

○ MUSIC city COUNSELOR

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○

www.musiccitycounselor.com

Alignment to ASCA Mindsets & Behaviors:

Category 1: Mindset Standards

M1: Belief in development of whole self, including a healthy balance of mental, social-emotional, and physical well-being.

M2: Self-confidence in ability to succeed.

M6: Positive attitude toward work and learning.

Category 1: Behavior Standards

B-LS 4: Apply self-motivation and self-direction to learning.

DIRECTIONS:

TO PREPARE FOR THE LESSON...

TO MAKE THE BAGS:

Before the lesson, please grab two paper lunch sacks or gift bags of similar size. Full color and black/white labels for the bags are included. Please print, cut out, and glue the "Growth Mindset" and "Fixed Mindset" labels to the bottom of each bag and the Pout Pout Fish characters to the middle of each bag. Please see the sample photo to see how I made my bags!

SCENARIO CARDS:

Please print the 24 scenario cards on cardstock and/or laminate them so that you can use them year after year. Full color and black/white versions of the cards are included so please only print the pages that you need. If you have access to double-sided printing, you can print the cards with the "Growth Mindset or Fixed Mindset?" label on one side and the quote on the other side. The cards are perfectly aligned in PowerPoint so they should print in perfect alignment. But, your printer may print them slightly off due to technical issues within the printer. If this happens, I suggest selecting one-sided printing and printing one side of the page, then placing the page back into your printer tray and printing the other side. Or, you could also print the cards one-sided and then glue them together with a glue stick, then laminate them so they stay together. Or, don't worry about the label side and just print the scenario cards one-sided and have them be blank on the other side. Once they're printed, please cut out the scenario cards.

POSTERS:

Please print the "Pout Pout Fish had a FIXED MINDSET" and the "Pout Pout Fish had a GROWTH MINDSET" posters. Full color and black/white versions are included.

TO TEACH THE LESSON:

1. Please read the story, "The Pout Pout Fish Goes to School" aloud to students. If you don't have a copy of the book, you can find a YouTube read aloud video here:

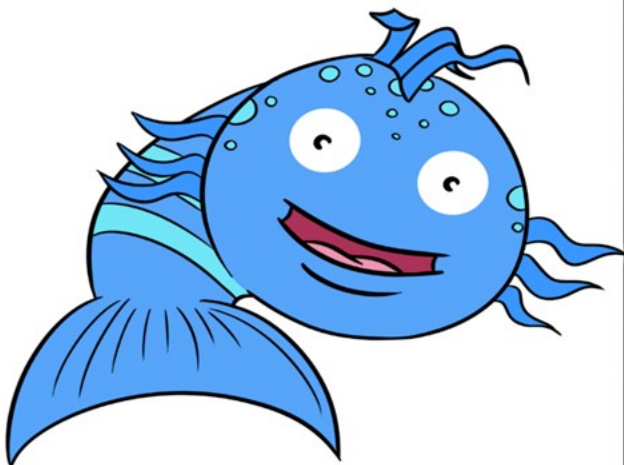
<https://www.youtube.com/watch?v=yekZNVtzmO8>

2. Please review the included PowerPoint presentation.
3. Please choose any of the following closing activities based on the needs and abilities of your students:
 - Growth Mindset vs. Fixed Mindset Sorting Game (recommended for 1st grade and up)
 - Coloring pages (recommended for K-1)
 - Worksheets (recommended for 2nd grade and up)

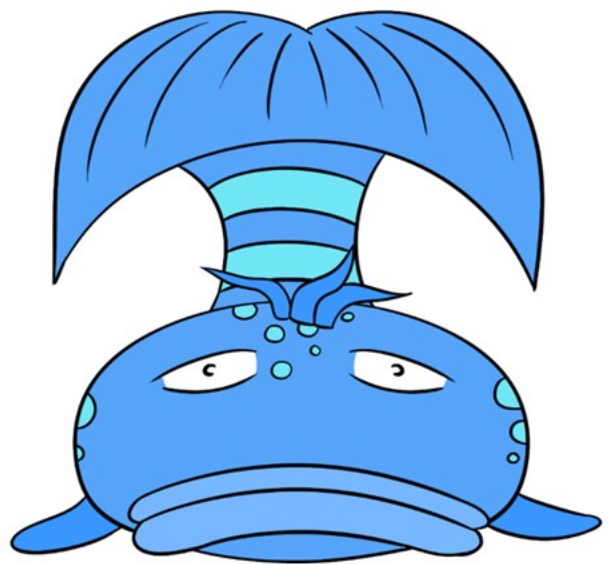
HOW TO PLAY THE SORTING GAME:

After reading The Pout Pout Fish Goes to School and reviewing the PowerPoint, I like to play the Growth Mindset vs. Fixed Mindset Bag Sorting Game. This game can be played with individual students, small groups, or large groups. It can be played with 1st – 4th graders with the younger learners choosing a card and having the educator read the scenario aloud for them and the older learners reading the cards aloud themselves. Before playing the game I like to review the two included posters: "Pout Pout Fish had a Growth Mindset" and "Pout Pout Fish had a Fixed Mindset." Students then take turns choosing a scenario card and reading it aloud to the class. I like to display the cards on the projector after a student selects it so that all students can follow along. Then, the student who chose the card places it in the "Growth Mindset" bag if the statement represents growth mindset or in the "Fixed Mindset" bag if the scenario represents fixed mindset. I recommend explaining each card to students after the child places it in the bag and generating a bit of discussion about the card. There are 24 cards, so in most elementary classes every student can have a turn. If you need to repeat cards so each student has a turn, that is just fine! After the game, students can work on any of the included worksheets or coloring pages (or they can take them home, too!)

SAMPLE Bag Sorting Game:



**GROWTH
MINDSET**



**FIXED
MINDSET**

POSTERS

Pout Pout Fish had a **FIXED MINDSET**

I'm not
smart enough!
I just can't do it!
Why try?
I give up!



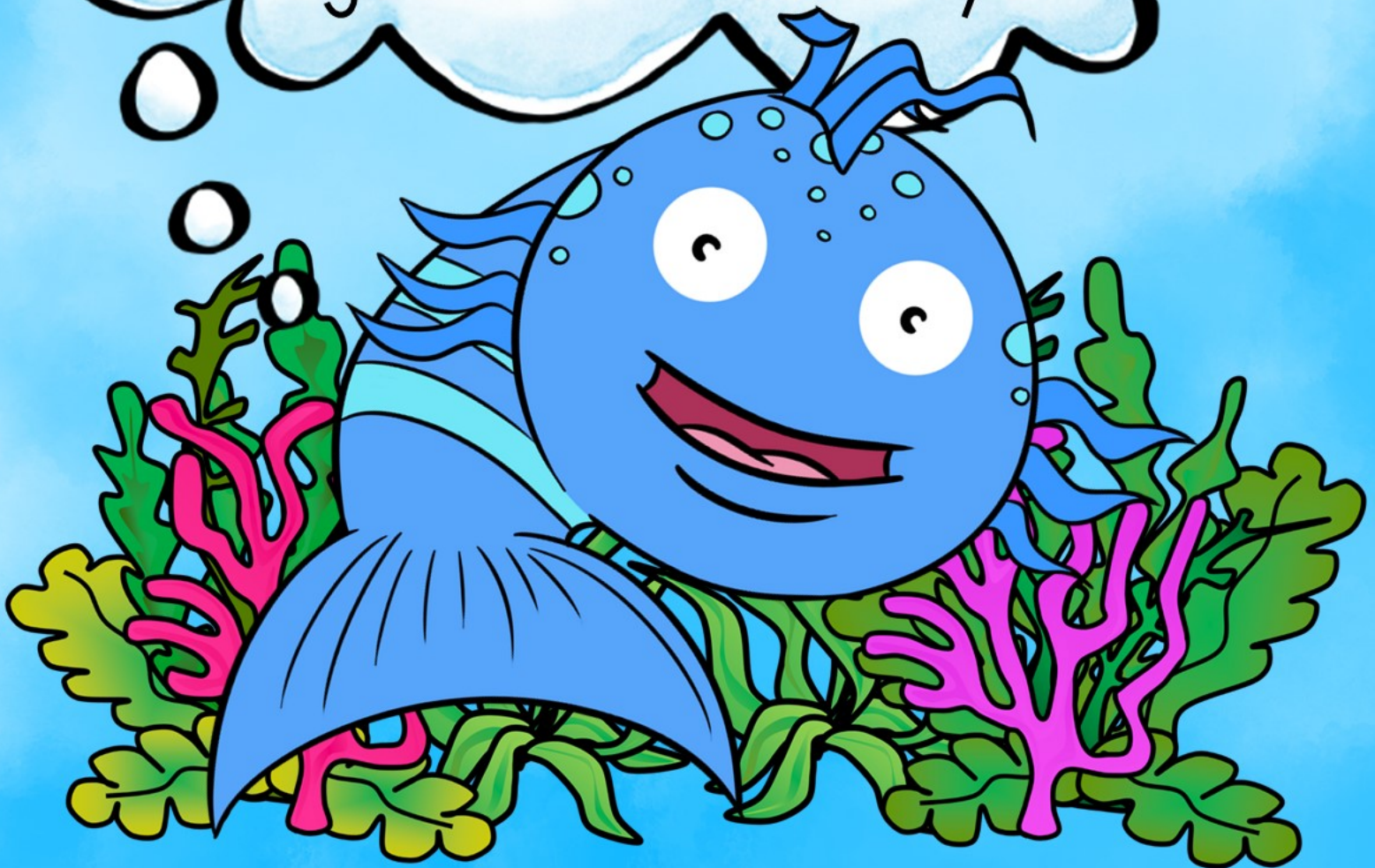
Pout Pout Fish had a **GROWTH MINDSET**

I am

smart enough!

I can grow and learn with
a little practice!

I just can't do it...yet!



Pout Pout Fish had a **FIXED MINDSET**

I'm not
smart enough!
I just can't do it!
Why try?
I give up!



Pout Pout Fish had a **GROWTH MINDSET**

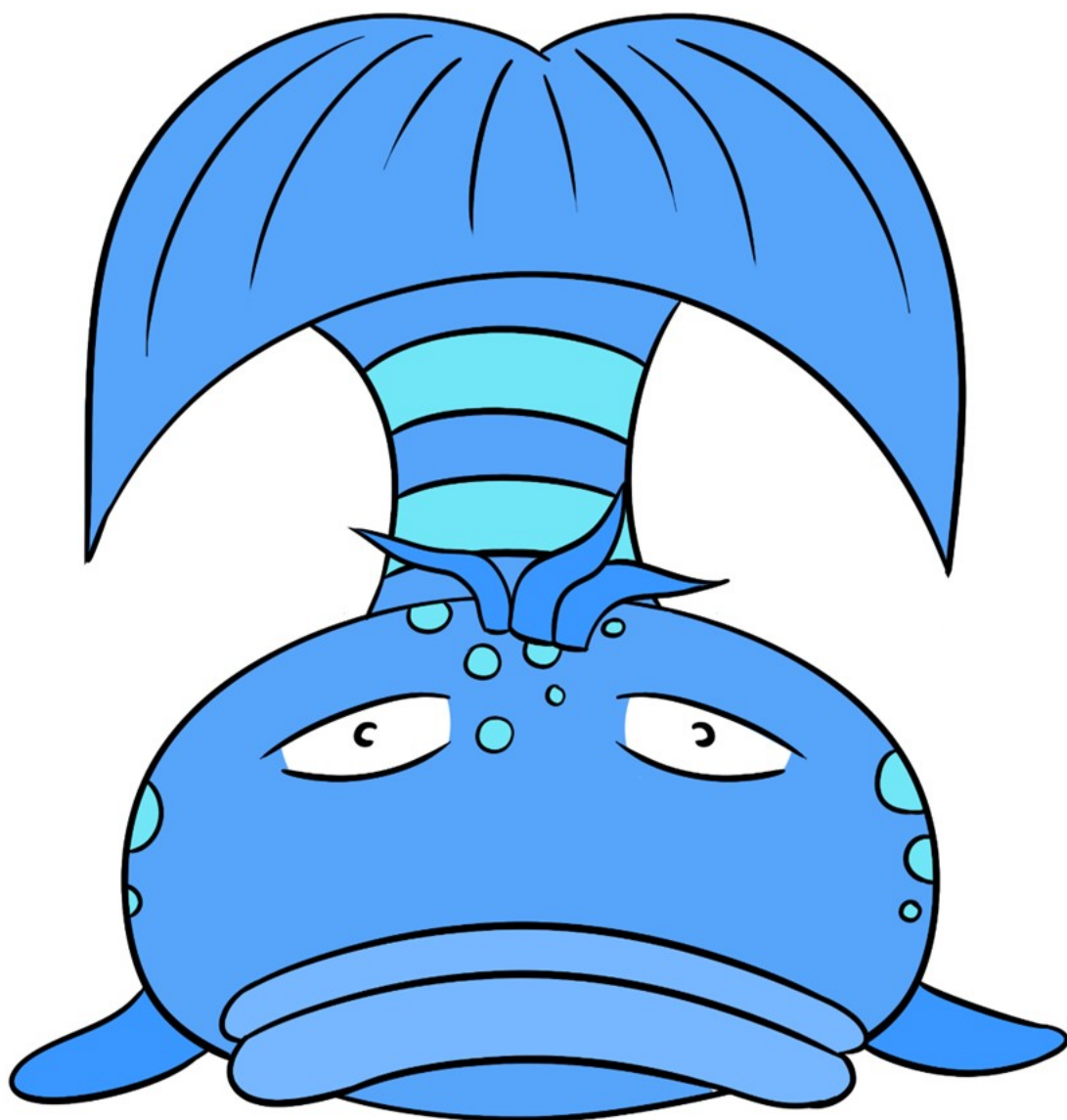
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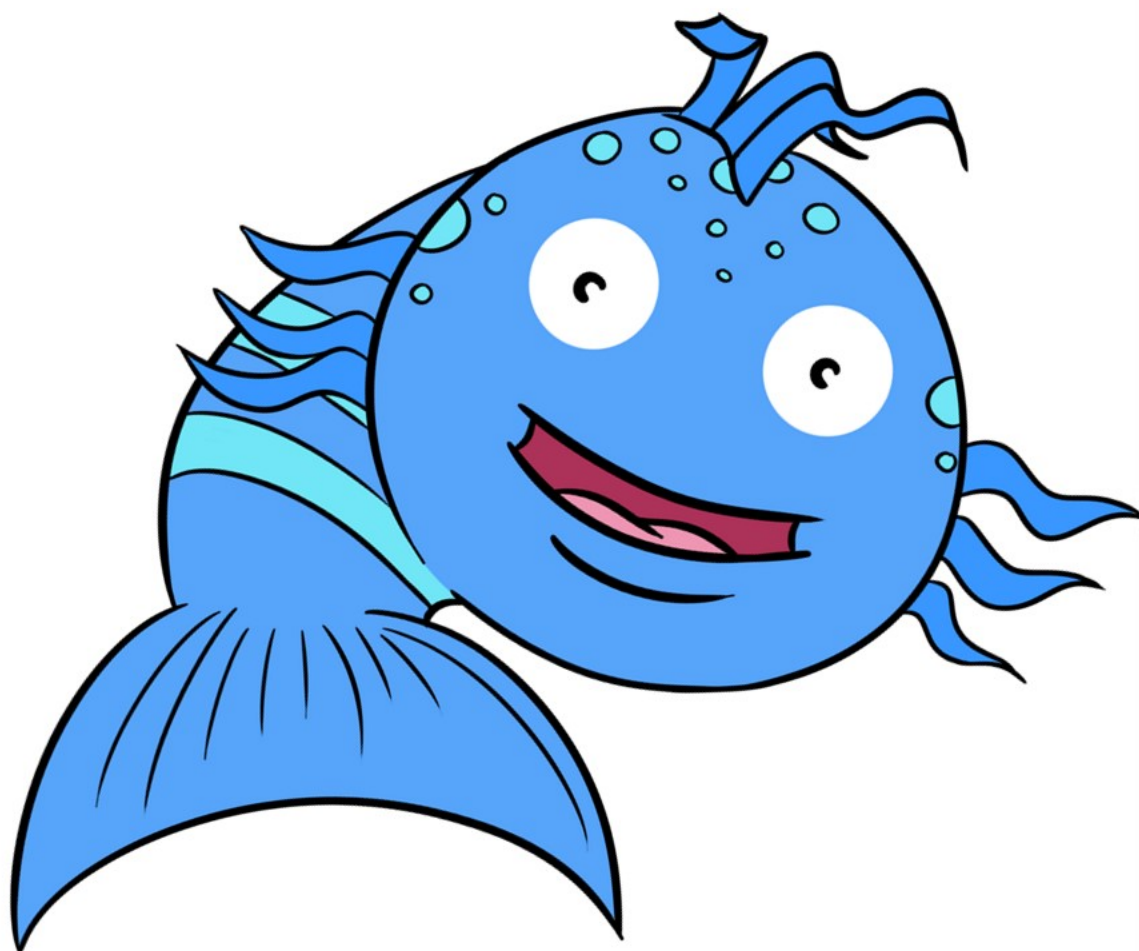
I just can't do it...yet!



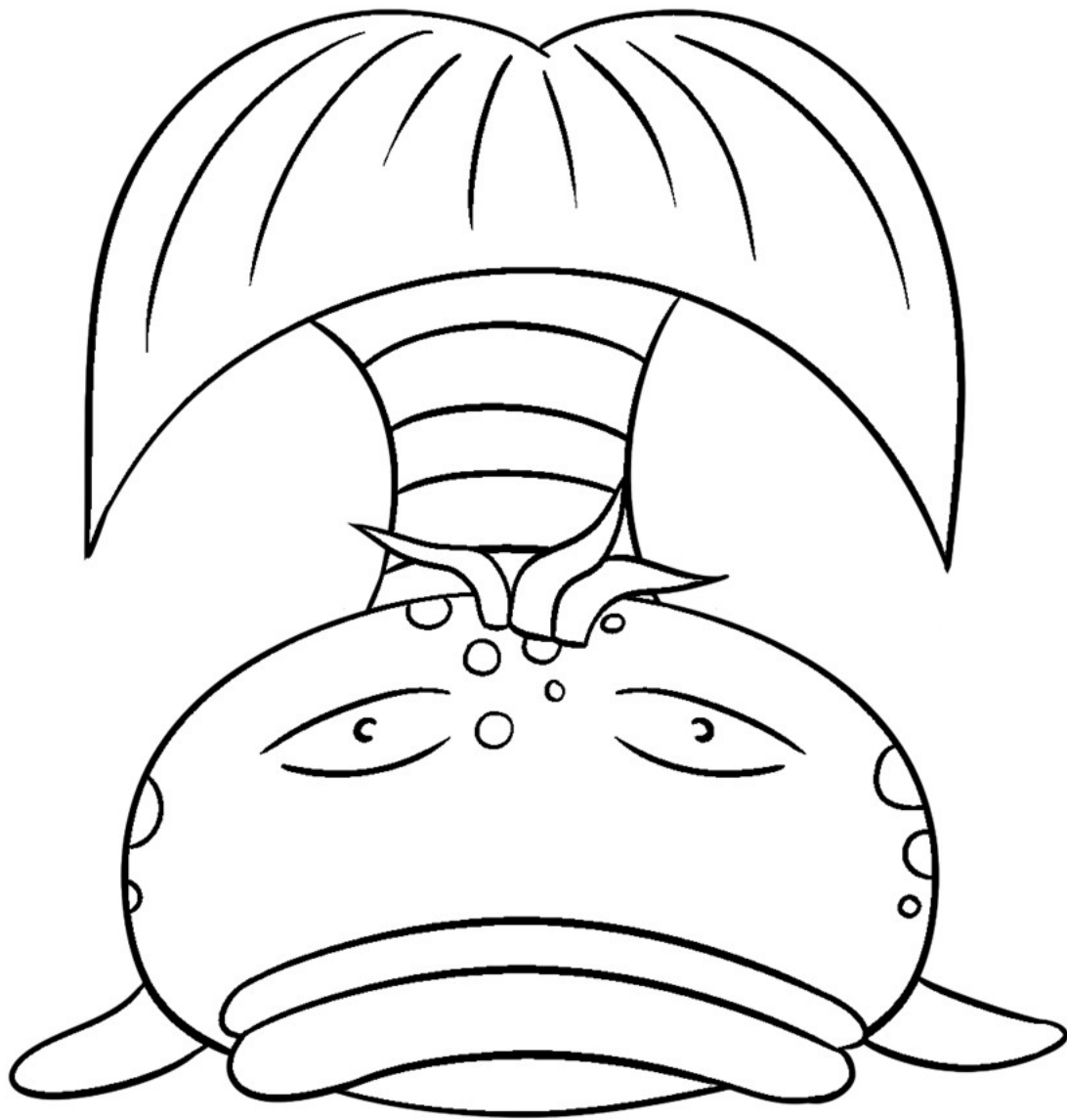
BAG SORTING GAME



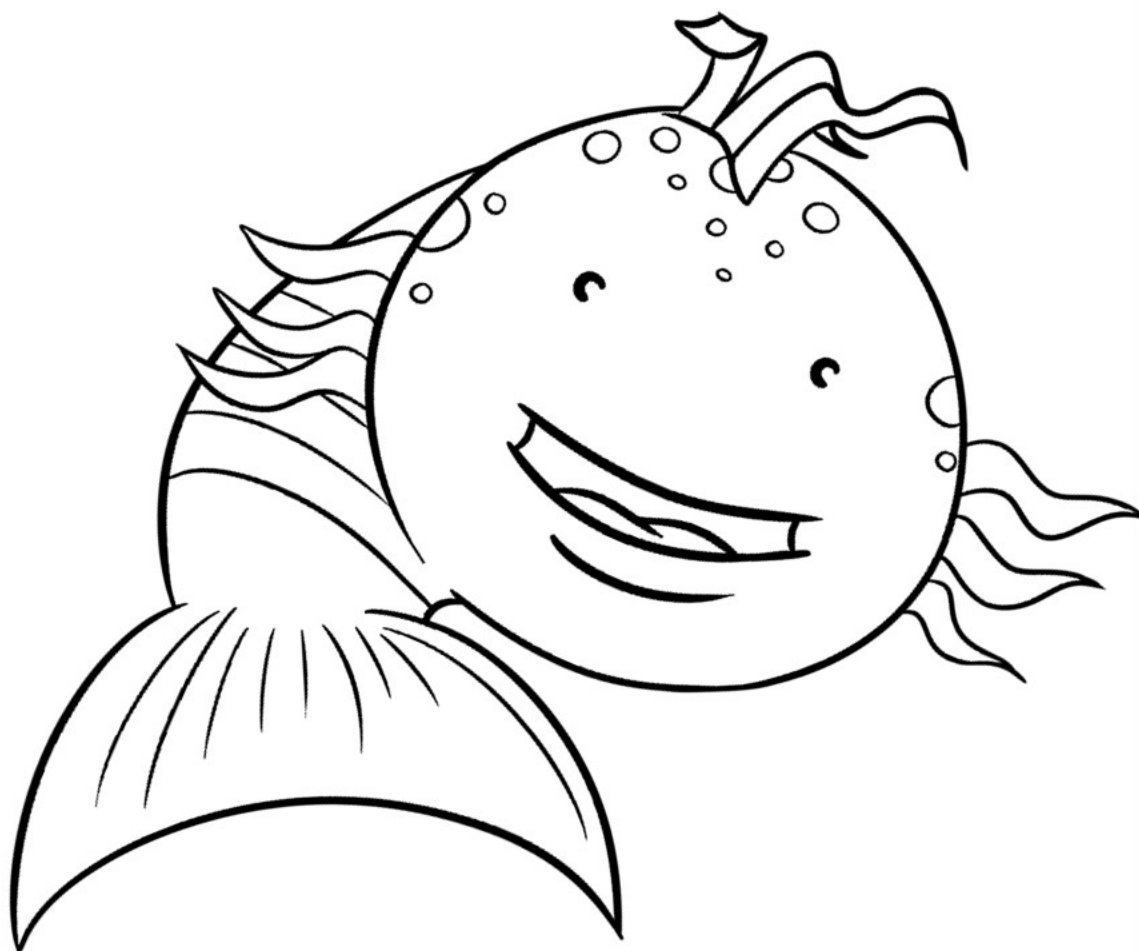
**FIXED
MINDSET**



**GROWTH
MINDSET**

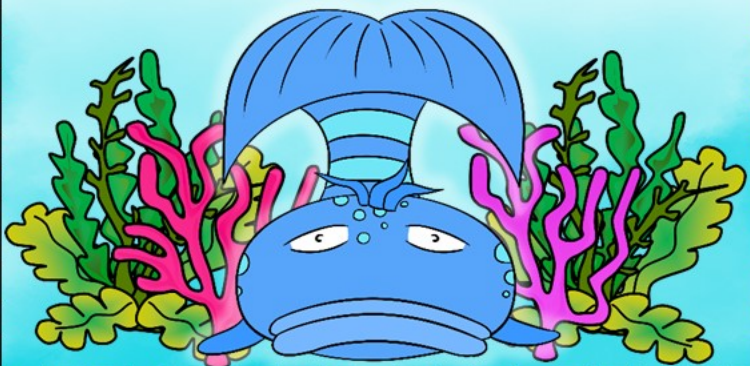


**FIXED
MINDSET**



**GROWTH
MINDSET**

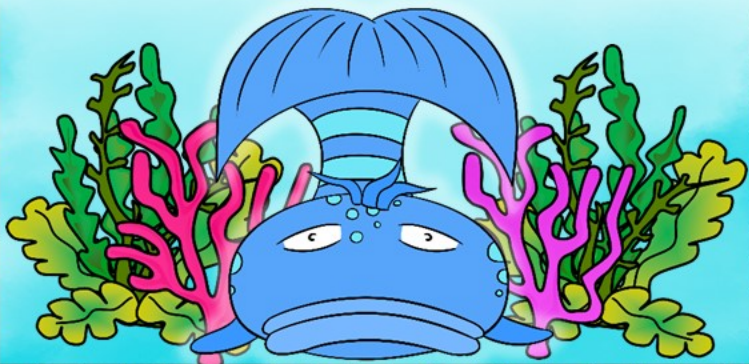
GROWTH MINDSET
OR
FIXED MINDSET?



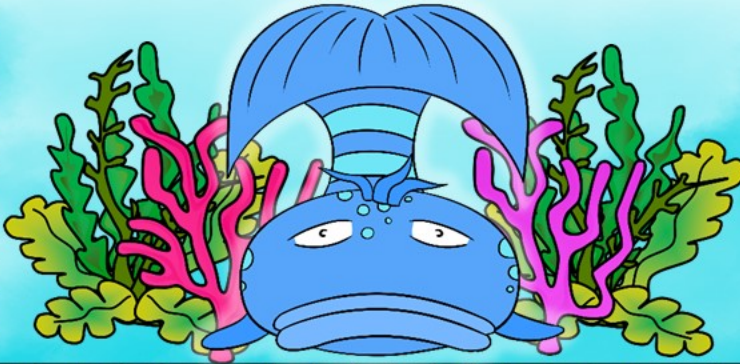
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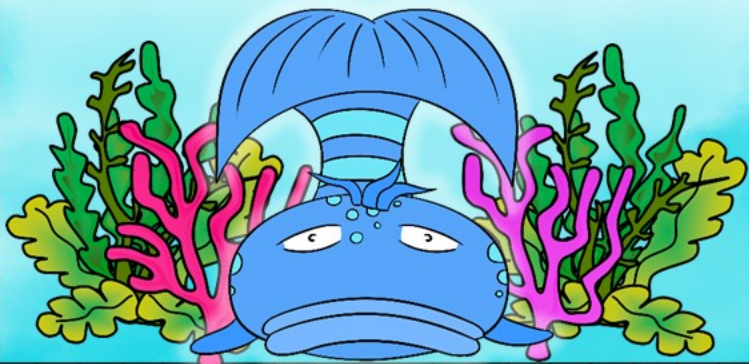
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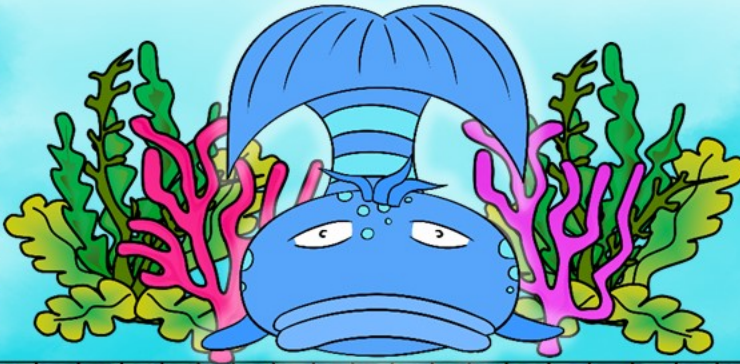
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GROWTH MINDSET
OR
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GROWTH MINDSET
OR
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Growth Mindset or Fixed Mindset?

"Why even try
if I know I'll
fail?"

Growth Mindset or Fixed Mindset?

"I can do
anything I set
my mind to!"

Growth Mindset or Fixed Mindset?

"I can achieve
my goals!"

Growth Mindset or Fixed Mindset?

"I'm just not
smart enough."

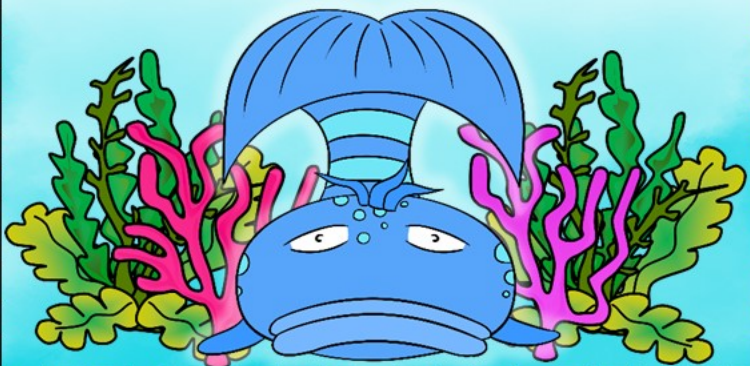
Growth Mindset or Fixed Mindset?

"I wish I was
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Growth Mindset or Fixed Mindset?

"This is
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me!"

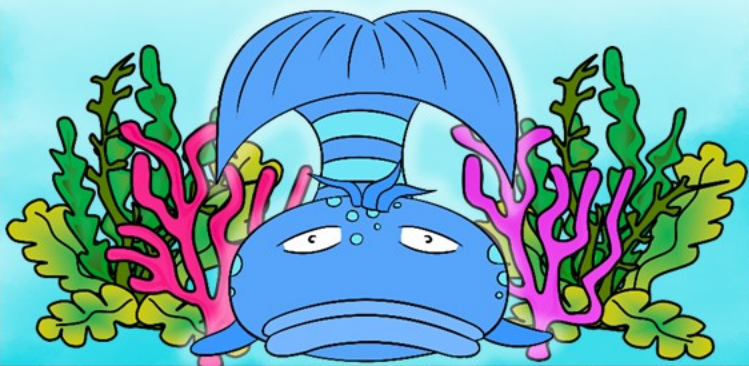
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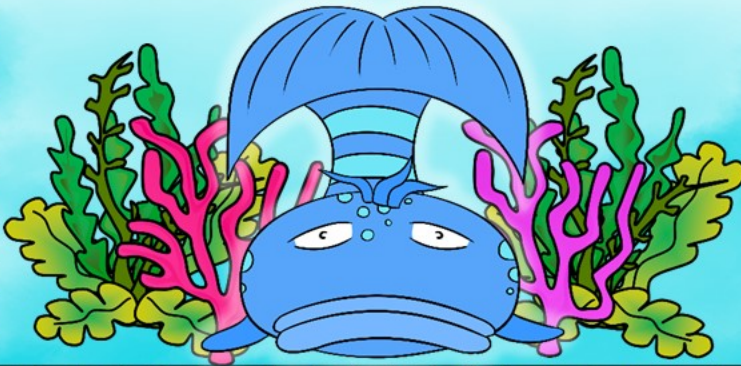
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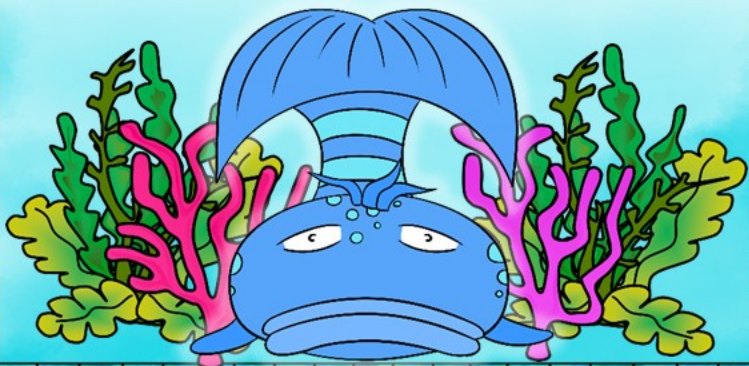
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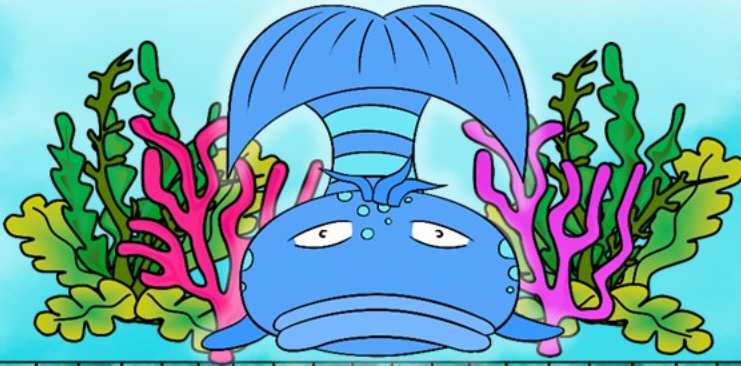
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**Growth Mindset
or Fixed Mindset?**

"I just can't
do it...yet!"

**Growth Mindset
or Fixed Mindset?**

"With
practice, I'll
get it!"

**Growth Mindset
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"I can figure
this out
myself!"

**Growth Mindset
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"I learn and
grow each
day!"

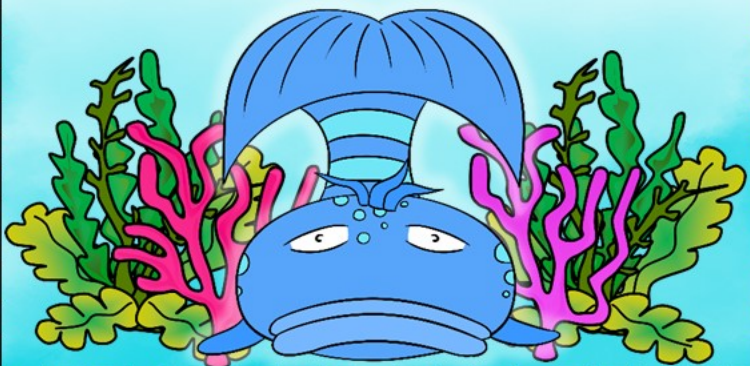
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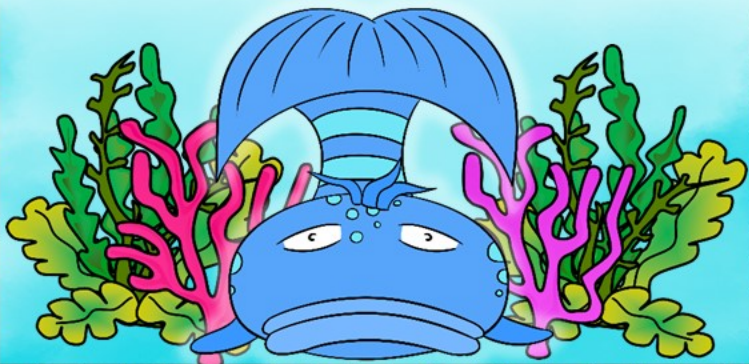
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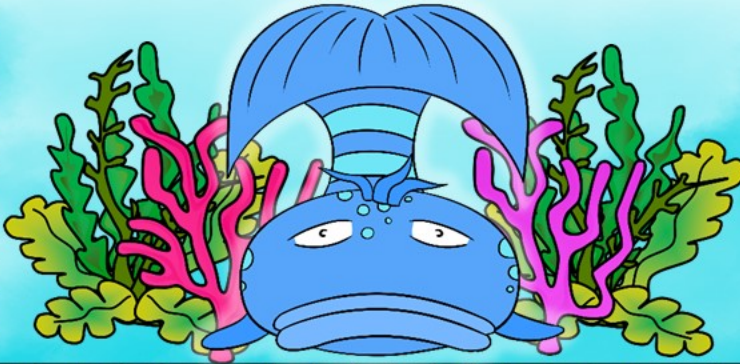
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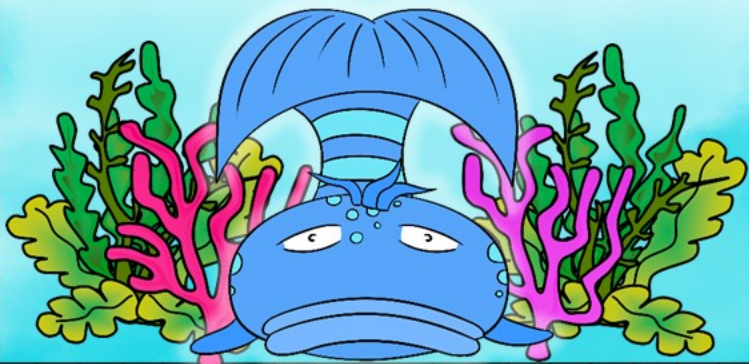
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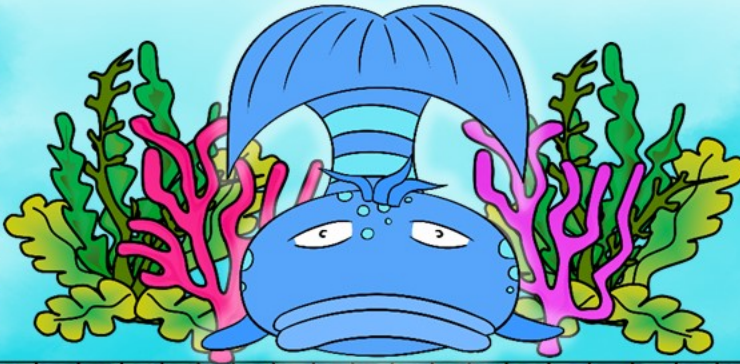
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"I can face
challenges
head on!"

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"I believe in
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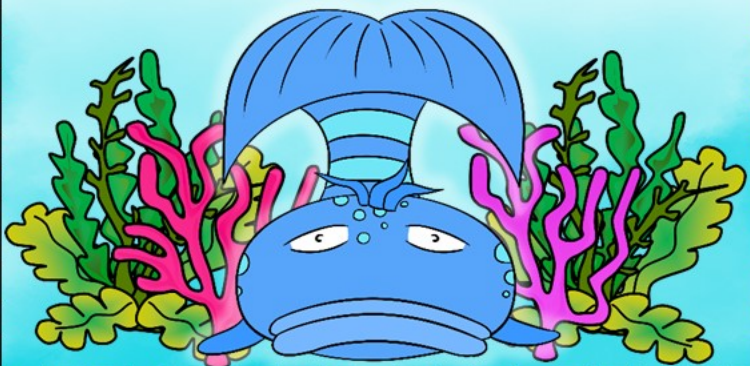
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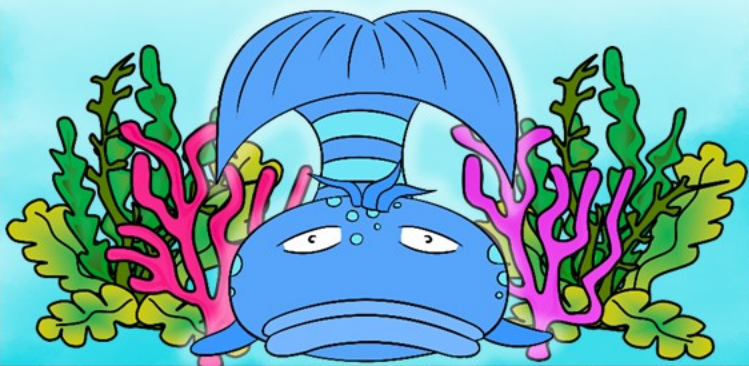
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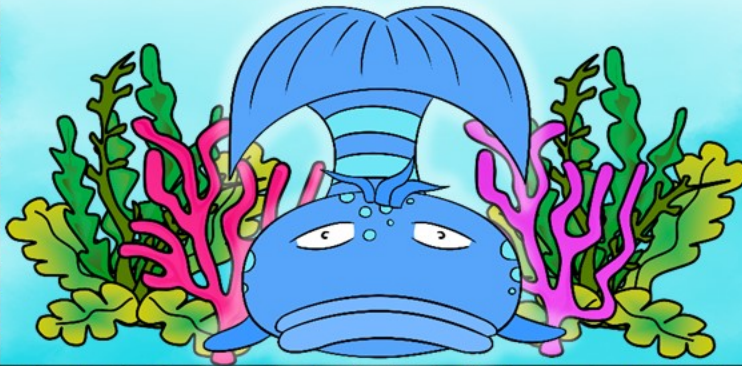
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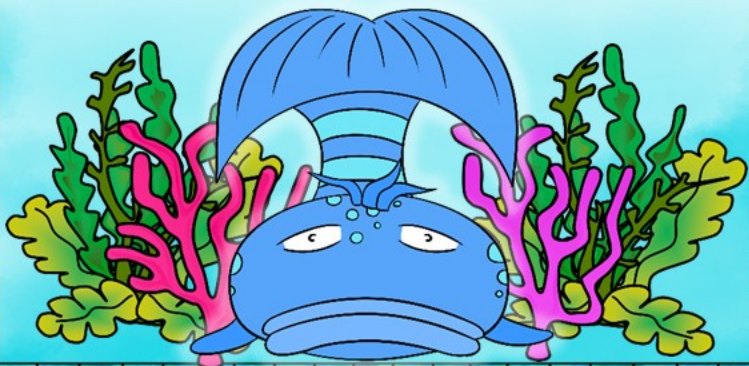
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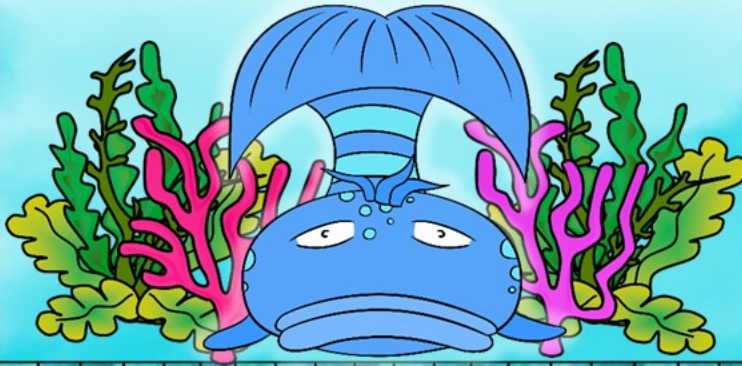
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"A little progress
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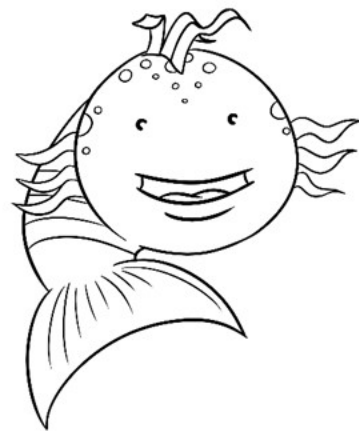
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WORKSHEETS & COLORING PAGES

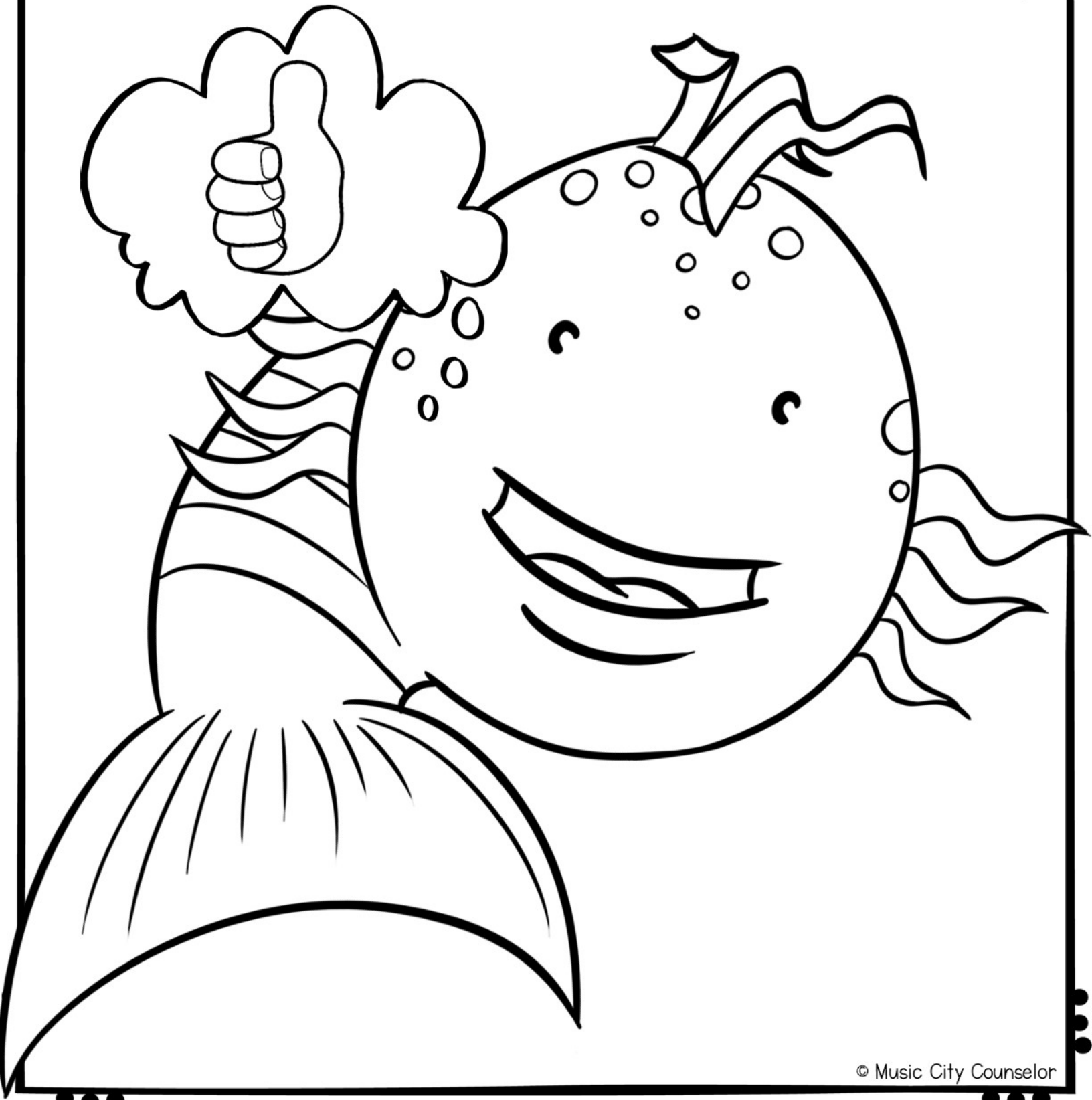
Name: _____

I had a **GROWTH** **MINDSET** when I...



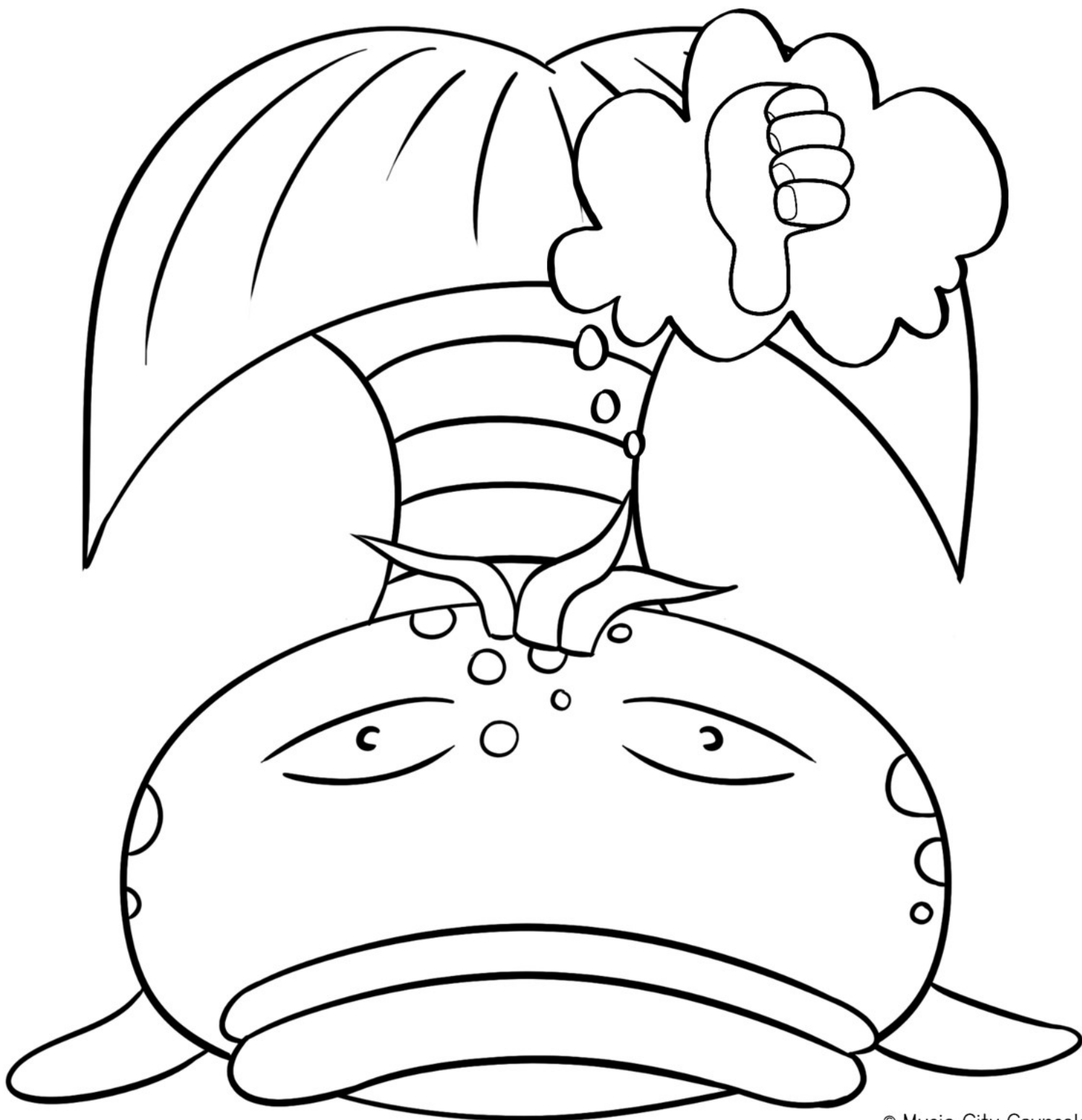
Name: _____

I can have a
GROWTH MINDSET!




Name: _____

I don't have a
FIXED MINDSET!



Name: _____

Color Pout Pout Fish's thoughts that show a
GROWTH MINDSET.



Even when
things get hard, I
won't give up!

I can't do it yet,
but I will soon!

I can do
anything I set
my mind to!

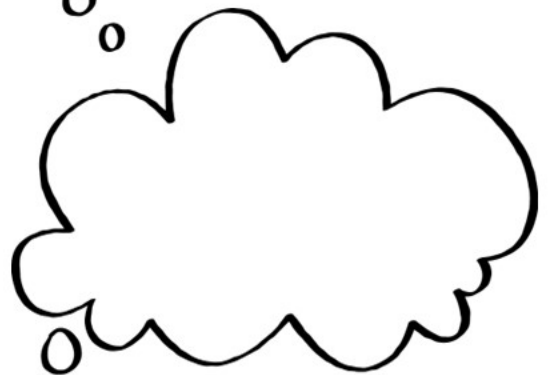
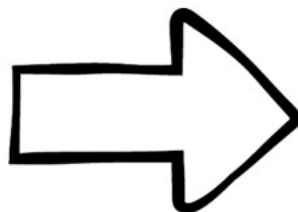
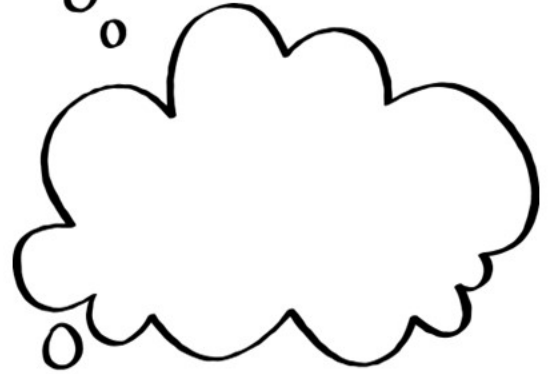
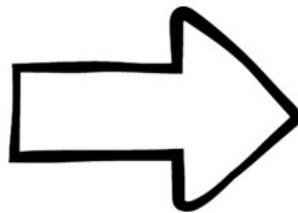
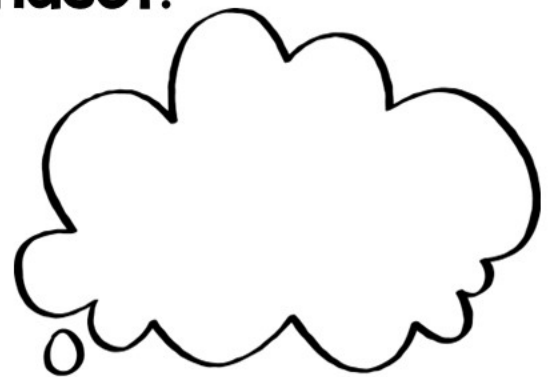
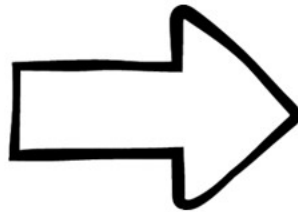
This is too hard.
I give up!

This is good
enough even
though it isn't
my best.

Why should I try
if I'll fail
anyway?

Name: _____

Pout Pout Fish is struggling today with a **fixed mindset**. Write in what he could think instead to show a **growth mindset**.



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Paula Kim Studio

