

Contents



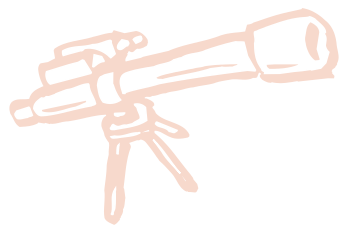
TEACHER GUIDE

- How Is Our Resource Organized? 2
- Bloom’s Taxonomy for Higher-Order Thinking..... 4
- Vocabulary 4



STUDENT HANDOUTS

- *Understanding the Problem-Solving Process* 5
- *Critical Thinking and Creativity Skills* 5
- *How to Comprehend and Analyze* 5
- *Growth Mindset*..... 5
- *Learning to Learn* 5



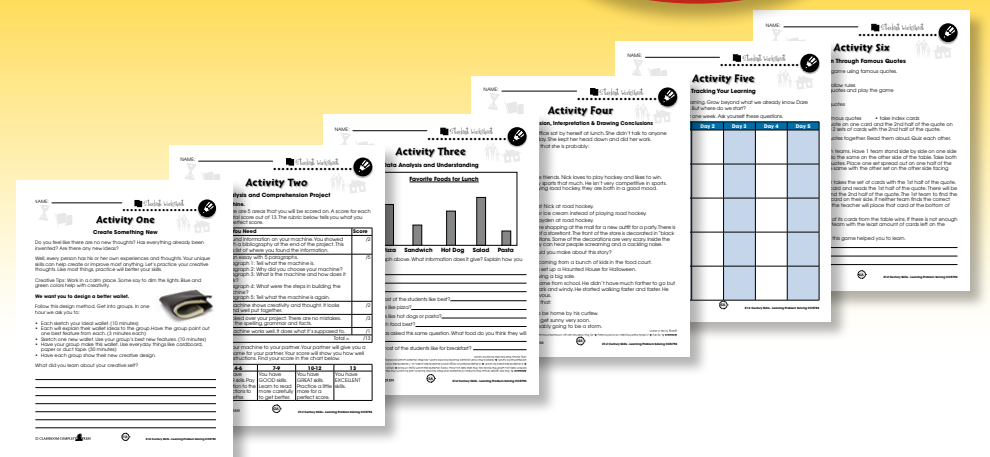
EASY MARKING™ ANSWER KEY 14

COLOR MINI POSTERS 15

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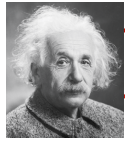




Growth Mindset

Famous Failures

There are two mindsets a person can have. You can have a fixed mindset or a growth mindset. A person with a **fixed mindset** thinks you are born with your skills and talents. They avoid hard jobs. This can stop you from having a new experience or learning new things. If you have a **growth mindset**, you think skills can grow over time with hard work. Have you ever said "I am just not a math person" or "I am not creative"? These come from a fixed mindset. They can hold you back. You may never be good at math if you don't try. A person with a growth mindset would practice math every day until they get better. There are lots of well-known people who had to work very hard to become a success. Below are a few examples of 'Famous Failures'.



Albert Einstein could not speak until he was 4 years old. Some of his teachers said, "He would never amount to much."



Michael Jordan was cut from his high school basketball team.



Walt Disney was fired from a newspaper. They said he didn't have imagination or any original ideas.

Use the Internet. Look up other people who had 'Famous Failures'. This could be a celebrity, a person who made a popular item and so on. Read their story. They probably had to work very hard to get where they are now. Write down their name in the space below. Then, write the failures they had to overcome to be a success.

Famous Failure 1: _____

Famous Failure 2: _____

Famous Failure 3: _____



Growth Mindset

Fixed Mindset vs. Growth Mindset

There are 2 types of students. One goes on to achieve success. This is a growth mindset. The other achieves less and less over time. This is a fixed mindset.

Below is a chart to explain these mindsets.

FIXED MINDSET	GROWTH MINDSET
Skill and future are set in stone.	Skill can be grown.
Wants to look smart so they:	Wants to learn so they:
<ul style="list-style-type: none"> avoid challenges see failure as a disaster see effort as useless for success ignore good feedback are threatened by others' success 	<ul style="list-style-type: none"> love challenges see failure as a chance to improve see effort as a path to success learn from criticism are inspired by others' success

Below are some questions to ask yourself. These will help you develop a Growth Mindset. Explain each answer.

1. Do you work as hard as you can? _____

2. Do you ask questions if you need help? _____

3. Do you check your homework for errors? _____

4. Do you spend enough time on your work? _____

5. What can you do to improve your work? _____

6. What can you do to improve your talent? _____



Growth Mindset

Growth Mindset - Comprehension

Read the stories below. Are these examples of a fixed or a growth mindset?

1. Mia is 8 years old. She loves to watch the ballet "The Nutcracker". She asked her mother if she could take lessons. After 2 years of lessons she changed her mind. She tells her mother that she wants to quit. Lessons cost a lot of money. Her mother wants to know why she wants to quit. Mia says she is not as good as the other girls. She says she practices all the time. She doesn't think she can do any better.

Which mindset does Mia have? Explain.

2. Liam takes Karate lessons. He started to take lessons when he was 6. He started with a white belt. He now is at the green belt level. He enters lots of competitions. He has a lot of trophies from winning. The next belt he needs is the blue belt. It is getting harder and harder to win. There are a lot of good competitors. He is very tired after every competition now. His mother asks if he wants to stop the lessons. He says he wants to keep competing. He wants to get his black belt. He thinks he may want to teach Karate some day.

Which mindset does Liam have? Explain.

3. Now it's your turn. Write about a time that you took lessons. What age did you start? How long did you stay at it? Was it easy? Was it hard? Did you win any awards? Are you still taking lessons? Are you learning something else? Take a look at your answers. Do you have a "Fixed" or "Growth" mindset? Check below.

Fixed Mindset

Growth Mindset



Growth Mindset

How to Learn a New Skill

Want to learn new dance moves? Want to learn how to play an instrument? Want to learn a new sport? Want to learn how to speak in public? Want to learn how to cook a meal? Want to learn how to juggle? Want to learn how to do cartwheels? Want to learn how to swim?

It often takes up to 20 hours to learn a new skill. Be patient, you can do it.

These 5 steps can help.

1. SET A GOAL

Knowing what you want to learn is the most important. What is the new skill that you want to learn?

2. THINK OF WHY YOU MIGHT GIVE UP

The first few hours or days are the hardest. Be patient. List 3 reasons why you may give up. Also list what you can do to avoid that.

3. BREAK IT DOWN

Start by doing some research into the skill you want to master. List 5 main parts you will need to learn to meet your goal.

4. FOCUS ON ONE PART

Work on one of your 5 parts. After you master that part, go on to the next one.

5. BELIEVE IN YOURSELF

This really does make all the difference. Believe that you can do it. Try imagining yourself having learned the new skill. In a few months time, you will succeed.



Growth Mindset

Weekly Reflection of My Learning

A **growth mindset** is about working hard to learn new skills. Each week you learn new things at school. Some things will be easy to learn. You might find some things hard to learn too. Below is a weekly learning reflection. You should fill this out every week during the school year. It can help you figure out how to get better at different things.

Get into partners and help each other fill out your weekly reflection.

NAME: _____ DATE: _____

How did I do with my learning this week?	
Did I work as hard as I could?	
Did I ask questions when I needed help?	
Is there something I want to get better at?	
What can I do to get better for next week?	
What did I learn from my mistakes this week?	
Name something that was easy this week.	
Why did you find this easy?	
Something I am proud of this week is...	



Growth Mindset

Fixed or Growth: What's Your Mindset? Quiz

- How smart do you think you are?
 A I can always learn more. B I only know what I know.
- There's one thing you're really good at. How did you become so good at it?
 A Lots of practice. B I was born this way.
- You didn't study for a math test and got 7 out of 10 right. Will you study for the next test?
 A Yes B No.
- You've always wanted to play an instrument. You try but aren't very good. What do you do?
 A Keep practicing. B Give up and try something else.
- You're born with talents that can't get better or worse.
 A Disagree B Agree
- You make a volcano for the science fair. It doesn't work after the first try. What do you do?
 A Try Again. B Pick something different to make.
- If you're not good at math, you can always get better.
 A Agree B Disagree
- Making mistakes doesn't scare you.
 A Agree B Disagree
- You don't like to try new things.
 A Disagree B Agree
- You're really good at spelling. Do you think you need to practice?
 A Yes. There's more I can learn. B No. It comes to me naturally.

Tally up your scores above. If you answered more A's, then you have a growth mindset. If you answered more B's, then you have a fixed mindset. If you answered about the same for A and B, then you have a bit of both mindsets.



Bloom's Taxonomy

Bloom's Taxonomy* for Reading Comprehension

The activities in this resource engage and build the full range of thinking skills that are essential for students comprehension. Based on the six levels of thinking in Bloom's Taxonomy, assignments are given that challenge students to move beyond the worksheet to understand the information through higher-order thinking. By using higher-order skills of remembering, understanding, applying, analysing, evaluating, and creating, students become active learners, drawing more meaning from the information, and applying and extending their learning in more sophisticated ways.

Our resource, therefore, is an effective tool for any Social Studies program. Whether it is used in whole or in part, or adapted to meet individual student needs, this resource provides teachers with the important questions to ask and interesting content, which promote creative and meaningful learning.

Vocabulary

- Analyze:** To break it down to gain a better sense of the job.
- Auditory Learner:** Learning with your ears. You need to be told or hear something to know it.
- Comprehend:** To understand the meaning.
- Conclusion:** The end or finish. A decision reached by reasoning.
- Creative Thinking:** To come up with new ways to approach a problem.
- Creativity:** To make meaningful new ideas, methods or ways.
- Critical Thinking:** Able to reflect, assess and judge something.
- Fact:** Can be proven and is true.
- Fixed Mindset:** Thinks you are born with your skills and talents.
- Growth Mindset:** Thinks skills can grow over time with hard work.
- Inferences:** A conclusion reached.
- Learning:** To get knowledge of or skill in, by study, instruction or experience.
- Mindset:** An attitude or mood.
- Opinion:** How you or someone feels about a topic.
- Physical Learner:** Learning with your hands. You need to try something to know it.
- Prediction:** A guess as to what will happen.
- Problem-Solving Process:** A series of actions that help find answers to something that needs taken care of.
- Problem-Solving Skills:** How you find issues and answers.
- Problem:** Something that needs to be taken care of.
- Process:** A series of actions directed to some end.
- Solving:** To find an answer to something.
- Verbal Learner:** Learning with a book. You need to read something and write it down to know it.
- Visual Learner:** Learning with your eyes. You need to see something or see it in your mind to know it.

The Growth Mindset: Training Your Brain

Instead of thinking or saying this...

...think or say this...

- | | |
|------------------------------------|---|
| "This is too hard." | "I can do this with more time and effort." |
| "I just can't do Math." | "I am going to train my brain in Math." |
| "I made a mistake." | "Mistakes help me learn better." |
| "I am great at this." | "I am on the right track." |
| "I will never be as smart as her." | "I will figure out how she does it." |
| "It's good enough." | "Is it really my best work?" |
| "I give up." | "I will keep trying until I get it." |
| "I am not good at this." | "What am I missing?" |
| "I can't make this any better." | "I can always do better so I will keep trying." |
| "It didn't work." | "Now that I know one way that does not work, I'll try another way." |



Growth Mindset

Growth Mindset - Comprehension

Read the stories below. Are these examples of a fixed or a growth mindset?

1. Mia is 8 years old. She loves to watch the ballet "The Nutcracker". She asked her mother if she could take lessons. After 2 years of lessons she changed her mind. She tells her mother that she wants to quit. Lessons cost a lot of money. Her mother wants to know why she wants to quit. Mia says she is not as good as the other girls. She says she practices all the time. She doesn't think she can do any better.

Which mindset does Mia have? Explain.

2. Liam takes Karate lessons. He started to take lessons when he was 6. He started with a white belt. He now is at the green belt level. He enters lots of competitions. He has a lot of trophies from winning. The next belt he needs is the blue belt. It is getting harder and harder to win. There are a lot of good competitors. He is very tired after every competition now. His mother asks if he wants to stop the lessons. He says he wants to keep competing. He wants to get his black belt. He thinks he may want to teach Karate some day.

Which mindset does Liam have? Explain.

3. Now it's your turn. Write about a time that you took lessons. What age did you start? How long did you stay at it? Was it easy? Was it hard? Did you win any awards? Are you still taking lessons? Are you learning something else? Take a look at your answers. Do you have a "Fixed" or "Growth" mindset? Check below.

Fixed Mindset

Growth Mindset

Explanations will vary.

1.

Fixed

2.

Growth

3.

Answers will vary.

8

Answers will vary, but may include:

1.

a) Anne is mad that she didn't do well in the class. She blames others and decides not to study.

b) Anne should keep studying and trying to do better. Maybe try a different study habit.

2.

a) James has a bad experience and decides to quit.

b) James should try to be more positive and never give up. Keep trying and prepare to answer the same question in a more positive way.

3.

a) Tom has stopped practicing and starts to make mistakes. He believes he's no good. His teacher believes that some people just have the talent naturally.

b) Tom should make time to practice. His teacher should remind Tom to practice and encourage him to get better.

10



EASY MARKING ANSWER KEY