

Theme Three: Mindset language: action plans.

Additional Activity 1: Mindset language in action.



Learning Objective:

- To encourage pupils to be vigilant to the language that they use and hear in everyday life outside of the classroom.



Materials required:

- None.



Worksheet available?

- No.

Activity Description

- Tell pupils that you would like them to practise using growth mindset language- both with other people and in their own heads when they encounter fixed language.
- Also tell them that you want them to listen out for the language that other people use, and to try to remember some examples of people using either fixed or growth language so that they can share examples with the rest of the class next time.
- **N.B.** Make it clear to the pupils that the point of this is **not** to challenge what other people say to them, but to practise using their “internal growth mindset voices” to counteract the fixed language that they hear people using.

Later Discussion

- In the next session, ask pupils how they found using growth mindset language. Did it come naturally or did they find it difficult? Ask if any of them have examples of something that they might have said to someone else, or examples of things they might have said to themselves.
- Ask pupils for examples of fixed and growth mindset language that they have heard other people use. Which have they heard more of?

Also ask pupils if they have made any “slip-ups” when they have said something in fixed mindset language. Talk about how you could recover from these slip-ups (for example, using words such as ‘yet’).