



Building

resilience

Year 7



Team challenge!

BB?
NOT BB?

GIVE GIVE
GIVE GIVE
GET GET
GET GET

NOONgood
©Word, Just a pos®

BUCDROPKET

HEAD

HEELS

iiiiiiiiiiiiiiii

bags bags
bags bags

LITTLE LITTLE
LATE LATE

Team challenge!

Can you unscramble these anagrams? They are all things you will find at Hall Green

LEGSHIN

HYPERAGOG

CURTLOCALA

ARMSDAM

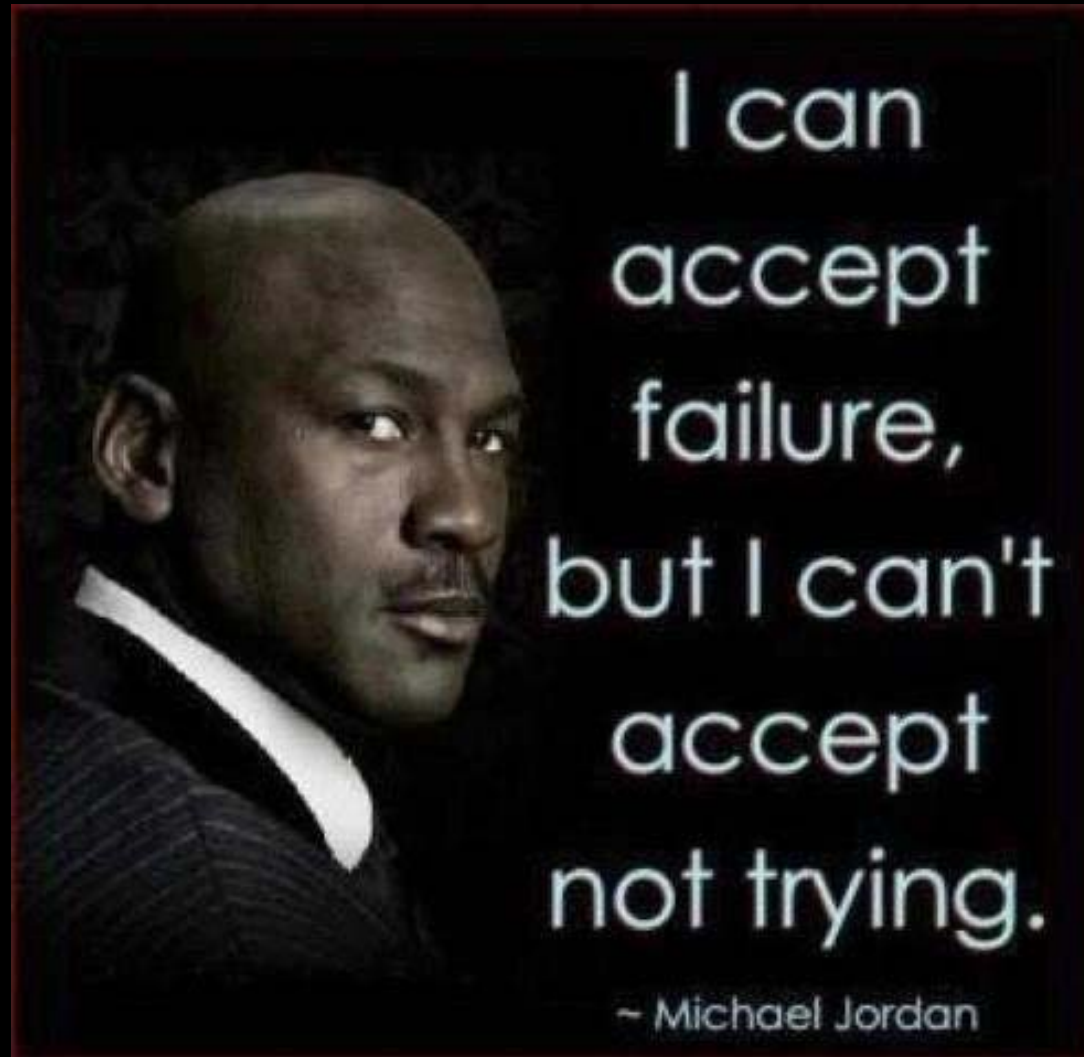
PROUDLYNAG

BLEATITEM

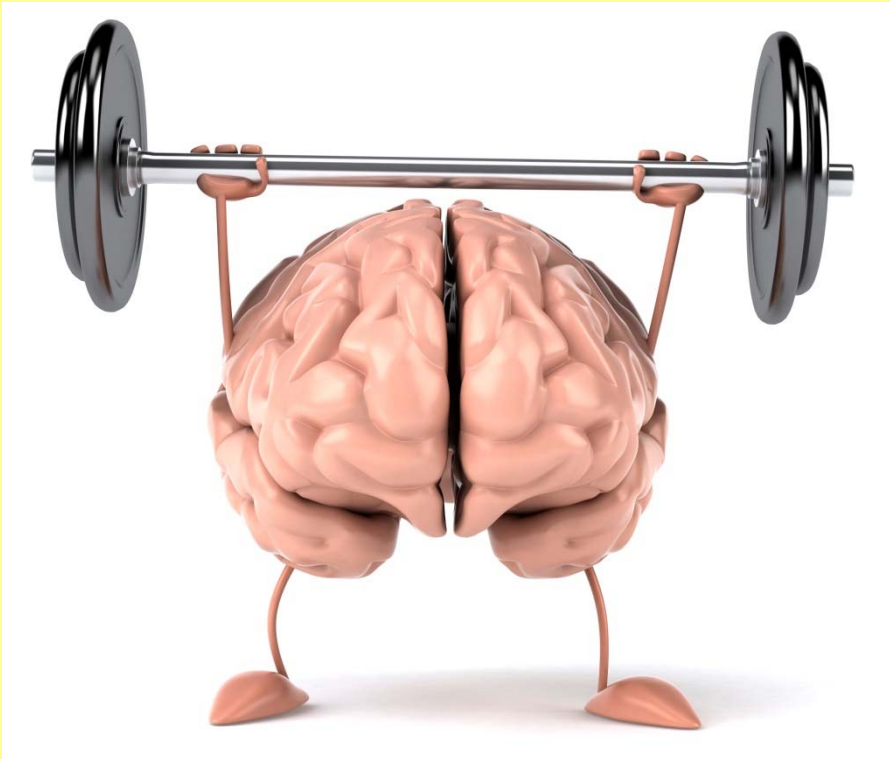
Team challenge!

- 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

Pens & pencils

Fish & chips

Bread & butter

Cats & dogs

Sun & rain

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

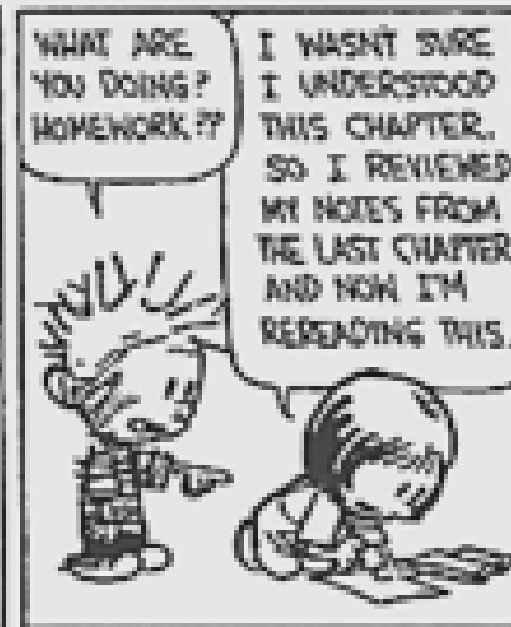
- Think of something you are really good at – it need not be anything to do with school.
- Tell your partner what it was and...
- Did you need special equipment to get good?
- Did you need someone's help to get good?
- What did you, personally, have to do to get good at this thing?

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...

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 she does it so I can too!



Keep calm and have a growth mindset!