

# Growth Mindset with

# THE STRUGGLE BUS

## an Educator's Guide

### Introduction

Today we will be talking about learning new things and having a growth mindset. Let's read a book called *The Struggle Bus* to see an example of someone who is trying something new.

**Target Audience:** PreK-2nd grade

**Length of Lesson:** 45 min.

**Learning Objective:** I can understand the difference between a fixed mindset and a growth mindset.

**Materials:** *The Struggle Bus*, by Julie Koon, paper, and drawing materials

### Activity

Read *The Struggle Bus*, by Julie Koon

In *The Struggle Bus*, the boy is trying to climb a mountain, but becomes frustrated when he can't.

### Brainstorm Activity

What is something you would like to learn but can't do yet?

There are two different ways of thinking about a challenge:

A **growth mindset** is believing that you can learn something new if you try and never give up.

A **fixed mindset** is believing you won't be able to learn something new, so you don't even try.

When you are struggling, you can check your mindset. Sometimes we say things to ourselves that lead to having a fixed mindset. For example: "I am never going to be able to do this," or "I give up."

But if we choose to have a growth mindset and change those negative thoughts to positive thoughts, it will be easier for us to keep trying.

# Activity

Write a positive phrase or draw a picture of something positive that you can tell yourself when you become frustrated and feel like giving up.

## Here are some examples:

I can learn from my mistakes.

I can stay positive.

I will keep trying.

I can do hard things.



# Share Time

Who would like to share their growth mindset statement with us?

You can put your positive message in your desk or on your wall at home to remind yourself to never give up.



## Closing

Who can tell me what a growth mindset is?

Who can tell me what a fixed mindset is?

Give me a thumbs up if you are going to try a growth mindset the next time you are struggling to learn something new.