Group at a glance

Eight weekly sessions that build on each other

Week	Session	Goal	Date planned
1	**My brain can grow**	Students meet the group, build agreements and learn that the brain gets stronger with practice.	
2	**Fixed or growth thoughts**	Students tell the difference between fixed mindset and growth mindset thoughts and notice how each one affects what they do next.	
3	**The power of yet**	Students use the word yet to turn I cannot into I am learning, and see progress over time.	
4	**Mistakes help me learn**	Students see mistakes as information, not failure, and practice responding to mistakes in helpful ways.	
5	**When it gets hard**	Students build a toolbox of strategies to use when they feel stuck, instead of giving up.	
6	**Effort, strategy and help**	Students learn that growth comes from effort plus good strategies plus help, and practice using feedback.	
7	**Goals and small steps**	Students set a realistic goal and break it into small steps they can take.	
8	**Look how I have grown**	Students reflect on their growth, plan how to keep a growth mindset and celebrate.	

Group members

Day, time and place

Session flow

Opener 5 min, teach 10 min, practice 15 min, wrap up 5 min.

Check in

Start each session with a quick feelings check and the take home challenge.

Praise specifically

Name what you saw: You used a calm, clear voice for your I statement.

Name _____ Date _____

Session 1: My brain can grow

Lesson plan for the group leader

Goal

Students meet the group, build agreements and learn that the brain gets stronger with practice.

Materials

Group agreements page, pre group check, a ball of string or yarn, markers, a simple brain outline (on the student page)

Opener 5 min	Then and now: each student shares their name and one thing they can do now that they could not do when they were little, such as ride a bike, read a chapter book or tie shoes. Ask: How did you learn it? Point out that nobody was born knowing how.
Teach 10 min	Explain the group: a place to learn how our brains learn, what to do when things get hard and how to keep going. Build agreements together. Teach in kid friendly words: the brain is made of billions of nerve cells called neurons that send messages to each other. Every time we practice something, the connections we use get stronger and faster, a bit like a path in the grass that gets clearer the more people walk on it. This is why hard things often become easier with practice. Use the string: two students hold the ends, and each time the class practices a skill, add another loop of string between them until the connection is thick and strong. Teach the big idea of the group: abilities can grow with effort, good strategies and help from others.
Practice 15 min	Students complete the My brain can grow page: something hard now that they want to grow, and a drawing of a path getting stronger with practice.
Wrap up 5 min	Each student finishes the sentence: Something I want my brain to get better at is… Complete the pre group check and sign the agreements.
Take home	Notice one time this week when something felt hard. Tell a grown up at home: My brain is growing.

What I noticed (skills, needs, who to praise)

Follow up or adjustments for next week

Session 1: My brain can grow

Every time I practice, my brain paths get stronger

Your brain has billions of nerve cells called **neurons**. When you practice, the connections you use get stronger and faster, like a path in the grass that gets clearer each time someone walks on it.

First try: the path is faint

More practice: the path is clearer

Lots of practice: a strong path

Draw the path in each box, from a faint dotted line to a strong, bold path.

Something I can do now that I could not do when I was little

How I learned it

Something that is hard for me now

How I could practice it

Something I want my brain to get better at this year

Name _____ Date _____

L&T

Lotus & Tulip

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Printable PDF, 25 pages: 8 sessions, each with a one page lesson plan and a matching student page, plus a family permission letter, group agreements and a pre and post skills check

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