



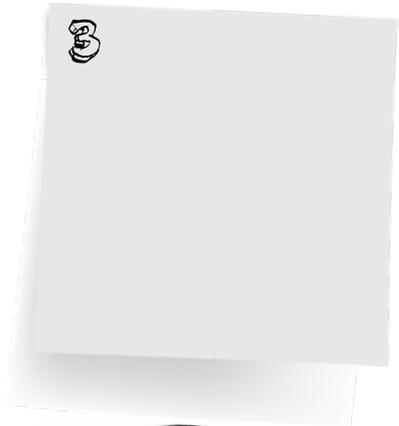
# How to build a winning attitude

## PURPOSE



video

List 3 key takeaways from this video



## STORY



- Thomas Edison, the famous inventor, was sent home from school and his mother was told "he was mentally addled." He changed the world forever when he invented the light bulb.
- Winston Churchill was famously dyslexic. As British Prime Minister he stood up to Hitler, rallied the British people and led his country from the brink of defeat to victory.
- At the age of 16, when Michael Jordan was cut from his high school basketball team, legend has it he would leave for school at 6am and practice before school. He practiced for up to 6 hours a day and went on to win the NBA 6 times.
- When Katie Taylor started boxing as a young girl, ladies boxing was not recognised as an Olympic sport. Katie's dream was always to win an Olympic Gold Medal. Katie was instrumental in getting female boxing into the London Olympics having taken part in showcase fights to try convince the International Olympic Counsel to recognise the equal status of women's boxing. Katie went on to win the gold medal.
- What have all of these people got in common? They have a growth mindset. A fixed mindset is when you have a limited view of the world.

# STORY

The transition from primary into secondary school is a great challenge for many students.

The work gets much harder. The assignments are tougher. The teacher is less personal. The school can be bigger and more daunting. The pressure to keep up with classmates can be more intense. And then on top of this your body is changing and it can feel like hormone central. Your grades can suffer but some students are more affected than others. The ones with a growth mindset flourish. They increase their grades.

Students with a fixed mindset can fall behind. They say things like "I'm stupid" or "I'm no good at Maths" or "I'm such a dunce". It is a natural reaction to be hard on yourself. But once you learn to tap into the magical power of mindset, your success in school will change.

“ Attitude is a small thing that makes a big difference. ”

## Game 1

### HARD ON MYSELF



Put a ✓ beside 3 phrases you have often said to yourself.

I'm no good at maths!

I'm a dope!

I'm such a dunce!

I'm going to fail!

I'm no good at school!

I'm so stupid

I'm such an idiot

I just hate school

I'm don't do study

I'm either good at it or I'm not

What's the point?



PURPOSE

# Game 2

## GETTING BETTER

Write down the name of a game or activity that you enjoy today and you consider yourself quite good at. Think back to a time when you weren't that good at it. What did you do to improve? Did you practice? What did you say to yourself to become better? Who encouraged you to become better? Did you have a mentor or coach to help you improve? Did you have a growth mindset?

# Game 3

## LET'S GROW

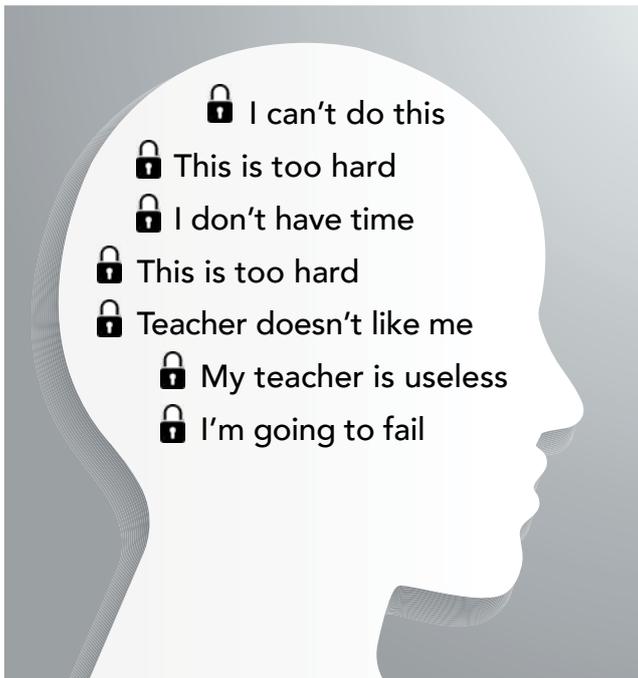
**PART A:**

Read the statements below in the Fixed Mindset illustration. Get into pairs and come up with new empowering ways of thinking about each statement and write into the Growth Mindset illustration.

**PART B:**

Draw a picture of the Growth Mindset (Use lots of colour if you can).

### FIXED MINDSET



### GROWTH MINDSET



# Reflect and Connect

Rate each of the learning intentions below by shading each section. Read each statement and shade in the area to get a visual on how today's lesson was for you.

1 = Lowest level

5 = Highest level

6. I did my best and didn't give up

5. I worked well with others

1. I enjoyed today's story

