



The Two Roads:

Growth Mindset

Year	Year 1
Lesson No. & Duration	Lesson: 8 Duration: 26-33 minutes
Learning Intentions	<ul style="list-style-type: none"> • Students will revise the concept that thoughts often drive feelings • Students will be introduced to the concept that in any situation, they have a choice regarding which road to take their thoughts down.
Preparation	<ul style="list-style-type: none"> • Source Youtube clip from task 2 and have it set up and ready to play • Print 'The Two Roads' worksheet (1 per student)
Materials Required	<ul style="list-style-type: none"> • Red whiteboard marker • Green whiteboard marker • Blue whiteboard marker • Internet access and an overhead projector • 'The Two Roads' worksheets • Me Tree Scrapbooks
Lesson Structure	<p>Task 1 (10 minutes) Group Discussion</p> <ul style="list-style-type: none"> • Revise the definition of red and green thoughts (red thoughts are 'negative' and green thoughts are 'positive'). • Revise the feelings associated with red thoughts (i.e. worry/anxiety, sadness, anger) and green thoughts (i.e. bravery, happiness, excitement, confidence). • Explain that in any situation there are two roads we can choose to let our thoughts go down. • Draw on whiteboard, two diagonal roads meeting together to form a V shape. Draw one road in red marker and the other in green. • At the end of the red road, draw worried, sad and angry faces or write these words. • At the end of the green road, draw happy, excited, brave and confident faces or write these words. • Draw a blue car at the intersection where the two lines meet. Revise the concept that our thoughts are like a car. We can choose to drive down the red road or down the green.

SAMPLE

Task 2: (3 minutes) You Tube Red/Green Thoughts Clip

- Tell the students that they are going to watch a clip of a boy who is in a challenging situation and the red/green thoughts he has.
- Read each thought out as it comes up on the clip, as some students won't be able to read fast enough.
- <https://www.youtube.com/watch?v=7wKVtvuxEsM>

Task 3: (10-15 minutes) The Two Roads Worksheet

- Students to complete 'The Two Roads' worksheet.
- Students to glue completed worksheet into their Me Tree Scrapbook.

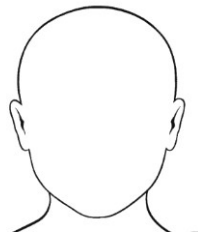
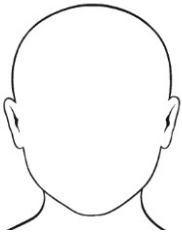
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Task 4: (5-10 minutes) Group Discussion

- Return to your drawing on the whiteboard. Draw a blue car on the red road and highlight that the boy in the clip started out on the red road and this was driving him toward feeling very scared/worried.
- But, he turned his car around and started driving on the green road (rub blue car off red road and draw blue car on green road). This drove him toward feeling brave, confident, and willing to take a risk.
- Ask the students what they think the boy will do next time when he comes across a challenging situation. Ask them what sort of thought he should start with next time.

The Two Roads

1. Write some of the red and green thoughts the boy was having about jumping off the diving board in the thought bubbles
2. Draw on the faces how his red and green thoughts were making him feel.



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