



Today we are learning:

- The benefits of developing a **growth mindset** and the disadvantages of having a **fixed mindset**.
- How setbacks and mistakes can be learning opportunities.

We will be able to:

- ✓ Identify features of a growth mindset and a fixed mindset.
- ✓ Use strategies that can help us to build positive growth mindsets.
- ✓ See setbacks and mistakes as learning opportunities.

Baseline check -

Complete the lesson intro questions in your booklets.

Do this independently and honestly.

You will not be asked to share your answer with your peers or class.

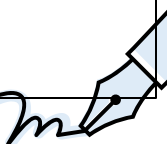
Try to add a few words for the 'bonus' questions if possible.

What is the most significant **failure** or **setback** you have experienced during recent years?

Bonus - how did you **react** to it?

What did you **learn** from your failure or setback?

What is something that has **challenged** you recently? Bonus – how did you feel about it?




Video -

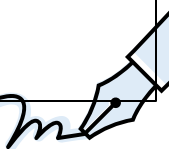
Friday, 12 June 2026



"You're in charge of your mind. You can help it grow by using it in the right way."

1. What do you think the quotation means? 
2. Do you agree with it?
3. What could be an example of 'growing' our minds or 'using them in the right way'? What is the 'wrong' way?
4. How does the quotation link to the animation?

Discuss with your peer before noting your ideas down.



According to recent research by Carol Dweck, there are two types of students. Those with a **fixed mindset**, and those with a **growth mindset**.

Students with a fixed mindset struggle more as time goes on, held back by anxiety and stress. They believe their abilities are fixed, so if they fail then that must mean they are incapable of it and should never try it again.

Meanwhile, students with a growth mindset flourish even when challenge increases. They believe that their abilities grow through trying new things, even if they fail. They see failure as uncomfortable but useful and important.

Students with growth mindsets can achieve results up to 3 times better than students with fixed mindsets and that gap widens over time.

You are now going to define the two mindsets. You can do this activity in pairs and should use language you know and understand.

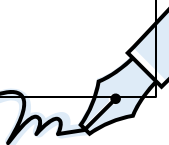
First you must define them in exactly...

20 words!

10 words!

5 words!

1 word! *(You can't use fixed/growth!)*



We are now going to watch two videos.

Each will show a young person who has gone through challenging circumstances. We will see how a growth mindset helped them to flourish.

Your tasks - as we watch, you will:

1. Jot down *adjectives* to describe each person.
2. Come up with 2-3 *open* questions that you would ask each person in order to understand more about their journey, struggles, and growth mindset.

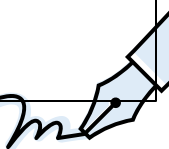
KS3 PSHE: Mjd - Give to others - BBC Teach

In this short film Mjd explains how he used a growth mindset to learn English, and how he 'gives to others' by translating for his classmates and helping them learn.



*Inspiring
Helpful*

*What made
you feel so
passionately
about
helping your
classmates?*



Kristana - Be active - BBC Teach

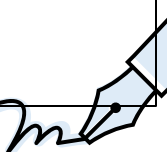
In this short film Kristana explains how weightlifting has helped her to feel better about herself, develop confidence in school and overcome challenges.

We hear about the positive effect that being active can have on our wellbeing, and how demonstrating a growth mindset can help us to learn new skills and grow our brains.



*Independent
Determined*

*How did this
experience help
your
confidence and
why?*





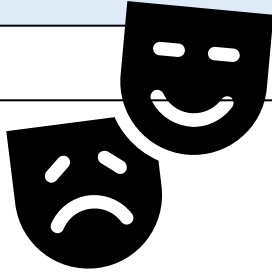
Character Hotseats!

Decide (pairs/threes) who is going to be Mjd and who will be Kristana.

The other person/people will ask you their questions (and follow-up questions!) for your character. You must try to answer *in detail*, considering what these impressive young people would say.

You do not need to put on accents...!

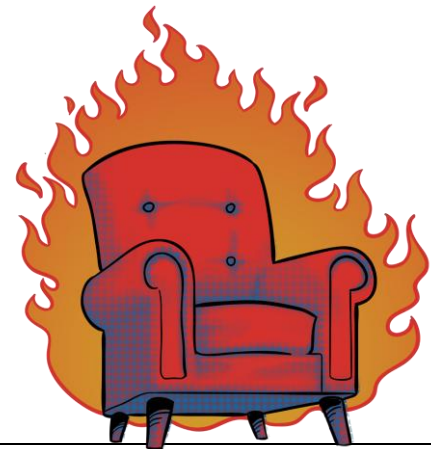




Character Hotseats! - Class extension

Who is brave enough to sit in the official Mjd/Kristana hotseats and take questions from the class?

Remember – the goal is to demonstrate how these young people used growth mindsets to succeed despite their struggles.



Baseline check -

What is the most significant **failure** or **setback** you have experienced during recent years?

Bonus - how did you **react** to it?

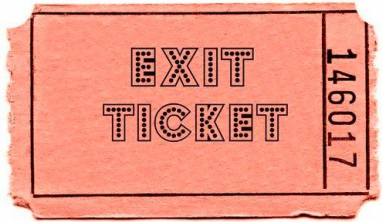
EXT: Look back at your starter answers.

How could a **growth mindset** have helped you with these challenges?

If time – add a note in green pen. *‘A growth mindset would have...’*

Try to add a few words for the bonus questions if possible.





As you exit the classroom, select a word from this brain word cloud and explain how it is reflective of a **fixed mindset** or a **growth mindset**.

