

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

Daily Mindful breathing
Start each day the right way!



A silhouette of a person performing a yoga tree pose (Vrikshasana) 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, with hands joined in a prayer position (Anjali Mudra) above their head. The background features a vibrant sunset sky with orange, pink, and yellow hues, and the ocean with gentle waves. The person's reflection is visible in the wet sand.

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

<https://www.youtube.com/watch?v=X3-gKPNyrTA>

Mistakes are good....they help us to learn!

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



Mistakes are good...they help us to learn!

Think about a big mistake that you made and write it down:

It doesn't have to be linked to school.

How did making this mistake make you feel?

What did this mistake help you to learn?

What would you do differently next time?



Take a look at this sheet.

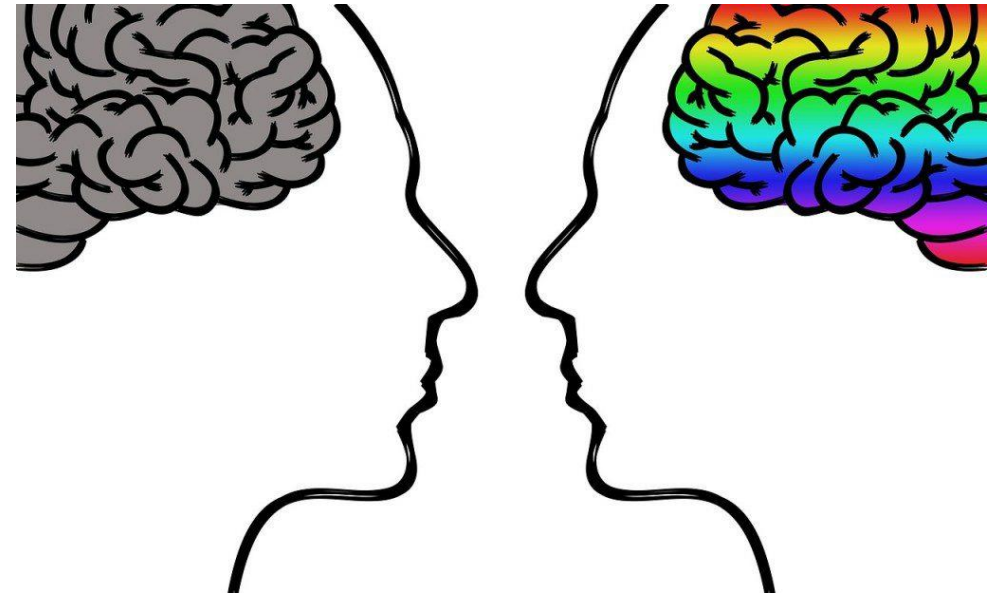
Think about a mistake that you made and reflect on it.

Then have a discussion with the rest of the class about each others mistakes and how you can learn from them.

Fixed, mixed or growth?

(effective effort rubric)

Which type of Mindset are you?



Use the sheet and read each category.

Decide whether you are: Fixed, mixed or growth by colouring in the statement which you think you are.

Fixed, mixed or Growth?

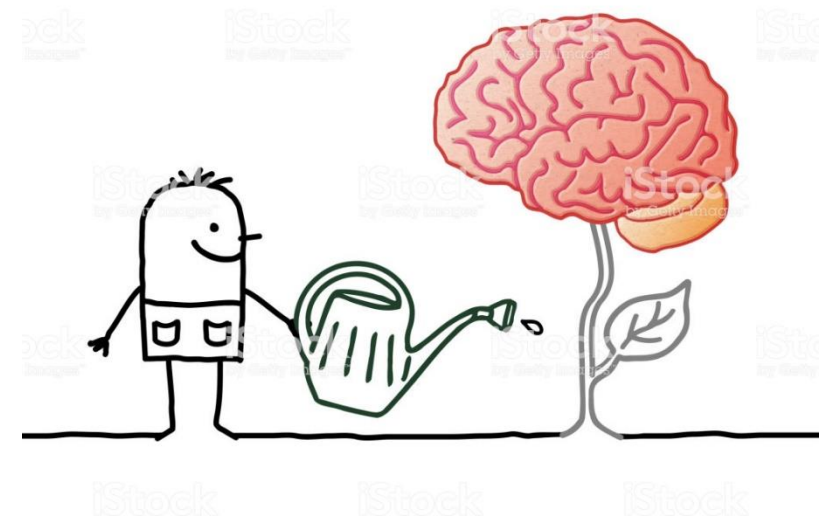
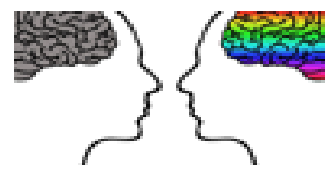
Which Mindset am I?

For each area, think of a way you can be more growth!

E.g. Asked questions: have the confidence to ask more questions in Geography to improve my understanding.

Taking on challenges:	
Learning from mistakes:	
Accepting feedback and criticism:	
Practice and applying strategies:	
Perseverance: (focus on task)	
Asking questions:	
Taking risks:	

What is the area that you need to be more Growth in?



Once you have worked out which Mindset you are for each area, complete this sheet to help you become more Growth!