



TODAY'S TOPIC:
Growth Goals

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

THINKING JOB: Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

What do I know about my brain?

Lesson

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> Big Life Journal graphics: Fixed vs. Growth Mindset, Brain Poster, Growth Mindset Statements, Grow My Brain Bookmark 	<ul style="list-style-type: none"> 	Know the brain can grow and the difference between a fixed and growth mindset.

NOTE: This lesson created with the “Growth Mindset” package purchased from Big Life Journal which included all of the graphics and printables referenced in this lesson.

ASK: What does it mean to grow? Growth means to develop, change, mature, evolve. What kinds of things grow? Living things grow – plants, animals, people. Even our brains can grow!

ASK: Where is your brain? Sometimes we call our brain our mind. What do you think “mindset” means? Mindset is the way our brain observes/sees/notices ourselves and the world. Our mindset helps us look at challenges and mistakes as opportunities.

SAY: Let’s put those words together: growth and mindset. What could a growth mindset mean? When we combine them, it means something really important. A

growth mindset is believing in the power of yourself and your brain! A growth mindset is when we know, with practice, we will get better at something.

ASK: If fixed is the opposite of growth, what does it mean to have a FIXED mindset? A fixed mindset means you think you can't get better at things, even if you practice.

SHOW: *Graphic of "Fixed vs. Growth Mindset".*

SAY: Okay, back to our amazing brains. Did you know your brain can change and grow? It's like a muscle. ***(Have everyone show off their muscles.)*** You can exercise to make your muscles grow. You can also do things to make your brain grow.

SHOW BRAIN POSTER. *(Laughing improves memory, exercise makes the brain faster, music boosts learning, the right foods help memory and concentration, sleep helps your brain solve problems, learning something new builds bridges in your brain.)* If something feels hard, that is your brain growing! Learning is hardest the first time, but your brain gets stronger when you repeat things.

EXPLAIN: Use a personal example. Even though I know about growth mindset, I still get stuck in a fixed mindset sometimes. I feel frustrated and want to quit. When that happens I use a trick to go back to a growth mindset. Have the class lean in and explain the trick is the word "yet". I have not learned to do this...yet. The magic word "yet" helps me keep going. If I think I will never get it, I say "I don't get it...yet. If I think I can't do something, I say "I can't do it...yet." ***USE THE GROWTH MINDSET SHEET and practice some of these statements.***

ACTIVITY: Make a corner bookmark – I can grow my brain.

AFFIRMATION – I have a growth mindset. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .