learn and grow opens your mind to strategies that will help you achieve your best.

Materials Required

- Nothing for this activity

Artifacts

Nothing for this activity.