



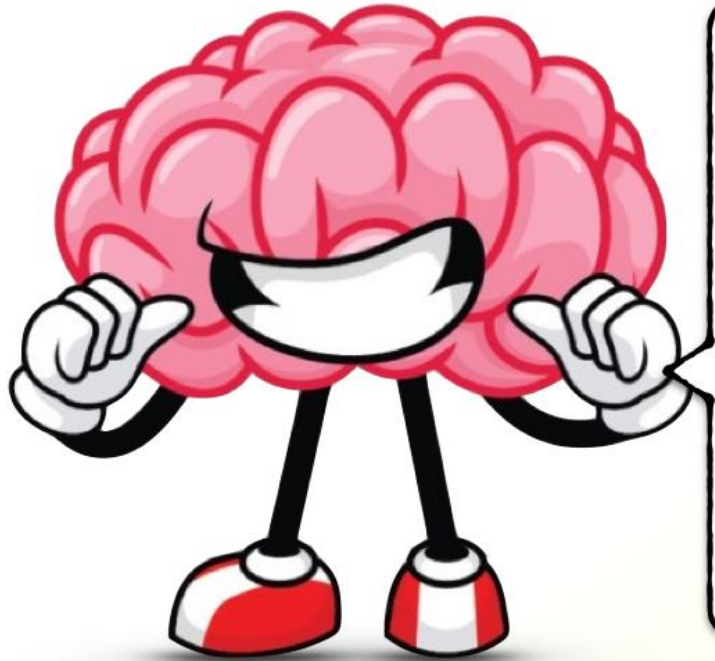
[Watch this video](https://www.youtube.com/watch?v=rUJkbWNnNy4)

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Which of the two seeds best describes you at the moment?

What can you do to develop a growth mindset?

WHAT IS A MINDSET?



Our mindset is made up of our **beliefs, ideas and attitudes**.
Thinking about our mindset can help us when we do things, especially when we face a challenge.

attitude

ethos

approach

mentality

beliefs

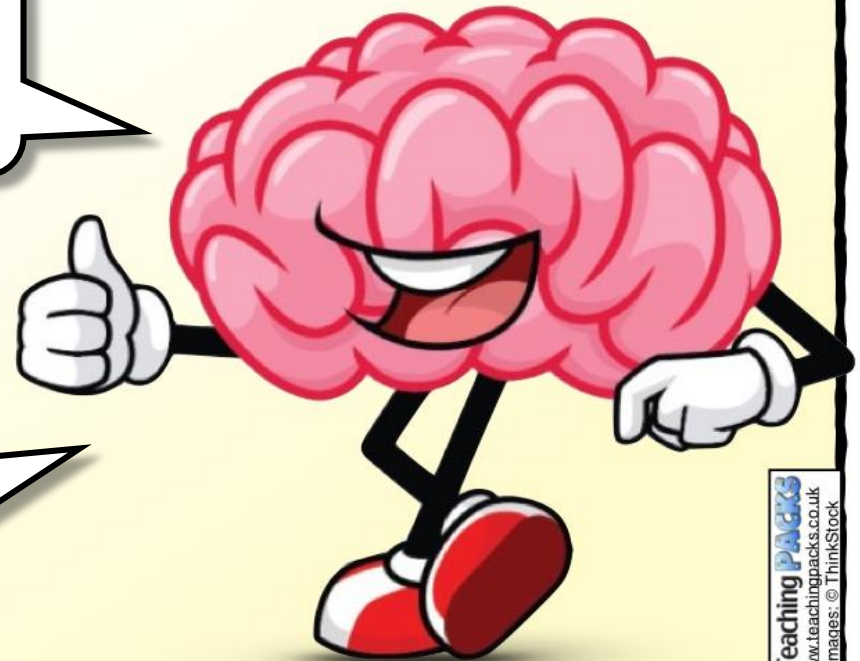
way of thinking

FIXED OR GROWTH MINDSET?

How do you feel when you face a challenge?

People with a **fixed mindset** believe that their intelligence can't change. They think that talent makes somebody successful... not effort.

People with a **growth mindset** believe that their abilities can be developed through effort and hard work. Their intelligence and talent are just the start!

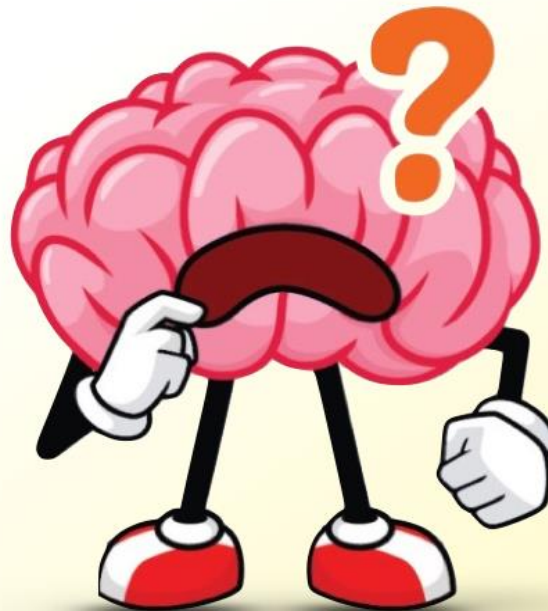


FIXED MINDSET

People with a fixed mindset...

**give up when
something is
difficult.**

**don't listen to
feedback from
others.**



**don't put much
effort into their
work.**

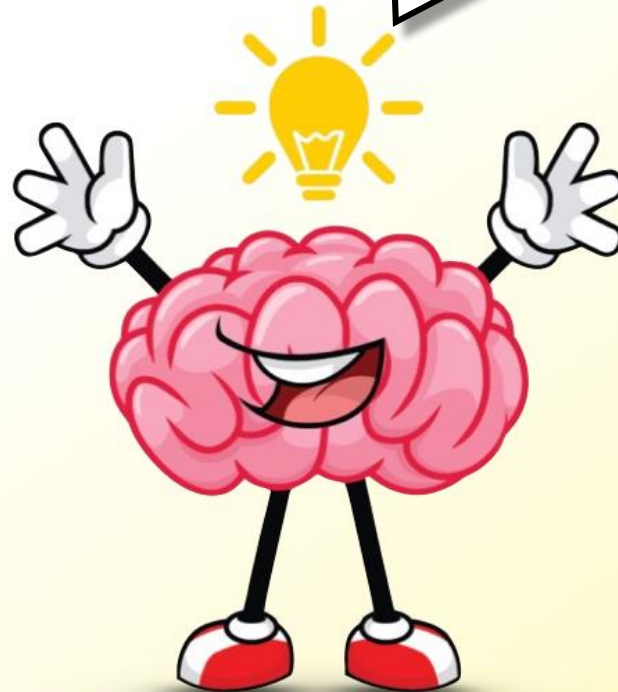
**avoid
challenges.**

GROWTH MINDSET

People with a growth mindset...

love new challenges.

**keep trying,
even when
things are
difficult.**



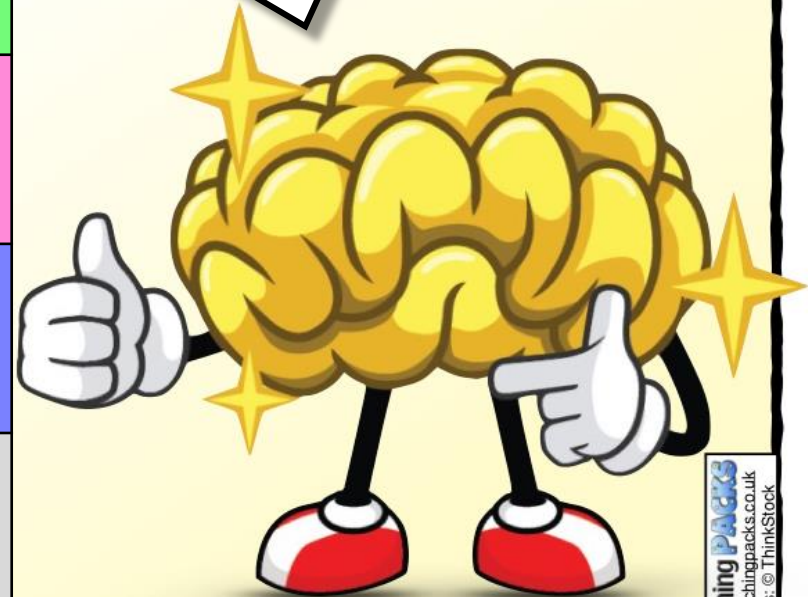
**always use
100% of their
effort.**

**listen to and
learn from
others.**

CHANGE YOUR MINDSET

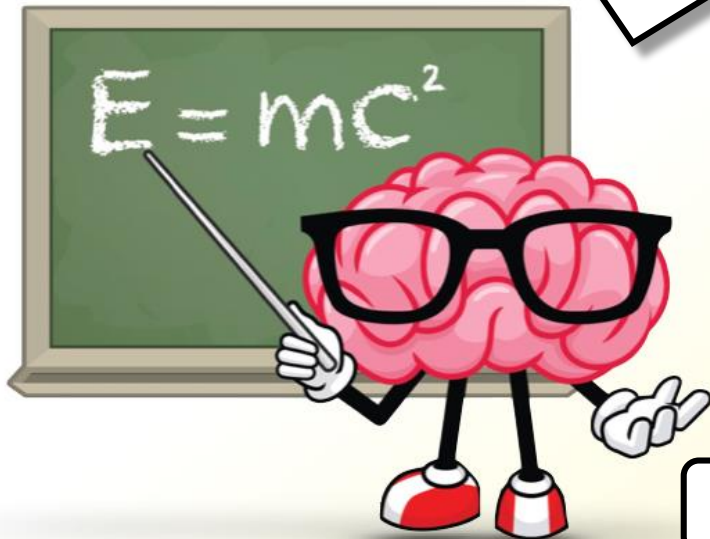
To change your own mindset, try to remember...

Your brain can change. It grows in response to challenges!	Set yourself challenging goals and do your best to achieve them.
Listen to feedback from others and use it to improve.	Listen to feedback from others and use it to improve.
Don't say "I can't do this." Say "I can't do this... yet!"	Be proud of your achievements and what you have learned.
Think about who (and what) can help you to achieve your goals.	Learn lessons from people who inspire you.



...YET!

If something seems difficult, remember the word 'yet' to change your mindset...



I can't remember my five times table!



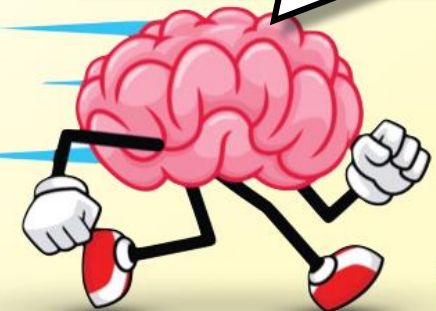
I can't remember my five times table... yet!



I can't win a marathon!



I can't win a marathon... yet!



... and then try to think about how you will improve!

HELPING OTHERS

How can you help others to improve their mindset?

Be an
inspiration to
others.

Give useful
feedback to
help them to
improve.

Praise them
when they are
putting lots of
effort into their
work.

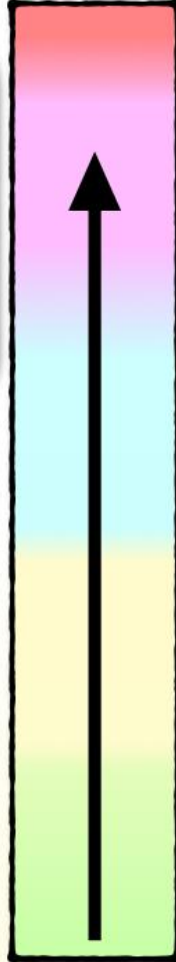
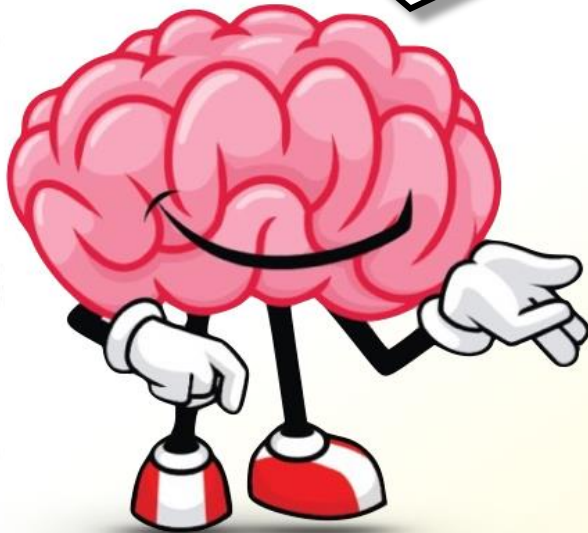
Give them
confidence and
encouragement.

Be proud of
their
achievements.



HOW HARD IS YOUR BRAIN WORKING?

When you are trying a challenge, think about how hard your brain is working.



If things seem too confusing, try again, take a break or ask for help.

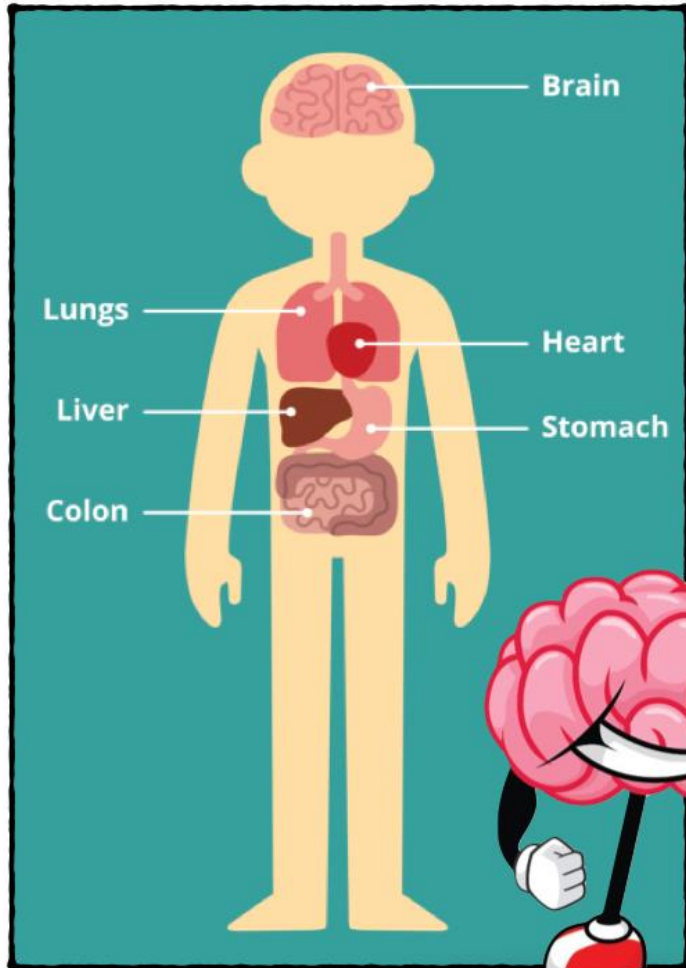
This is a real challenge. My brain is working at full power.

This is quite difficult. My brain needs to work hard on this challenge.

This is quite easy. My brain is working

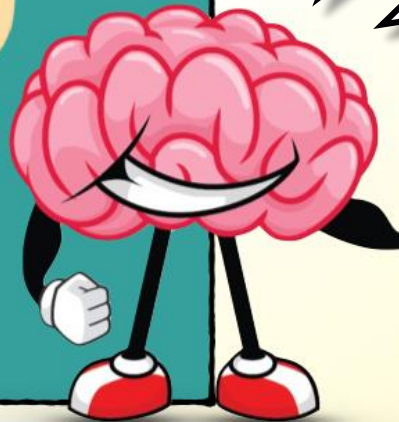
This is a too easy. I don't need to use my brain too much.

OUR BRAINS



The brain is a grey ball of wrinkled tissue inside our heads. It is protected by membranes, fluid and a hard skull.

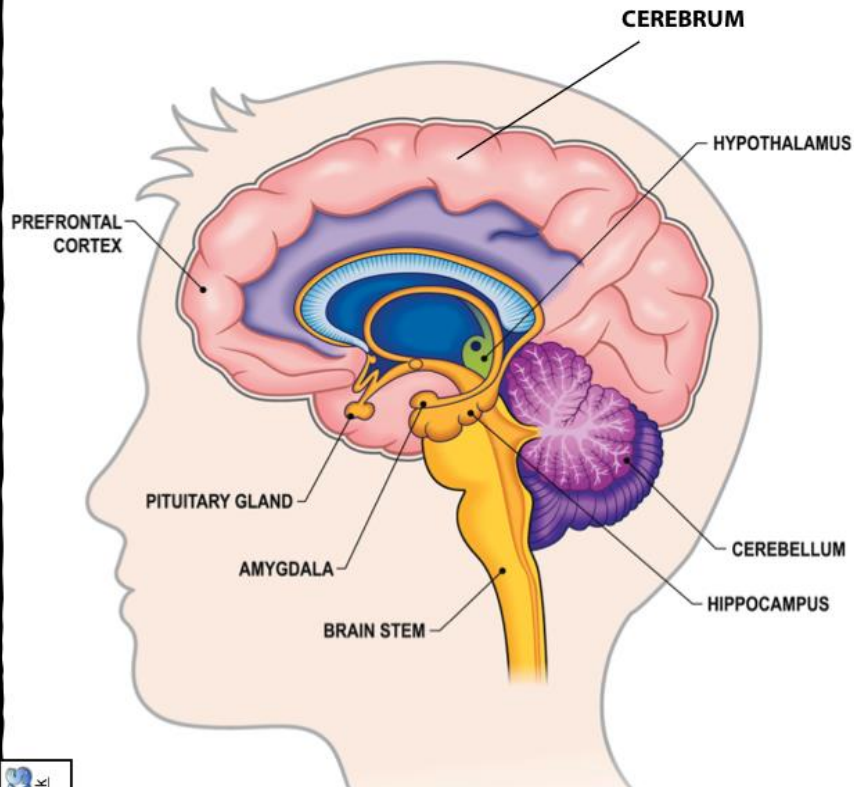
The brain controls everything that we do. It helps us to see, hear, move, think, dream, remember and more!



The left half of your brain controls the right side of your body and the right side of your brain controls the left side of your body!



THE PARTS OF THE BRAIN



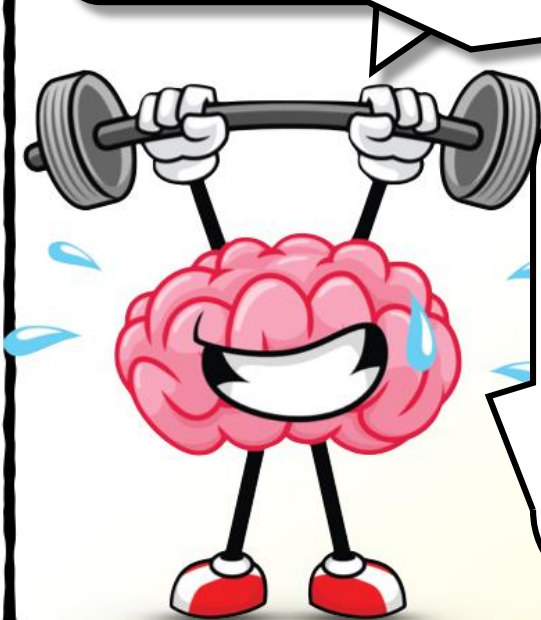
The brain makes up 2% of the body's weight, but uses 20% of its energy!

Cerebrum	This is the biggest part of the brain. Different parts of it deal with different parts of the body.
Prefrontal Cortex	The front part of the cerebrum is the prefrontal cortex. This deals with problem solving and complex thoughts.
Cerebellum	The cerebellum is at the back and bottom of the brain. This deals with our movement and balance, so that our muscles can help us to walk, ride a bike and take part in sports.
Hippocampus	The hippocampus is where the brain forms, stores and organises memories. It also helps us to navigate and find our way around.
Hypothalamus	The hypothalamus helps to control the temperature of our bodies. If we are too warm, it tells the body to sweat. If we are too cold, it tells the body to start shivering.
Brain Stem	The brain stem connects the brain to the spinal cord. It is in charge of the functions that the body needs to stay alive (e.g. breathing, digesting food, circulating blood) and it controls our involuntary muscles (the ones that work without us thinking about it), e.g. the heart and stomach.
Amygdala	The Amygdala is a group of cells in the centre of the brain that control our emotions.
Pituitary Gland	The pituitary gland produces and releases chemicals called hormones into the body. These help us to grow and control the amount of sugars and water in our bodies.

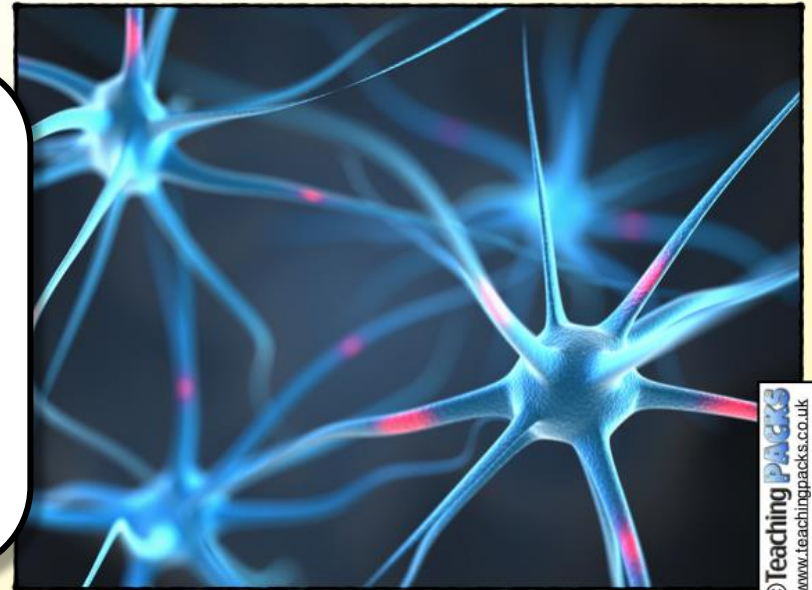
GROWING YOUR BRAIN

There are about 100 billion neurons in your brain and each one has between 1,000 and 10,000 connections to other neurons.

When you learn new things, information is sent from one neuron to another, over and over. The brain forms new connections between the neurons, so that things become easier when you do them again.



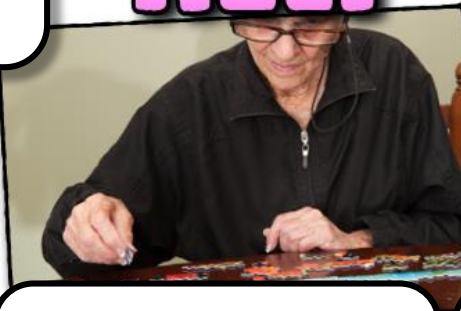
The best way to grow your brain isn't to do easy things.
Do things that challenge it and make it struggle!



You can help
your brain in the
following ways...



HELP YOUR BRAIN!



Use it

Challenge yourself, try
new things and give
your brain a workout.



Drink water

The brain needs water to
create neural pathways,
so stay hydrated.



Eat healthily

Have a healthy diet to
give your brain the
minerals that it needs.



Exercise

Exercise regularly to
increase the oxygen
levels in your blood.



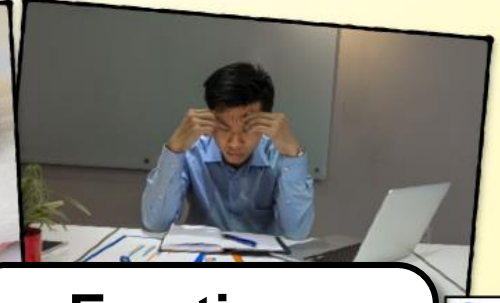
Take breaks

Help to maintain your
focus by taking
regular breaks.



Sleep

Being too tired
can affect your
ability to learn.



Emotions

It can be difficult to learn
new things when you're
upset or stressed.

DO YOU HAVE A GROWTH MINDSET?

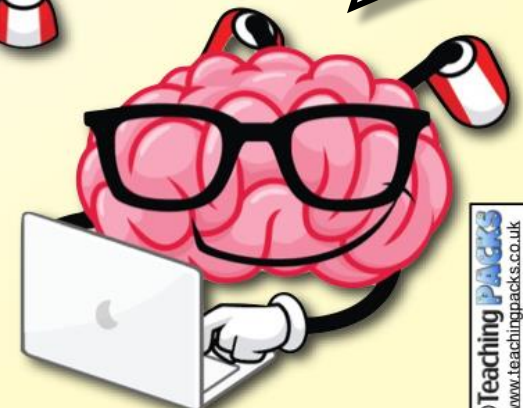
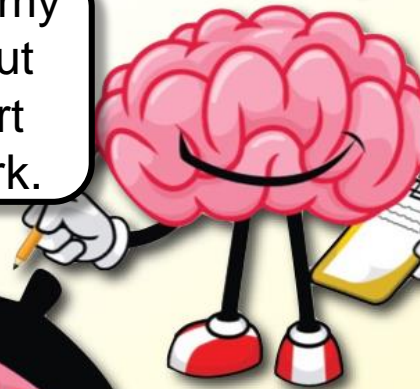
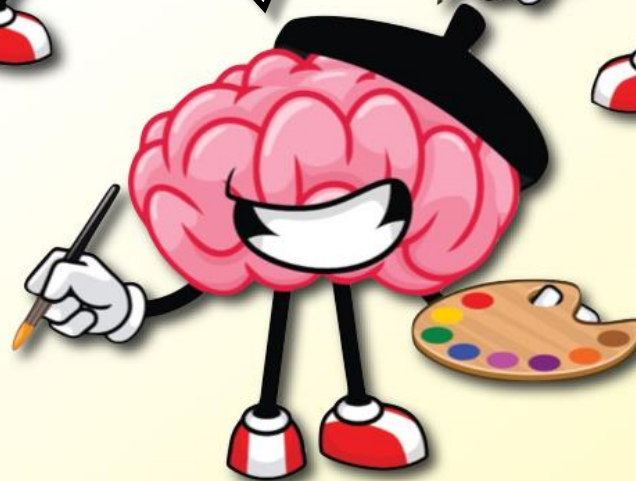
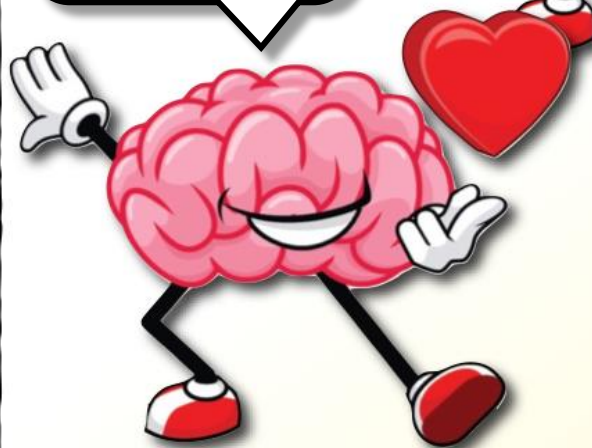
I look for new challenges to train my brain!

I listen to feedback from others and use it to improve.

I LOVE learning new things!

I always try my best and put 100% effort into my work.

I am inspired by others and try to learn from their achievements.



Reflection

Let's all try to remember:

- Our value of RESILIENCE
- Don't be afraid of challenge (grow your brain!)
- The magic ofYET!
- Support each other when facing other challenges
- Look after yourself and each other

Dear Lord,

**Thank you for the challenges in life that
help to build my resilience.**

**Let me always try my best and learn from
these challenges.**

Amen

We are proud to be a growth mindset school and we believe that with effort, we can all improve.

Let's help ourselves and everyone in our school have a really positive start to the Summer Term!