

A Lakeridge Leopard is “Successful” Lesson Plan (Day #5)

Primary Objective	Each student will understand that as educators, We want you to succeed!
Secondary Objective	Each student will understand the importance of a good attitude, hard work, and helping others
Materials	<ul style="list-style-type: none"> ○ Video (download ahead of time, just in case) ○ Audio/visual setup ○ Inflated ball/deflated ball (if desired) ○ Whiteboard or screen for writing student observations
Hook	Famous Failures video (https://www.youtube.com/watch?v=Y6hz_s2XIAU)
Content/Discussion	<p>Based on this short clip, what did all these people have in common? (They refused to quit. They bounced back from failure again and again until they succeeded.)</p> <p><i>Talk students through the following scenario, or demonstrate it if you have the supplies (or use this video instead: https://www.youtube.com/watch?v=SBoYCJTciVE).</i></p> <p>Suppose you had two basketballs, one in each hand. You hold them up and drop them at the same time from the same height. Now supposed one of them is fully inflated and the other is flat. What will happen to each as they hit the ground?</p> <p>Why does this happen?</p> <p><i>Discuss</i></p> <p>Internal pressure makes the ball that is inflated bounce while the flat ball hits the floor and stays there. In a lot of ways, we are each like a basketball. If we are deflated, we are less likely to bounce back from tough situations, disappointment, failure, and so on. However, if we have the right amount of internal pressure and are filled with good things, we can bounce back easier from tough times. One of these “good things” includes the way we think about ourselves. Carol Dweck, a professor of psychology at Stanford University, says that people have a <i>Growth Mindset</i> when they “believe that their most basic abilities can be developed through dedication and hard work—brains and talent are just the starting point. This view creates a love of learning and a resilience that is essential for great accomplishment. Virtually all great people have had these qualities” (www.mindsetonline.com/whatisit/about). On the other hand, with a <i>Fixed Mindset</i>, “people believe their basic qualities, like their intelligence or talent, are simply fixed traits. They spend their time documenting their intelligence or talent instead of developing them. They also believe that talent alone creates success—without effort. [And] they’re wrong” (ibid).</p> <p>(Could show graphic at: https://cdn-images-1.medium.com/max/666/1*PQBc8JCD5yu4x2wxCCGU1g.png, see below)</p> <p>How can we have more bounce ourselves (work toward a Growth Mindset)?</p> <p><i>Discussion might include:</i></p> <ul style="list-style-type: none"> – <i>Developing a positive attitude of ourselves</i> – <i>Being thankful</i> – <i>Telling ourselves we can succeed</i> – <i>Working hard and not giving up</i>

	<ul style="list-style-type: none"> – <i>Setting and working toward good goals</i> – <i>Doing good things that you enjoy doing</i> – <i>Giving yourself some slack while holding yourself to a high standard</i> – <i>Doing good things for other people</i> <p>Another thing these people all had in common is that they did good things for other people.</p> <p>Helping others helps us feel better about ourselves. How can we inflate other people so they can bounce back better from challenges?</p> <p><i>Discussion might include:</i></p> <ul style="list-style-type: none"> – <i>Offering sincere compliments and praise</i> – <i>Treating others with respect</i> – <i>Accepting others and welcoming/including them</i> – <i>Taking good care of their (and your) surroundings</i> – <i>Being friendly and smiling</i> – <i>Standing up for others when they need it</i> – <i>Listening to others when they are going through tough times</i> <p>Some additional key points that could be made:</p> <ul style="list-style-type: none"> ● You are great! Believe in yourself and your abilities! ● Helping others makes you great! ● The road to success is paved with failure ● Success is how you treat others and how you treat yourself
Reflection	<p>Have students write in their planner their response to at least two of these prompts (this activity is to help them understand and move toward a Growth Mindset):</p> <ol style="list-style-type: none"> 1. I am thankful for... 2. Other people compliment me on my ability to... 3. Something I would like other people to know about me is... 4. I feel really good about myself when... 5. I am proud of my ability to... 6. Something nice I did recently for someone else was... <p>As appropriate, invite a few students to share what they wrote, or to share something nice about someone else in the class.</p>

