

PSHE – Lesson Plan

Today you will be learning how to build a growth mindset. Watch Mojo and find out how he learns to change his brain...

<https://www.youtube.com/watch?v=2zrtHt3bBmQ>

What is a growth mindset and what does it mean? Watch the below video. Its main message is to believe that with effort and perseverance you can achieve your goal. Watch here to find out more...

<https://www.youtube.com/watch?v=rUJkbWNNy4>

Today I want you think about what you find challenging and what you struggle with. Do you have any goals in mind? Are you worried how to achieve them? I want you to work through the attachment named 'The Power of Yet' activity sheet and think about what you can't do YET!

