

<https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Daily Mindful breathing
Start each day the right way!



A silhouette of a person performing a yoga pose (Tree Pose) on a beach at sunset. The person is standing on one leg with the other leg bent and foot resting on the inner thigh. Their arms are raised and hands are joined in a prayer position above their head. The background features a vibrant sunset sky with orange, yellow, and pink hues, and the ocean with gentle waves. The person's reflection is visible in the wet sand.

Now let's try some 5 minute yoga to get us all stretched out!

<https://www.youtube.com/watch?v=4C-gxOE0j7s>

Growth Mindset is the idea that you can do anything!

If you're a Growth Mindset person, you have:

High resilience

A positive attitude

Self discipline

Excellent drive and determination



Let's take a look.....

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

Growth mindset vs fixed mindset



@sylviaaduckworth

SUCCESS

1. I can learn anything I want to.
2. When I'm frustrated, I persevere.
3. I like to challenge myself.
4. When I fail, I learn.
5. I like being told that I try hard.
6. If my classmates succeed, I'm inspired.
7. My effort and attitude determine everything.

From Reid Wilson
@wayfarepath

GRIT

FRUSTRATION

1. I'm either good at it, or I'm not.
2. When I'm frustrated, I give up.
3. I don't like to be challenged.
4. When I fail, I'm no good.
5. I like being told that I'm smart.
6. If my classmates succeed, I feel threatened.
7. My abilities determine everything.

Learned helplessness

I Can Grow My Brain

by _____



MUSIC BOOSTS LEARNING!

What is your favorite song?

The right foods can improve your brain function, memory, and concentration.

What is your favorite healthy snack?



Did you know your brain works better after you exercise?

Draw or write what sport you like to play!

Zzzzzz

SLEEP IMPROVES YOUR MEMORY AND HELPS YOUR BRAIN SOLVE PROBLEMS.



What calms you before you fall asleep?



LAUGHING LAUGHING IMPROVES MEMORY

What makes you laugh?

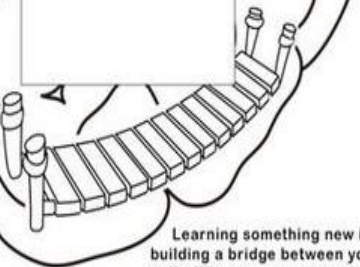
There are about 100 billion tiny little cells inside your brain called neurons.



Your brain can produce enough electricity to power a light bulb.

Name something new you want to learn.

Learning something new is like building a bridge between your brain cells. When you practice what you're learning the bridge gets stronger!



Take a look at this activity sheet.

Think hard about your own brain and complete the boxes.

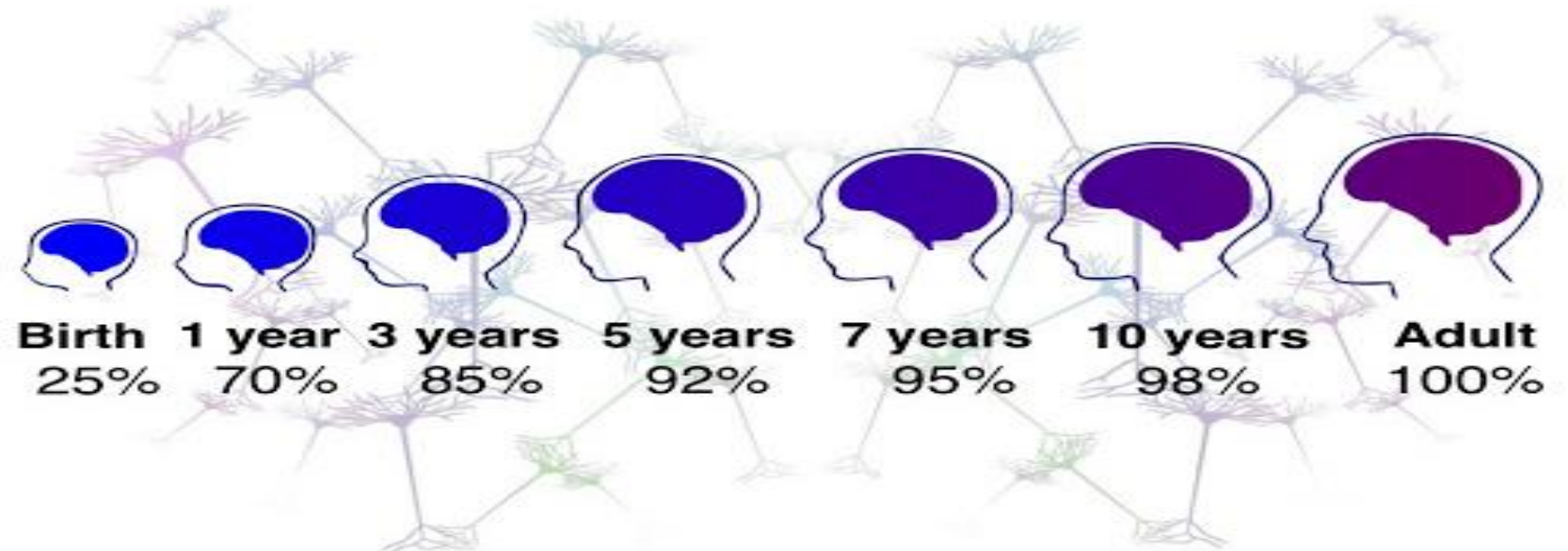


You can grow your intelligence!

Let's learn more about our brain.

To really understand Growth Mindset, we need to understand how the brain works.

Read the information sheet and create a poster all about brain function.



Success Criteria:

- Your poster should have 5 sections with titles
- It should be in your own words
- There should be pictures and diagrams

If you have time, you could present your findings!

