

Fill in the sheet entitled "Building resilience"

Building resilience

Read the statements below and decide for each one how much you agree or disagree. Write down the number in the column at the **left**.

You have a certain amount of intelligence and you can't do much to change it...

Start	1	2	3	4	5	6	End
	Strongly	Agree	Mostly	Mostly	Disagree	Strongly	
	agree		agree	disagree		disagree	

I would prefer to do easy work and get a good mark than do challenging work and get a less good mark

Start	1	2	3	4	5	6	End
	Strongly	Agree	Mostly	Mostly	Disagree	Strongly	
	agree		agree	disagree		disagree	

You can learn new things but you can't really change your basic intelligence

Start	1	2	3	4	5	6	End
·	Strongly	Agree	Mostly	Mostly	Disagree	Strongly	
	agree		agree	disagree		disagree	1

If I am finding the work difficult, it makes me feel that I am not very clever

Start	1	2	3	4	5	6	End
	Strongly	Agree	Mostly	Mostly	Disagree	Strongly	
	agree		agree	disagree		disagree	

If I get a bad mark on a piece of work, I am more interested in persuading my teacher to give me a better mark than in finding out how I could have written better answers

	Start	1	2	3	4	5	6	End
		Strongly	Agree	Mostly	Mostly	Disagree	Strongly	
Į		agree		agree	disagree		disagree	

Now add up the numbers in the five boxes on the left and write the answer in the "total" box on the left. (You will do the right hand side at the end).

the left. (You will do the right hand side at the end).						
Total		Total				

Team challenge!

BB? NOT BB? GIVE GIVE GIVE GIVE GET GET GET GET



BUCDROPKET

HEAD HEELS LATE LATE

Team challenge!

Can you unscramble these anagrams? They are all things you will find at Hall Green LEGSHIN HYPERAGOG CURTLOCALA ARMSDAM

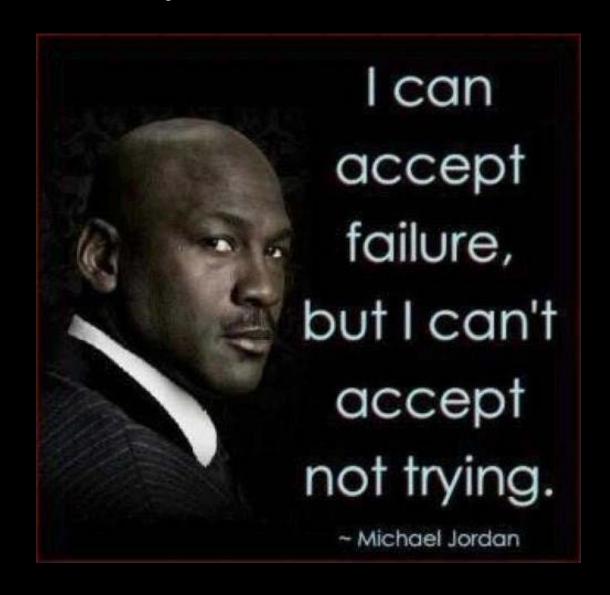
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BLEATITEM

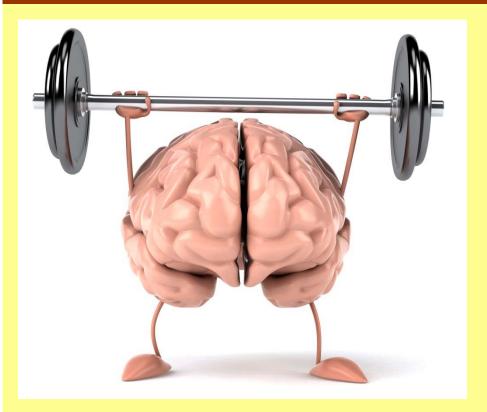
Team challenge!

- How did you work these out?
- Did you help each other?
- Which was the hardest?
- Did you have to struggle?
- How did you feel?

The power of failure



Growing intelligence



Modern science tells
us that we can
become more
intelligent

synapses and learning

Growing intelligence



We learn through practice and we particularly learn through doing stuff that we find difficult, even if it means failing and failing until we eventually succeed.

How many pairs of words can you remember?

Socks & shoes

Big Mac & fries

Belt & braces

Cows & sheep

Sand & sea

P ns & p ncils

F sh & ch ps

Br d&b tter

C ts & d gs

S n & r in

How many pairs of words can you remember?

Your brain will learn more if you have had to struggle

So how do we grow our brains?

Work with a partner

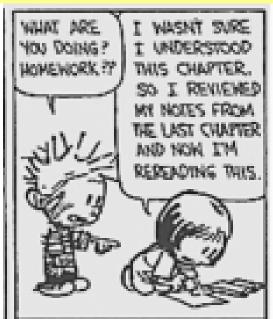
- Think of something you are really good at it need not be anything to do with school.
- Tell your partner what it was and....
- Did you need special equipment to get good?
- Did you need someone's help to get good?
- What did you, personally, have to do to get good at this thing?

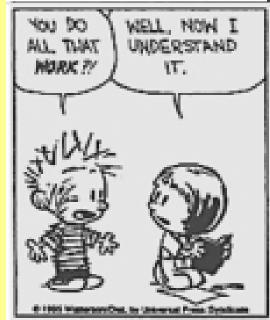
Now swap roles with your partner

Practice and hard work makes me smarter

In your group, read the cartoon and discuss these questions in pairs

- •Why does he think she is not smart?
- •Do you agree with him?
- •If not, why not?







Fixed mindset

Intelligence is fixed

Leads to a desire to *look smart* and therefore a tendency to ...

- Avoid challenges
- Fear failure
- Give up easily
- See effort as fruitless
- •Ignore useful feedback
- Be threatened by others' success

Growth mindset

Intelligence can be developed

Leads to a desire to *learn* and therefore a tendency to ...

- Embrace challenges
- •Learn from mistakes or setbacks
- Persist despite obstacles
- See effort as path to mastery
- Learn from criticism
- Be inspired by others' success

Instead of	Try saying	Planner p16		
I'm not good at this	What am I missing?			
I give up	I'll try a different way			
This is too hard	This is going to take time and effort			
I can't do this	I'm going to learn how to do this			
I've got this wrong	Mistakes help me to learn better			
It's not good enough	How can I improve it?			
I'll never be as clever as her	I'm going to learn how so I can too!	v she does it		



Keep calm and have a growth mindset!