

Class Mantras (When You Need a Little Help)



Concept
Mindset



Length
15-20 Minutes

Inquiry Prompts

- Why is it important to encourage others around us?
- If everyone in class had a growth mindset, what would that look like?
- How should you react when someone encourages you?

Instructions

The purpose of this activity is to equip students with some confidence-boosting mantras to help them encourage classmates—and themselves—when they have trouble believing in their abilities.

- 1 Explain to students what a mantra is. A class mantra is a positive statement that can help encourage students to believe in their abilities and do their best.
- 2 Give students about 5 minutes to brainstorm some mantras that demonstrate a growth mindsets.
- 3 As a class, compile students' mantra suggestions on a blackboard or whiteboard.
- 4 Vote on the mantras! Students can vote for a single class mantra, or for mantras that might come in handy for different situations. For example, a mantra for when you did not do as well as you had hoped on a test. Or a mantra when you're nervous about learning something new.
- 5 Have students write the mantras on index cards to keep and share with classmates when they need it, or to use in a class display.

Message to students: Words matter! The way you communicate with someone can affect their mental health (that's the way they think and feel about themselves and their abilities). Kind and encouraging words, like those in a class mantra, can help when someone feels unsure. Share your mantras freely with other students, and let others encourage you when you need it.

Materials Required

- Paper
- Pencils, colored pencils, or markers
- Index cards (3x5 or 4x6)
- Computers (tablets, phones) with Internet access (if you want students to upload artifacts)

Artifacts

Have students upload their favorite class mantra cards to **Storyboard**, where they can keep a running reflection on when they've needed to refer to the mantra. You can also create a display in your classroom, where students can select a card for encouragement when they need it. (Have every student write out each of your class mantras on an individual index card. Organize the cards in envelopes or pockets made out of construction paper, one for each mantra, and pin to a bulletin board. Students can help themselves to a card from the envelopes as they need it.)