



school on wheels

Social and Emotional Learning Summer Program

During this session and all future sessions continue to remind your student(s) that they are safe, and they are the only ones in control of their emotions.

Use the DNA method and focus on the positive when addressing misbehavior.

DESCRIBE

behavior calmly and without judgement. Younger students: "Your face looks like this." (mirror expression). Older students: "You pulled your hoodie over your eyes."

Wait for eye contact. Take deep breaths together (if you start, hopefully they'll join).

NOTICE

and model empathy: "You seem _____."

ACKNOWLEDGE

and problem solve: "You wanted ____." or "You were hoping ____." Followed by, "Your choices are ____ or ____." Both should be choices you can live with.

Questions? Visit:
schoolonwheels.org/selprogram
or contact mraab@schoolonwheels.org

LESSON INTEGRATION #8 - A Growth Mindset

Students with a growth mindset understand that they can get smarter through hard work, the use of effective strategies, and help from others when needed. This contrasts with a fixed mindset: the belief that intelligence is a fixed trait that is set in stone at birth.

Always check in with your student(s) at the beginning of each session. Remind them that tutoring sessions are safe spaces and take some deep breaths if necessary. Ask your student(s) if they would be willing to share some things that they were grateful for during the past week. Share some things that you are grateful for.

BEGINNING SEL ACTIVITY

For students in fourth grade or above, read over the chart below and discuss with your student(s).

Fixed Mindset	Carol Dweck	Growth Mindset
<p>Intelligence is static. Leads to a desire to LOOK SMART and therefore a tendency to:</p> <ul style="list-style-type: none"> ✓ AVOID CHALLENGES ✓ GIVE UP EASILY DUE TO OBSTACLES ✓ SEE EFFORT AS FRUITLESS ✓ IGNORE USEFUL FEEDBACK ✓ BE THREATENED BY OTHERS' SUCCESS 		<p>Intelligence can be developed Leads to a desire to LEARN and therefore a tendency to:</p> <ul style="list-style-type: none"> ✓ EMBRACE CHALLENGES ✓ PERSIST DESPITE OBSTACLES ✓ SEE EFFORT AS PATH TO MASTERY ✓ LEARN FROM CRITICISM ✓ BE INSPIRED BY OTHERS' SUCCESS

Silvia Rosenthal Tolisano- @iangwitches

For students in third grade or below, read and discuss The Power of Yet comic on the following page. If working with a group of students, facilitate a discussion about the chart or the comic.

Read this quote with your student(s):

"The problem human beings face is not that we aim too high and fail, but that we aim too low and succeed." - Michelangelo

Discuss what they think this quote means. Explain that being successful is great, but if you're always successful and you never mistakes, you're probably not challenging yourself enough or learning new things.

Continue to 2nd page..



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Wait for eye contact. Take deep breaths together (if you start, hopefully they’ll join).

NOTICE

and model empathy:

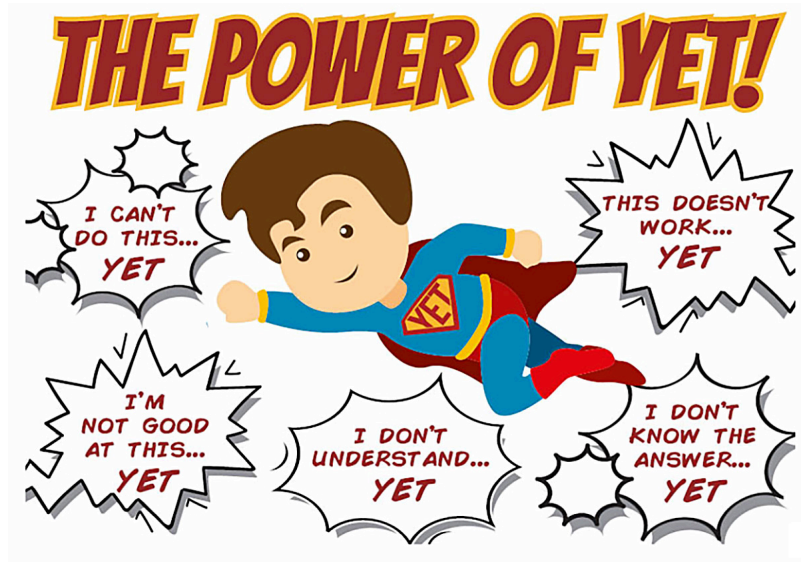
“You seem _____.”

ACKNOWLEDGE

and problem solve: “You wanted _____.” or “You were hoping _____.” Followed by, “Your choices are _____ or _____.” Both should be choices you can live with.

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LESSON INTEGRATION #8: A Growth Mindset (Continued)



DURING YOUR SESSION

During this session and all future sessions continue to remind your student(s) that they are safe, and they are the only ones in control of their emotions.

Do any pre-prepared activity while reinforcing the ideas about growth mindset you’ve been discussing, if possible. Continue practicing the breathing and self-regulation techniques learned in the first integration when opportunities arise. Alternatively, if you have internet access or a smartphone, you can watch videos and read about growth mindset using [these helpful activities through Khan Academy](#).

END OF YOUR SESSION

Review (the story of the session): Review everything you talked about and did during the session. Encourage your student(s) to practice breathing, empathy, and gratitude in their daily lives. Confirm the day and time of the next session and wish your student(s) well.

Fixed

Mindset

Growth

Mindset

Carol Dweck

Intelligence is static.

Leads to a desire to LOOK SMART and therefore a tendency to:

- ✓ AVOID CHALLENGES
- ✓ GIVE UP EASILY DUE TO OBSTACLES
- ✓ SEE EFFORT AS FRUITLESS
- ✓ IGNORE USEFUL FEEDBACK
- ✓ BE THREATENED BY OTHERS' SUCCESS

Intelligence can be developed

Leads to a desire to LEARN and therefore a tendency to:

- ✓ EMBRACE CHALLENGES
- ✓ PERSIST DESPITE OBSTACLES
- ✓ SEE EFFORT AS PATH TO MASTERY
- ✓ LEARN FROM CRITICISM
- ✓ BE INSPIRED BY OTHERS' SUCCESS

Silvia Rosenthal Tolisano- @langwitches

THE POWER OF YET!

