Growing Your Brain: Growth Mindset and The Formative Five

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About Me
About My School
Objectives

Build and/or expand knowledge base of Growth Mindset and The Formative Five in the elementary classroom

Give strategies to analyze and teach these topics with students

Walk away with resources to edit and use right away
Why?
Why “Growth Mindset” and “The Formative Five?”

- Builds self-esteem and confidence
- Technology
- Diversity
- Soft skills
The Mindsets
Growth vs. Fixed Mindset

**Growth Mindset assumes...**

That intelligence and other qualities, abilities, and talents can be developed with effort, learning, and dedication.

**Fixed Mindset assumes...**

That intelligence and other qualities, abilities, and talents are fixed traits that cannot be significantly developed.
Do you have a growth or fixed mindset?

- Most people have a bit of both, living on a spectrum with ideas at either end.
- Prone to defaulting to one or the other in certain situations
  - Example: A growth mindset about learning new languages vs. a fixed mindset about losing weight

Growth mindset is a continuous journey of development that will become easier with intentional practice.
<table>
<thead>
<tr>
<th><strong>Fixed Mindset</strong></th>
<th><strong>Growth Mindset</strong></th>
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<tbody>
<tr>
<td>This parent is driving me crazy; he wants a progress update every day.</td>
<td>This parent is very interested; I need to find a way to communicate with him productively.</td>
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<tr>
<td>This student hates school, and there’s nothing I can do to change that.</td>
<td>How can I use this student’s interests and passions to engage her in learning?</td>
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<tr>
<td>I’ll never be as good a counselor/teacher as ______ is.</td>
<td>I should ask _____ to be my mentor so I can learn from him/her.</td>
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<td>My students ruined this lesson; they just refused to cooperate.</td>
<td>How could I change the lesson so it’s more engaging for my students?</td>
</tr>
<tr>
<td>With his home life, this student doesn’t have a chance of graduating.</td>
<td>I believe that this student can find success, regardless of his background</td>
</tr>
</tbody>
</table>

*(from *The Growth Mindset Coach: A Teacher’s Month-by-Month Handbook for Empowering Students to Achieve* by Annie Brock and Heather Hundley)*
Teaching Growth Mindset
Where do I begin?

Gather student information to meet them where they are!

- **Surveys**
- KWL
- Exit Slips
- Technology - [Kahoot](https://kahoot.com), [Nearpod](https://nearpod.com), [Flipgrid](https://flipgrid.com), etc.
Growth Mindset Lessons/Resources

I Have a Dream: A Growth Mindset Perspective (Nearpod)

Mindset Matters (Nearpod 5th gr lesson)

The Growth Mindset (Nearpod 4th gr lesson)

Growth Mindset vs. Fixed Mindset Handout

The Girl Who Never Made Mistakes (book/Lesson Plan)
The Formative Five
The Formative Five

“When educators engage students in understanding and developing these five skills, they change mindsets and raise expectations for student learning”

Synopsis from The Formative Five: Fostering Grit, Empathy, and Other Success Skills Every Student Needs by Thomas R. Hoerr
The Formative Five Skills

1. Empathy
2. Self-Control
3. Integrity
4. Embracing Diversity
5. Grit
Teaching The Formative Five
Empathy

Burger King Bullying 2017 (video)

My Secret Bully (book on video)

Nearpod: Developing Empathy (nearpod lesson)

Stand in My Shoes (book on video)
Self-Control

Small Group - Zones of Regulation (from School Counseling Files)

Mindfulness and Deep Breathing exercises

List of Self-Control Centers

K-2 Self-Control Small Group Lessons

Mind Up Curriculum K-2 (Amazon)

Mind Up Curriculum 3-5 (Amazon)
Integrity

Personal Values Card Sort (activity)

Values Stations

What Do I Value Lesson (lesson plan)

Nearpod Lesson: Integrity & Honesty (Nearpod)

Howard B. Wigglebottom Honesty (video)

What if Everybody Did That? (book)
Embracing Diversity

Start With Hello, TODAY (video)

Spaghetti in a Hot Dog Bun (book)

The Lie of Stereotypes (article/video)

Sammy Sloth Sport Superstar (book)

Teaching Tolerance (website)
Grit

The Little Engine That Could (book on video)

Grit Lesson (google slides)

Grit & Growth Mindset in Cartoon Characters (video)

Grit: The Key to Your Success (video)

Soar (video)
Questions?

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Resources

SPS Counselors, Springfield, MO

Nearpod, Kahoot, Flipgrid

Youtube

The Formative Five: Fostering Grit, Empathy, and Other Success Skills Every Student Needs by Thomas R. Hoerr

The Growth Mindset Coach: A Teacher’s Month-by-Month Handbook for Empowering Students to Achieve by Annie Brock and Heather Hundley
Conference Announcements

- For all conference related information, download the Conference Yapp App. The Yapp ID is MSCA18.
- Please complete the Workshop Evaluation: http://bit.ly/2pS2YKq
- Please complete the Full Conference Evaluation: http://bit.ly/2yGVzBy
- Support this year’s Annual Project through raffles, bingo, Monday reserved seating, Monday power hour, and service project. Visit the activities desk for additional information.
- Make plans to participate in evening activities:
  - Hospitalities from 4:30 to 6:30 p.m.
  - Service Project Activity beginning at 7:00 p.m.
  - Trivia Night beginning at 7:00 p.m.
  - Dance beginning at 10:00 p.m.
- For more information on MSCA, like us on Facebook (mymasca) and follow us on Twitter (@myMSCA).