

3RD & 4TH GRADE GROWTH MINDSET

Created by Ms. Davis

EXPECTATIONS:
BE SAFE
BE RESPECTFUL
BE RESPONSIBLE
SO WE CAN HAVE FUN

STAND UP
AND
STRETCH



DEEP BREATHS AND WISH WELL

(WHO'S ABSENT TODAY?)



GRATITUDE JOURNAL

Date: _____

On a scale of 0-10, how are you feeling today? 0 is the worst day ever, 5 is okay and 10 is the best day ever. You can be the numbers in between as well.

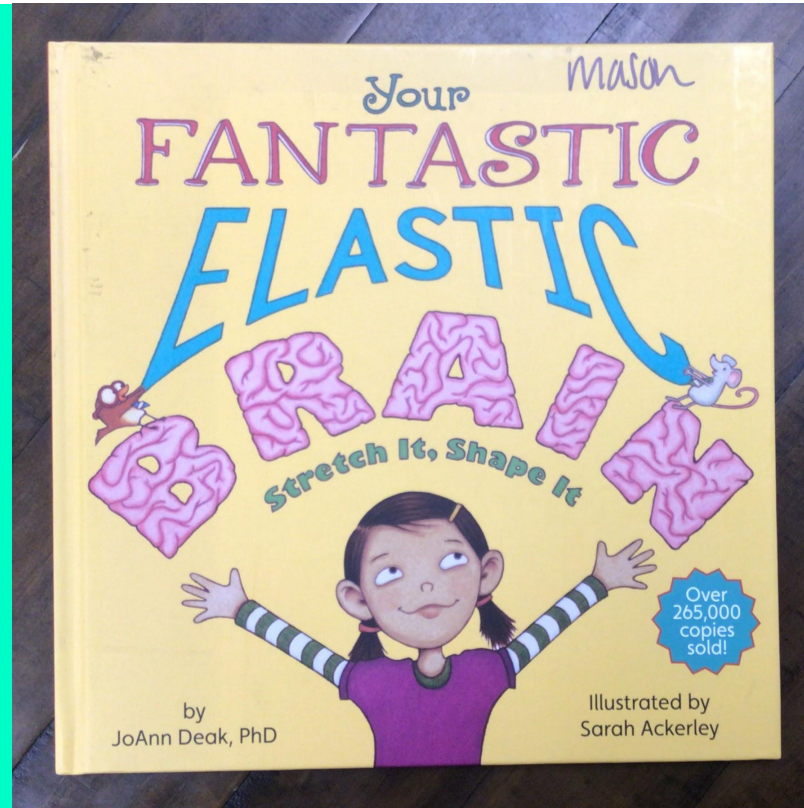
Today's Score:

0 1 2 3 4 5 6 7 8 9 10

Why are you feeling that number today? _____

Today I am thankful for: _____

GROWTH MINDSET



What does your **BRAIN** really do?

Does it fill the space between your ears?



Well yes...but your brain can do so much more!



Your brain helps you **think...**
and **remember...**

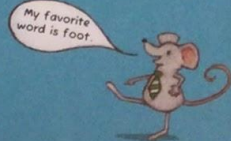
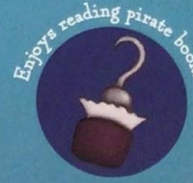


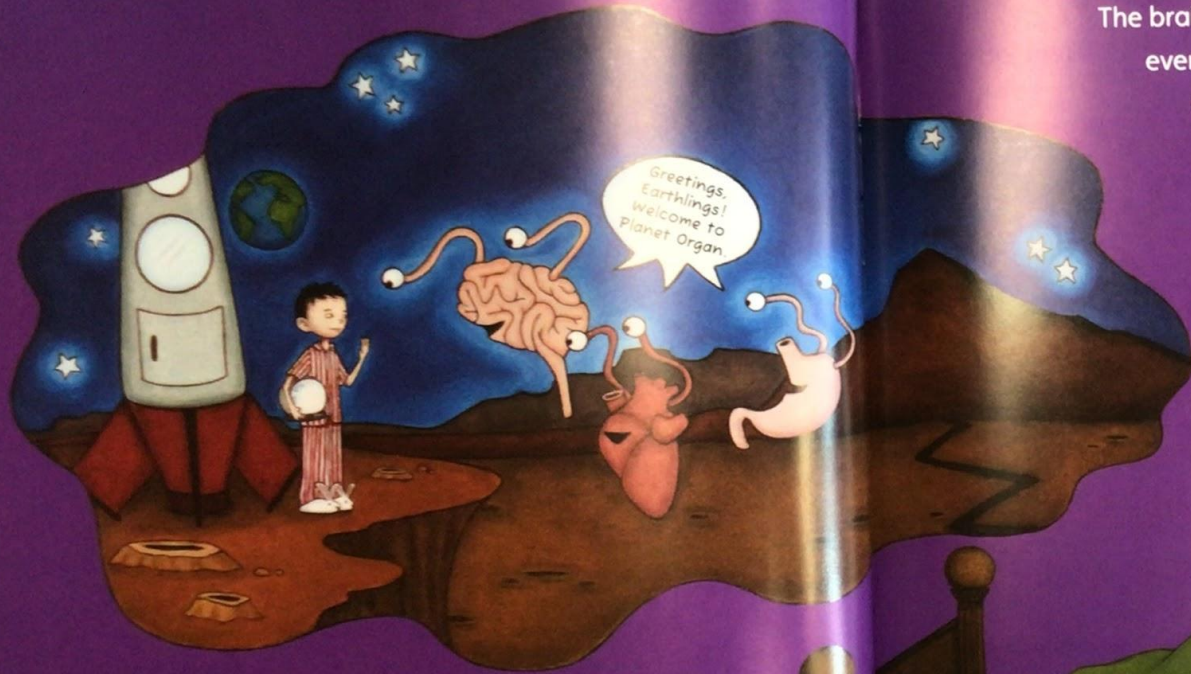
and name what you **see...**
and what you **hear...**

It lets you move your body...
and **feel**—both touch
and emotions.



Your brain does all the things that make you
YOU!



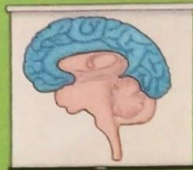
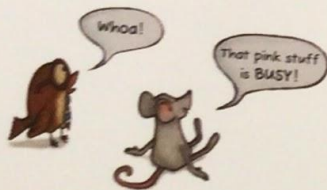
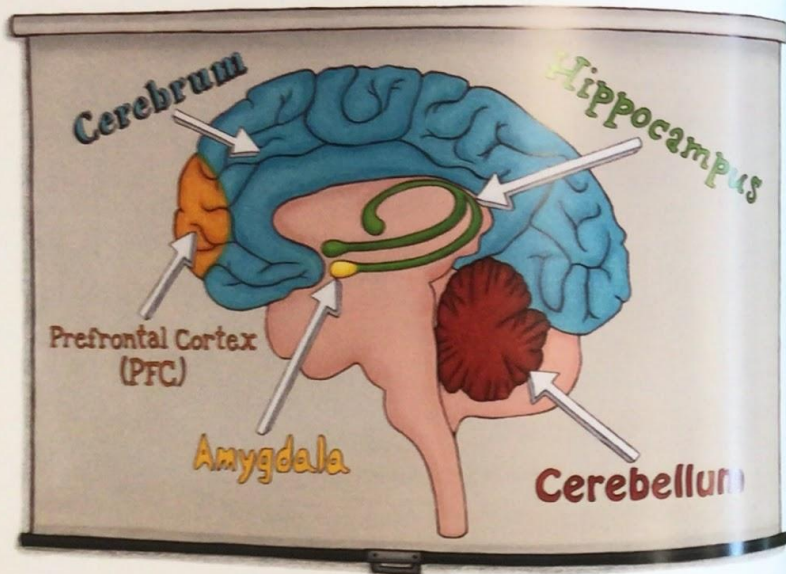


So what is your brain? Is it a muscle?
No, the brain is an organ in your body.
It's made up of cells and tissue.

The brain controls everything you do,
everything you think, everything you feel...
even everything you dream.

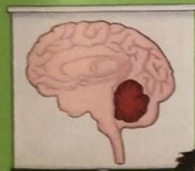


The brain has many parts that do all kinds of different jobs.



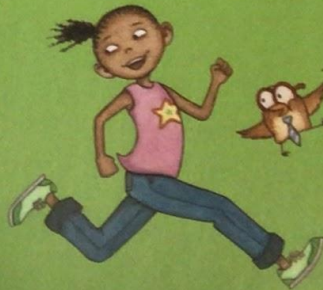
Cerebrum

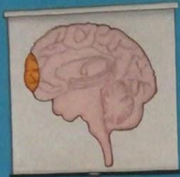
(suh-REE-bruhm)
The **Cerebrum** is the largest part of your brain. It helps you think and speak.



Cerebellum (SAIR-uh-bel-uhm)

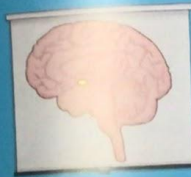
The **Cerebellum** is a small part at the back of the brain that helps your muscles to coordinate your movement and your balance, so that you can walk, ride a bike, or play tag.





Prefrontal Cortex

(pree-FRUHN-tul KOR-teks)
The **Prefrontal Cortex** (PFC, for short) is the part of your brain behind your forehead. It lets you make plans and decisions.



Amygdala

(uh-MIG-duh-luh)
The **Amygdala** is a tightly packed group of cells deep within the center of the brain that controls your emotions.



Excited



Angry



Embarrassed



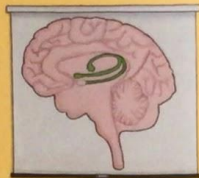
Frightened



Sad



Happy

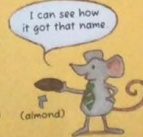


Hippocampus

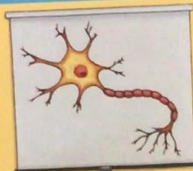
(hip-uh-KAM-pus)
The **Hippocampus** is at the center of your brain. It works like a file cabinet to help you store and find memories.



(amygdala)



(almond)



Neurons

(NER-onz)
Neurons are everywhere in your brain. They are tiny brain cells that make electrical signals to send messages to other cells in your body telling them what to do.



When you were born, you were very little.
Your brain was small and not so strong.



As you get older, your body
grows and gets stronger.

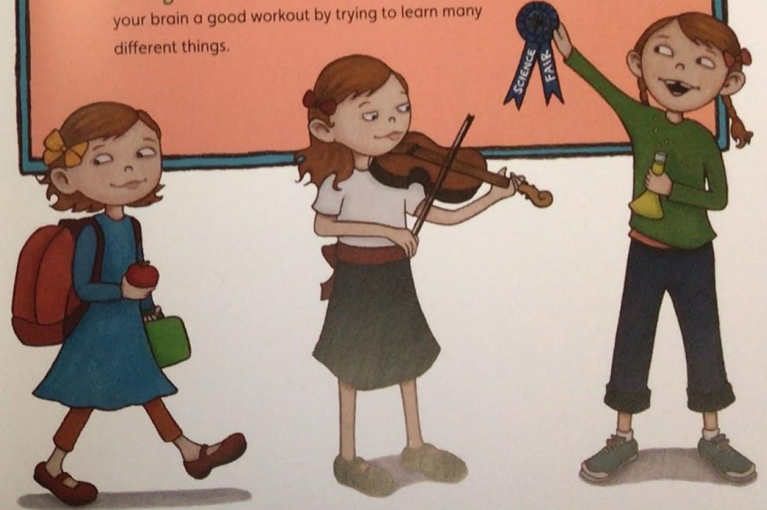


As part of your body, your brain grows,
and learns to do new things.



And you can make your brain do even more!

Your brain grows very fast during the first ten years of your life. This is the **magic decade** when you can help your brain grow **faster**, and be more **powerful**. Just like lifting weights helps your muscles get **stronger**, learning new things strengthens your brain. You can give your brain a good workout by trying to learn many different things.



Like elastic bands that
S-T-R-E-T-C-H
when you pull them,



even things that
are hard at first,



or that you don't
like to do,



or that you don't do very well...



get easier when
you keep trying.



Nice kick!



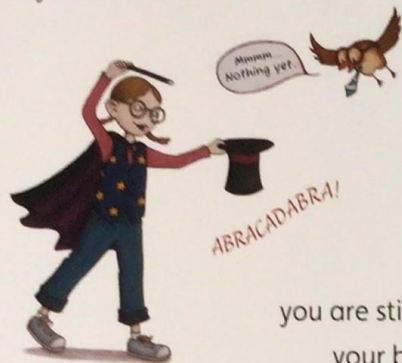
Think about the first time you played soccer. You probably couldn't kick the ball far or make many goals. But as you kept going to practices, you learned more about the rules of the game and followed your coach's directions.

The muscles in your legs and feet got stronger, your movements were more coordinated, and you could run farther and faster.

Learning more and practicing what you learned let you play better and have more fun.

Practice really does make perfect...or, at least, much better!

Even when you make a mistake while you're learning something new...



you are still training your brain.



You will remember that mistake and try something else—until you get it right.

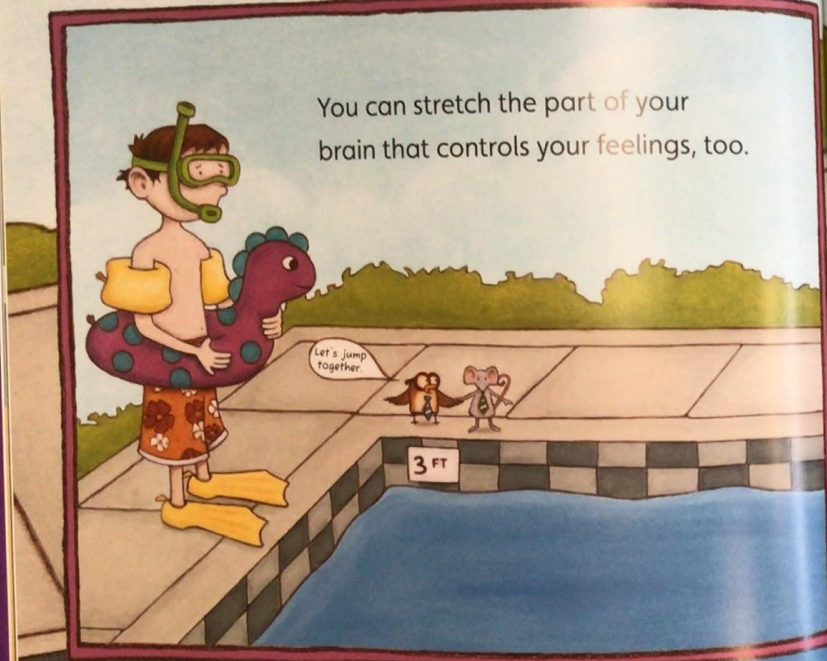
Making mistakes is one of the best ways your brain learns and grows.



If you aren't willing to risk being wrong, you won't take the chances that

S-T-R-E-T-C-H
your elastic brain.

You can stretch the part of your brain that controls your feelings, too.



If you are frightened about taking a risk, like learning to swim, finding the courage to put your face in the water **S-T-R-E-T-C-H-E-S** your amygdala. It will remind you that you overcame your fear...

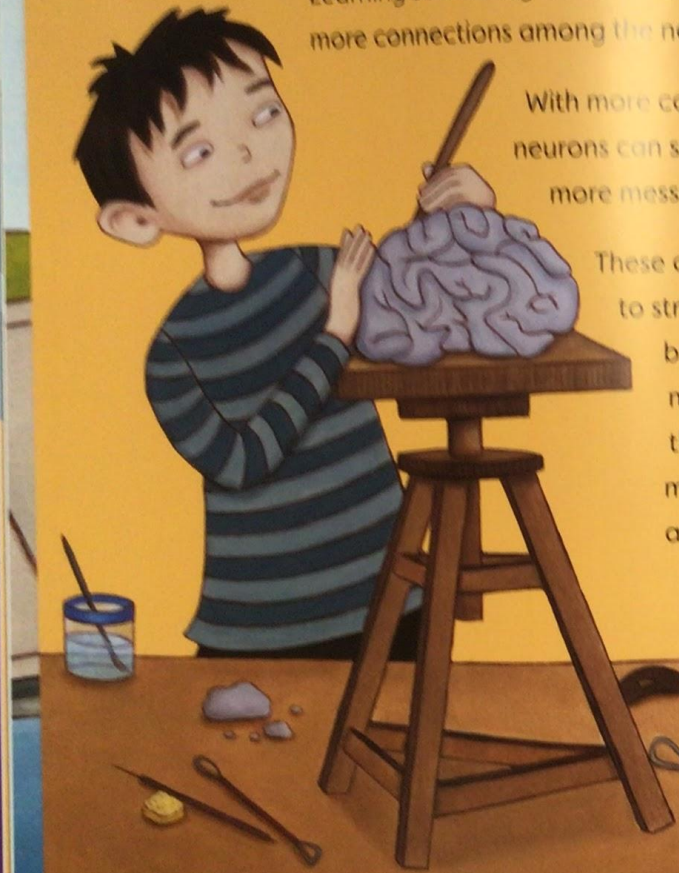


so you will be braver the next time something scares you—like diving into the water.

Learning something new causes the brain to grow more connections among the neurons.

With more connections, the neurons can send and receive more messages.

These connections help to stretch a part of your brain and make it more elastic, so that it can hold more information and ideas.



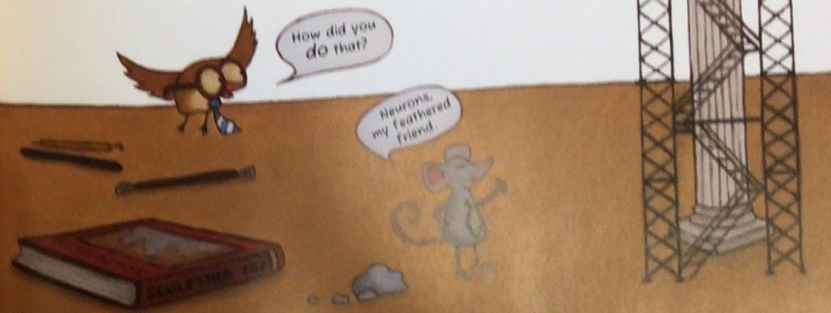
How does the brain stretch and grow?

A word that begins with **Neuro** has something to do with the brain.

A **sculptor** molds, shapes, or carves things out of clay, or wood, or stone.

So, you shape your brain when you make it bigger by adding new things you know and can do.

You are a Neurosculptor!



When you learn something new...

you're building on what you have already learned.



In the same way that the muscles in your body work together when you want to lift a heavy object or kick a ball, the different parts of your brain work together when you're learning something new.

The amygdala

makes you want to learn to play the piano.

The cerebrum

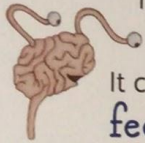
helps you decide to practice.

The cerebellum

calls up the memory of watching and listening when your piano teacher showed you how to play a new piece of music. Then, your cerebellum sends messages through **neurons** to the muscles in your wrists, hands, and fingers, so that you can hit the right notes.

The next time you play that piece of music, the parts of your brain and body will know how to work together, and you will play the song more easily.

The brain that
makes you **YOU** really
is an amazing organ!



It controls what you **think**, **do**,
feel, and **remember**.

Your brain is growing very
fast during your first ten years
of life and now we know that
you can help it grow.



When you try hard to learn something
new, connections grow from
neurons and attach to
other **neurons**.



Then, your brain can send messages
faster, making part of your brain
BIGGER and **stronger**.



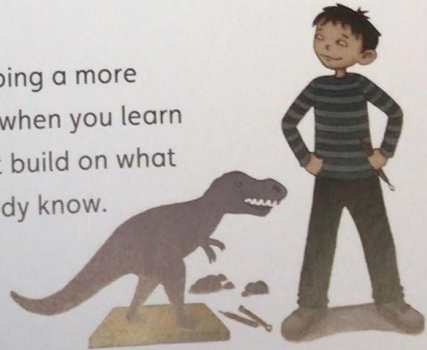
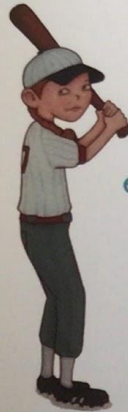
Making mistakes really helps you learn,
because your brain keeps trying new things
and **S-T-R-E-T-C-H-I-N-G**



until you figure out the
answer to your problem.

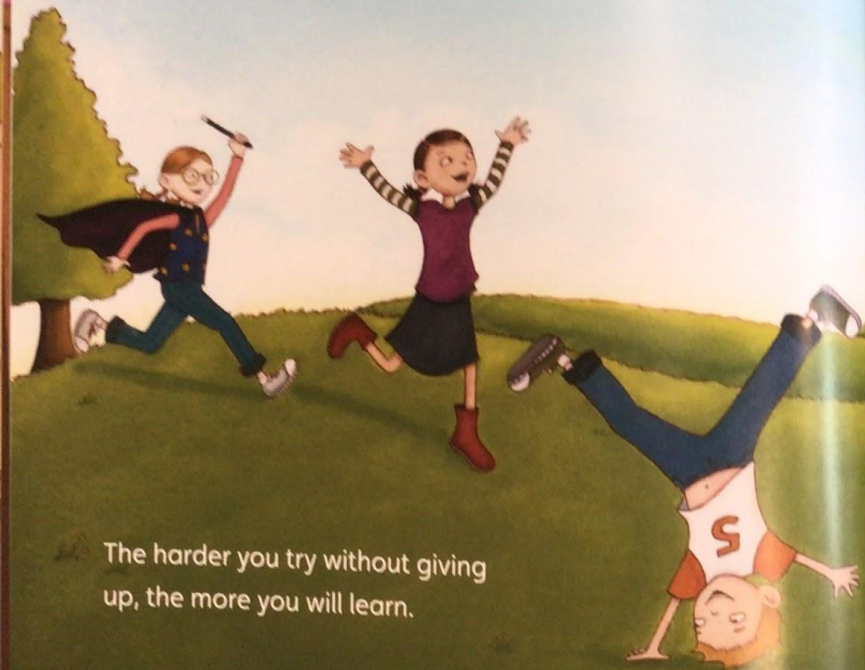


You are shaping a more
elastic brain when you learn
new things that build on what
you already know.

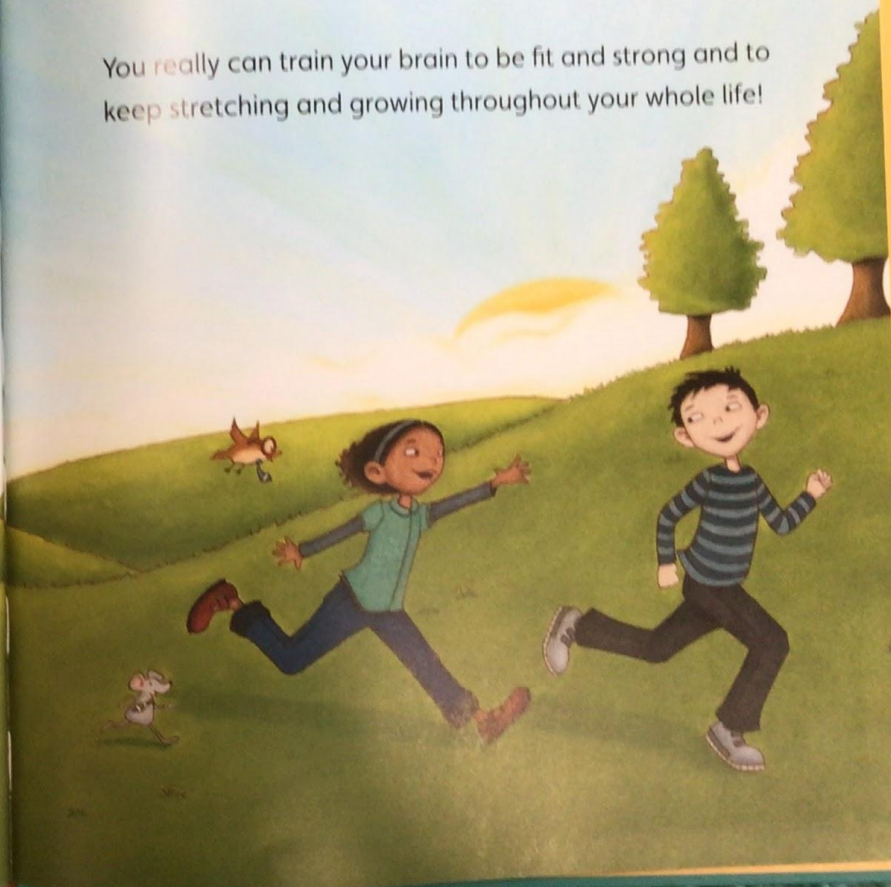


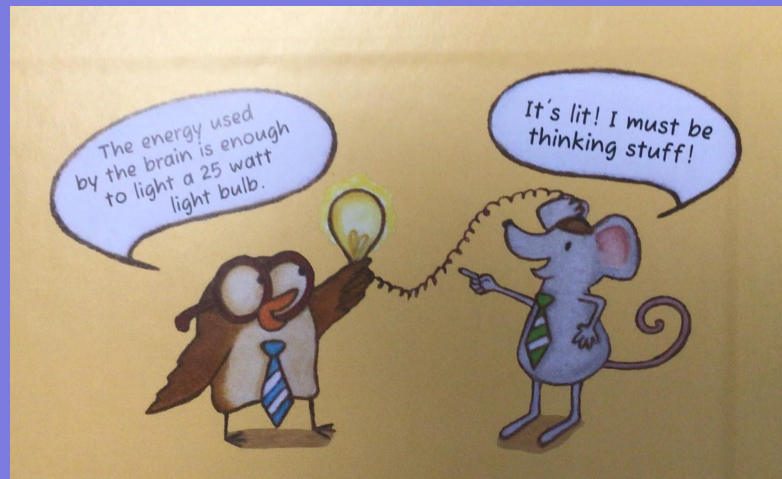
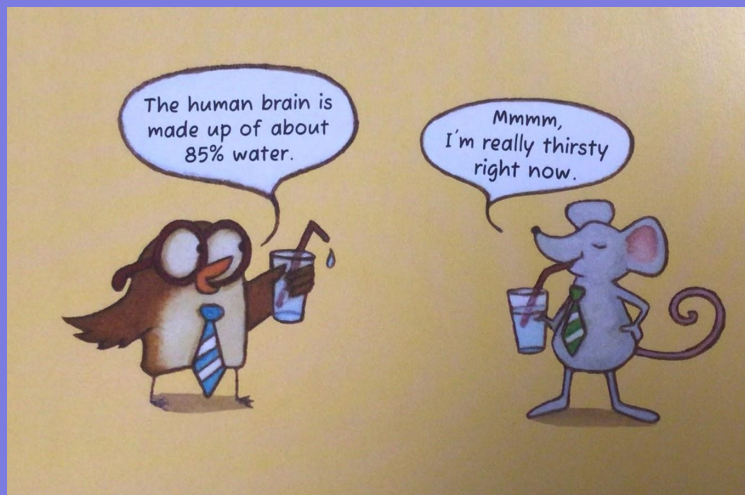
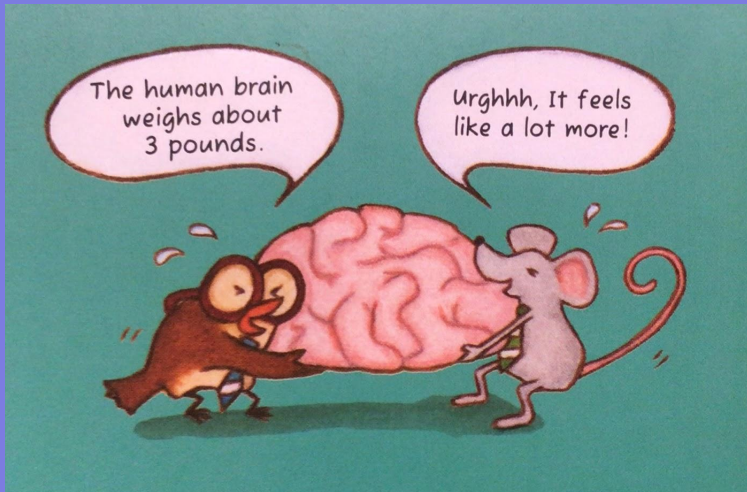
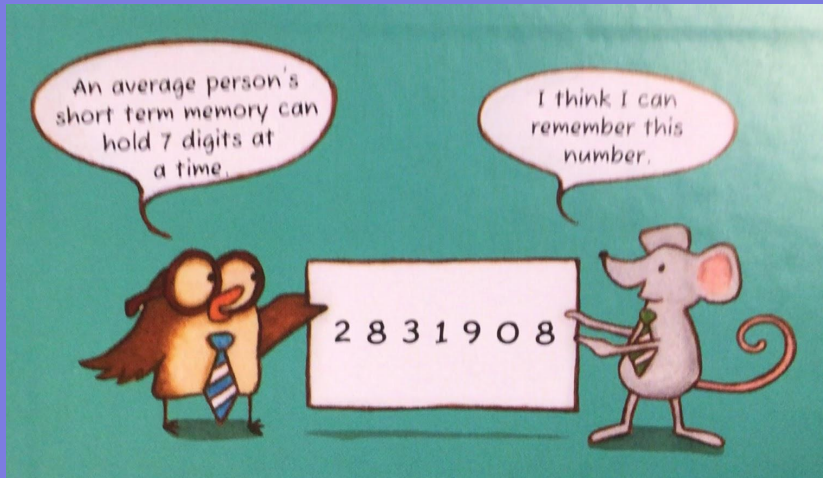
The more you learn and think about different kinds of things, the more you can learn, know, and enjoy.

You really can train your brain to be fit and strong and to keep stretching and growing throughout your whole life!



The harder you try without giving up, the more you will learn.





YOUR FANTASTIC, ELASTIC BRAIN!

Why does doing things that are hard or challenging help us?

What can you do if you want to get better at something?

If you're good at something, how can you help others?