



# Lesson 0.1

## Module 0: Creating a Mindset Family Culture

Module EQ: "How do we develop a class culture that fosters the development of a strong mindset and sense of family?"

### Lesson 1: What is this course about and how can it help you?

Lesson 1 EQ: What can we learn about our classmates and teacher that can help us be successful?

**Overview:** Creating a classroom environment conducive to taking risks, making mistakes, connecting with others, and building trust generates the psychological safety and sense of belonging essential for learning according to Maslow's hierarchy of needs. This module fosters this collaborative family spirit through a series of rituals and habits which include greetings, meditation, creeds, setting daily intentions, gratitude circles, active listening practices, community agreements, and others. **Lesson 1** introduces students to the Mindset Mastery Curriculum by asking students to reflect on their definition of success and the skills they have or might need to strengthen in order to achieve their dreams. Students engage in a gallery walk exploration of 8 posters in order to preview the SEL skills they will learn about.

#### Lesson Essential Questions:

- What can we learn about our classmates and teacher that can help us be successful?

**Time Frame:** One 45 minute period. (Lesson one of six in this module)

#### Objectives:

- Daily: Students will be able to meditate, employ daily gratitudes, and other research based mindset habits and routines in order to create an environment conducive to learning and connecting with others.
- Long term: Students will apply these habits and rituals to their daily lives beyond the classroom and journal the impact of these on their academic productivity and well being.

**Materials:** □ Speakers □ LCD Projector □ Mindset Mastery Course Gallery Walk Handout (1/student) □ **What is this course about? Gallery Walk Posters** colored print outs (laminated or sheet protected-8 posters total to place around room)

#### Do Now

Complete quietly in your binder notes



Answer the following questions in your notebook/binder notes.

- How do you define success? *"To me, success means ..."*
- Imagine yourself 10 years from now. What would you be doing that would demonstrate that you are successful? *"I would be successful if ..."*
- Think about yourself now. What do you fear would be stopping you from achieving this success? *"I'm worried that ... might prevent me from achieving success."*

*We will come back to your responses later in the lesson!*

#### Do Now: My Success Definition and Evidence *Individual* (Greet students as they enter the classroom and get started on the do now)

Individually think and write: Do the following steps in your index card

- How do you define success?
- Imagine yourself 10 years from now. What would you be doing that would demonstrate that you are successful?
- Think about yourself now. What do you fear would be stopping you from achieving this success?



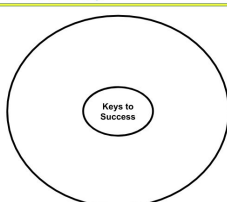
3 min  
T=3

3min: T=3min - "Good morning students, I'm so excited to meet all of you and to help you learn so many mindset skills that will allow you to reach all your goals and dreams. We have an exciting day ahead of us as we launch a powerful program. Answer the three questions as best as you can. We will come back to your responses later in the lesson."

#### Create a Circle Map

Create a circle map titled, Keys to Success" (30 secs)

With your success definition in mind, what will be the keys to your success? Add these to your map (ex: working hard, believing in myself, etc) (1min)



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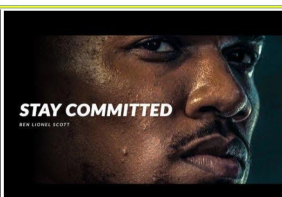
2 min  
T=5

2min: T=5 min

#### Engage: Secrets to Success

What are the keys to being successful, happy and confident in life? (3min video)

- Add new keys from the video to your circle map (30sec)
- Discuss with partner and add to map (1min)
- Hot call (1min)



#### Engage:

What are the keys to being successful, happy and confident in life? (3min video)

- Add new keys from the video to your circle map (30sec)
- Discuss with partner and add to map (1min)
- Hot call (1min)

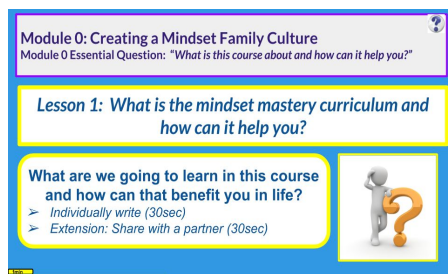


7min  
T=12

7min: T=12 min

### Follow up questions

- Who are some successful people you admire?
- What are their attributes that have made an impression on you?
- If they were to tell you their keys to success, what would they say?
- What might be their weaknesses?



What are we going to learn in this course and how can that benefit you in life?

- Individually write (30sec)
- Extension: Share with a partner (30sec)

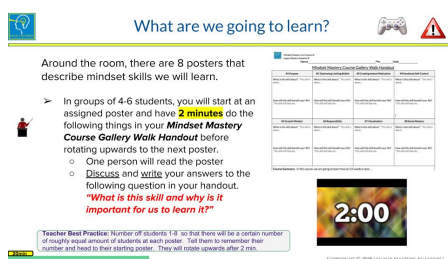


1 min  
T=13

1min: T=13min

20 sec: Have a student read the essential question. “\_\_\_\_\_, can you read the essential question for us? Thank you!” “Think about why this topic today is important for you. How will answering this question benefit you?”

**Extension Opportunity:** Have students discuss with their partners why this topic is important to them.



What are we going to learn?

Around the room, there are 8 posters that each describe something you will be learning in this course.

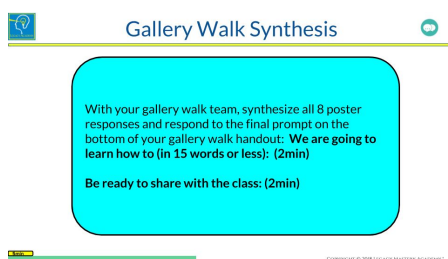


20min  
T=33

20 min: T=33 min

**Teacher Best Practice:** Number off students 1-6 so that there will be a certain number of roughly equal amount of students at each poster. Tell them to remember their number and head to their starting poster. They will rotate upwards after 3 min.

18min for Gallery Walk



Gallery Walk

With your gallery walk team, synthesize all 8 poster responses and respond to the final prompt on the bottom of your gallery walk handout: **We are going to learn how to (in 15 words or less): (2min)**

**Be ready to share with the class: (2min)**



5 min  
T=38

5min: T=38 min

<div> </div> <h3>Learning Showcase</h3> <p>Complete the learning showcase questions in your binder notes or specified location. (Click for answers)</p> <p>Look at the notes from your gallery walk.</p> <p>Respond to the following prompt in your notebook:</p> <p><b>How might this course benefit you?</b> Identify at least 3 ways this course can help you.</p> <ol style="list-style-type: none"> <li>1. "This course can help me ... because ..."</li> <li>2. "This course can also help me ... because ..."</li> <li>3. "Finally, this course can help me ... because ..."</li> </ol>	<h3>Evaluate: (Learning Showcase) How might this course benefit you? <i>Individually</i></h3> <p>Look at the notes from your gallery walk and respond to the following prompt in your notebook:</p> <p><b>How might this course benefit you?</b> Identify at least 3 ways this course can help you.</p> <ol style="list-style-type: none"> <li>1. "This course can help me ... because ..."</li> <li>2. "This course can also help me ... because ..."</li> <li>3. "Finally, this course can help me ... because ..."</li> </ol>	<div> </div> <div> <p>2 min T=40</p> </div>
<p>2min: T=40 min - Option: You can collect these responses on a separate sheet for students to review later as they compare their growth to their initial response here.</p>		
<div> </div> <h3>Why this program is special?</h3> <ul style="list-style-type: none"> <li>➤ Learn secrets of geniuses!</li> <li>➤ Control your mind and emotions so you can reach any goal!</li> <li>➤ Be happier, more confident, and more successful!</li> <li>➤ Earn certificate for school credit!</li> <li>➤ Develop a purpose in life so you can be unstoppable!</li> <li>➤ HANDS-ON AND FUN!</li> </ul>	<h3>Why is this program special?</h3> <p>This is an opportunity to present other benefits to this course. See notes below.</p> <ul style="list-style-type: none"> <li>➤ Learn secrets of geniuses!</li> <li>➤ Control your mind and emotions so you can reach any goal!</li> <li>➤ Be happier, more confident, and more successful!</li> <li>➤ Earn certificate for school credit!</li> <li>➤ Develop a purpose in life so you can be unstoppable!</li> <li>➤ HANDS-ON AND FUN!</li> </ul>	<div> </div> <div> <p>3min T=45</p> </div>
<p>3min: Read off other benefits of the program and ask students. "Which of these are you excited to learn more about?"</p> <p><b>Extension Opportunities:</b> Discuss other perks that your school has agreed to; ex: Letter of recommendation, Student hours, etc.</p> <p><b>Teacher Note:</b> Save the 8 Course Posters and post the 6 posters around the class in a special place to serve as mental reminders of what they are going to learn about in the class. These also serve well for open house/back to school night where students can explain what they learning about in the program.</p>		
<div> </div> <h3>Stop Here</h3>	<h3>Stop Here</h3>	
<div> </div> <h3>Why is this program special?</h3> <ul style="list-style-type: none"> <li>➤ you can reach any goal!</li> <li>➤ Be happier, more confident, and more successful!</li> <li>➤ Earn certificate for school credit!</li> <li>➤ Develop a purpose in life so you can be unstoppable!</li> <li>➤ HANDS-ON AND FUN!</li> </ul>	<h3>Extension:</h3> <p>2min: Read off other benefits of the program and ask students. "Which of these are you excited to learn more about?"</p> <p><b>Extension Opportunities:</b></p> <ul style="list-style-type: none"> <li>➤ Discuss other perks that your school has agreed to: <ul style="list-style-type: none"> <li>○ Letter of recommendation</li> <li>○ Student hours</li> </ul> </li> <li>➤ Have students write down other skills they hope to learn from the program.</li> </ul>	<div> </div>
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