

Social Emotional Learning at Home

DAY 8



Click here to play video

Think:

What is a growth mindset?

How did Michael Jordan have a growth mindset?

Why would coaches want someone with a growth mindset?

What is the difference between a growth mindset and a fixed mindset?

How did Carson, the 5th grader speaking in the video, use a growth mindset in reading?

How can you have the mindset of a champion?

Activity:

Write about something you can't do YET, and come up with some steps to get closer to achieving it.

