



GEMTM

Growing Early MindsetsTM



Sample Materials

Introduction, Overview,
& Family Newsletter

What is Growing Early Mindsets™ (GEM™)?

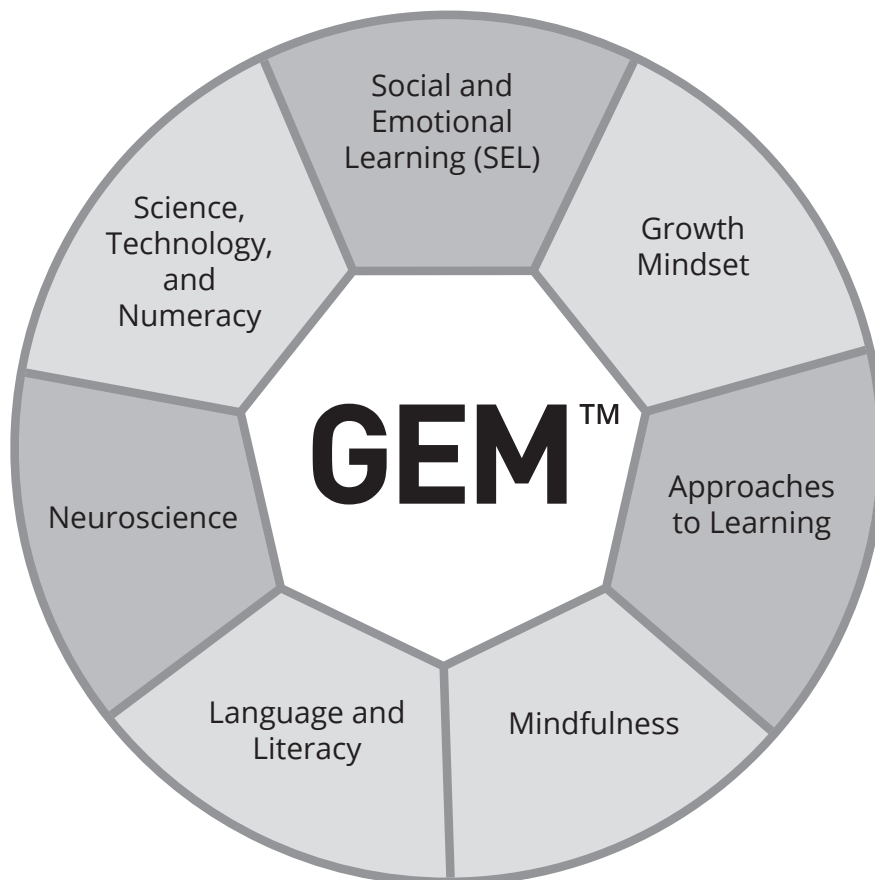
Growing Early Mindsets™ (GEM™) is a literacy-based teaching and learning framework that integrates growth mindset, social and emotional learning (SEL), and mindfulness principles and practices across PreK-3rd learning communities. GEM includes ten children's books and three Teacher Guides.

Teacher Guide 1 is an introduction that includes resources and tools to build a growth mindset, SEL, and mindfulness culture; engage families; and facilitate assessment and instruction. Guide 2 includes nine Learning Labs (lessons, graphic organizers, and learning routines). Guide 3 is a Read-Aloud Menu of mini Read-Aloud lessons using popular children's literature. Each Guide supports **explicit** and **embedded** growth mindset, SEL, and mindfulness teaching and learning.

Goal

The goal is to promote, teach, and foster a growth mindset, SEL competencies, and mindfulness from the earliest of opportunities to promote positive outcomes:

- healthy relationships;
- effective learning habits and practices;
- a growth mindset, SEL, and mindfulness learning culture;
- and engagement, motivation, resiliency, and overall well-being.



Overview: Anchor Books & Learning Labs

GEM features 10 children's books accompanied by 9 Learning Labs with the following themes:

Book 1: Hi There! It's Me, Your Brain introduces the basics of our brain's structure and functions. It provides a brief introduction to how the brain works and learns and lays the groundwork for fostering a growth mindset.

Book 2: Did You Know Your Brain Gets Stronger and Smarter? introduces the physical aspect of thinking and learning that underlie a growth mindset—specifically exploring growth, process, change, and potential. This insight provides a foundation for understanding neuroplasticity.

Book 3: Learning Through Our Senses explores how learning occurs through the pathways of our five core senses: seeing, hearing, tasting, smelling, and touching.

Book 4: How to Take Care of You and Your Brain explores the importance of taking care of yourself and your brain and how the two are interconnected. This book provides an opportunity to apply a growth mindset to developing the SEL competencies of self-awareness and self-management.

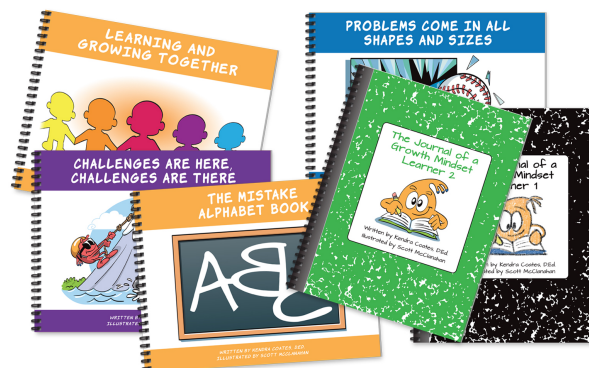
Book 5: Learning and Growing Together explores the importance of empathy, perspective taking, and listening to learn. This book provides an opportunity to apply a growth mindset to developing the SEL competencies of social awareness and relationship skills. These SEL competencies lay the foundation for building a learning community where everyone feels a sense of belonging.

Books 6 & 7: The Journal of a Growth Mindset Learner explores how learning develops intelligence and fosters curiosity and inquiry. These two books can be used to demonstrate writing as a developmental process, and provide an opportunity to apply a growth mindset and SEL competencies to learning something new.

Book 8: Problems Come in All Shapes and Sizes explores how learning to solve problems develops intelligence and fosters problem thinking and solving. This book provides an opportunity to apply a growth mindset and SEL competencies to solving problems.

Book 9: Challenges are Here, Challenges are There explores how learning to take on challenges develops intelligence and fosters academic and emotional resiliency. This book provides an opportunity to apply a growth mindset and SEL competencies to taking on challenges.

Book 10: The Mistake Alphabet Book explores how learning from mistakes develops intelligence and fosters hope and optimism. This book provides an opportunity to apply a growth mindset and SEL competencies to learning from mistakes.



Overview: Elements of Each Lab

The **Lab Overview** provides a description of the given Lab, essential question, key principles and practices, learning goals, and quotes to support the Lab focus.

The **Mindset Buddy Anchor Chart (Teacher Guide 1 Appendix)** introduces the Mindset Buddy and Lab focus. (Available for download at www.mindsetworks.com/MyPrograms/GemCentral)

The **Anchor Book Lesson (explicit)** introduces learners to principles and practices and key vocabulary and phrases. It activates learners' prior knowledge, learning, enthusiasm, and experiences to enhance their readiness to interact with the given content in each Lab.

The **Deeper Learning Opportunity (explicit)** further explores the given principles and practices and vocabulary introduced in the anchor book through multimedia.

Graphic organizers (explicit) provide learners an opportunity to visually represent and organize the given content. (Available in each Lab and for download at www.mindsetworks.com/MyPrograms/GemCentral)

The **Learning Routine Lesson (embedded)** provides learners the opportunity to apply a growth mindset, SEL, and mindfulness to their practice of new skills and habits.

The **Read-Aloud Menu (Teacher Guide 3) (embedded)** uses a variety of popular children's literature to continue to introduce, teach, practice, and reinforce given principles and practices.

Formative Assessment Opportunities provide learners the opportunity to engage in metacognitive practice throughout the Lab and give teachers the opportunity to gather evidence to inform and guide instruction.

Family Newsletters (Teacher Guide 1 Appendix) introduces the Lab to families and provides an opportunity for families to practice the Learning Routine together. Also available in Spanish. Download at www.mindsetworks.com/MyPrograms/GemCentral.

Family Newsletter: Lab 1

The more you learn today, the smarter you are tomorrow.

Dear Family,

We are learning about our brains and how they work. With your help, I can make my brain **stronger** and **smarter**!

Here's what you can do to help me learn:

“You have brains in your head.
You have feet in your shoes.
You can steer yourself any
direction you choose.”
~Dr. Seuss

Provide opportunities for me to:

- Learn something new
- Work hard and put forth effort
- Practice new skills
- Talk about how I am feeling and work through my “big emotions”
- Persist when something gets hard for me and encourage me to try different strategies
- Take on challenges
- Learn from my mistakes and try again
- Solve problems
- Struggle a little bit when I am learning
- Teach you about what I am learning
- Talk about what I am learning
- Use multiple senses at the same time to learn something (e.g., draw, explain, demonstrate, act out)
- Play

Read



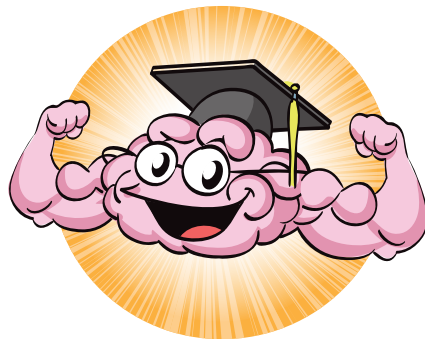
Read books with me about learning:

- *Your Fantastic, Elastic, Brain* by Joann Deak
- *Oh, the Thinks You Can Think!* by Dr. Seuss
- *How Rocket Learned to Read* by Tad Hills
- *Jack's Talent* by Maryann Cocca-Leffler
- *Dream Big: Michael Jordan and the Pursuit of Olympic Gold* by Deloris Jordan

Celebrate

Celebrate growth mindset moments and give me growth mindset feedback and encouragement, like:

- “You did it! You’re getting smarter.”
- “Learning makes your brain smarter.”
- “You just haven’t learned that YET.”



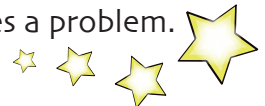
Learn

Let's do this learning routine together at home: My Brain

What? Celebrate growth mindset moments.

Why? To encourage a growth mindset by teaching your child that their brain gets stronger and smarter through their effort and learning.

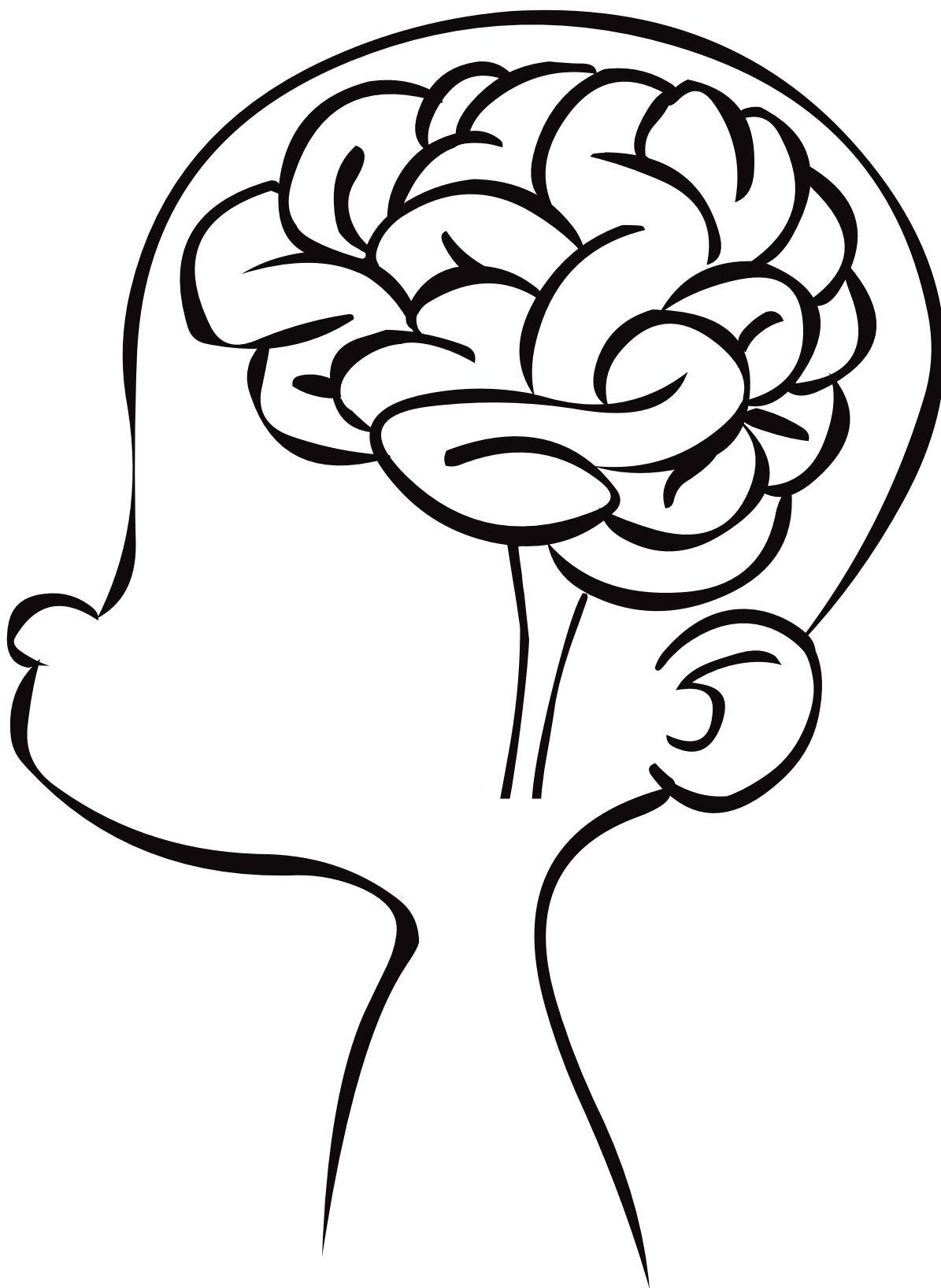
How? Celebrate growth mindset moments by adding neurons (stickers or drawing stars) to the brain to symbolize your child's brain growth (neuroplasticity). For example, add a sticker to the brain when your child learns something new, works hard, practices a new skill, takes on a challenge, learns from their mistake, or solves a problem.



Sincerely, _____

My Brain

The more you learn today, the smarter you are tomorrow.



Boletín para la familia: Lab 1

Cuanto más aprendas hoy, más inteligente serás mañana.

Querida familia,

Estamos aprendiendo sobre nuestros cerebros y cómo funcionan. ¡Con tu ayuda, puedo hacer que mi cerebro sea más fuerte e inteligente!

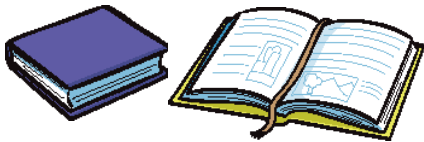
Esto es lo que puedes hacer para ayudarme a aprender:

“ Tienes cerebro en tu cabeza.
Tienes pies en tus zapatos.
Puedes encaminarte donde te
lleven tus pasos. ”
~Dr. Seuss

Proporcióname oportunidades para:

- Aprender algo nuevo
- Trabajar duro y esforzarme
- Practicar nuevas habilidades
- Hablar de cómo me siento y trabajar a través de mis “grandes emociones”.
- Persistir cuando algo se pone difícil y animarme a probar diferentes estrategias
- Asumir desafíos
- Aprender de mis errores y volver a intentarlo
- Resolver problemas
- Luchar un poco cuando estoy aprendiendo
- Enseñarte lo que estoy aprendiendo
- Hablar sobre lo que estoy aprendiendo
- Usar múltiples sentidos al mismo tiempo para aprender algo (por ejemplo, dibujar, explicar, demostrar, actuar).
- Jugar

Leer



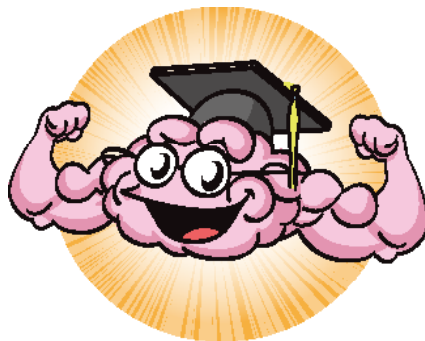
Lee libros conmigo sobre el aprendizaje:

- *Your Fantastic, Elastic, Brain* por Joann Deak
- *Oh, the Things You Can Think!* por Dr. Seuss
- *How Rocket Learned to Read* por Tad Hills
- *Jack's Talent* por Maryann Cocca-Leffler
- *Dream Big: Michael Jordan and the Pursuit of Olympic Gold* por Deloris Jordan

Celebrar

Celebra momentos de la mentalidad de crecimiento y dame un comentario y ánimo de mentalidad de crecimiento:

- “¡Lo lograste! Te estás volviendo más inteligente”.
- “Aprender hace que tu cerebro sea más inteligente”.
- “No has aprendido eso AUN.”



Aprender

Hagamos esta rutina de aprendizaje juntos en casa: Mi cerebro

¿Qué? Celebra los momentos de la mentalidad de crecimiento

¿Por qué? Fomentar una mentalidad de crecimiento enseñándole a tu hijo que su cerebro se fortalece y es más inteligente debido a su esfuerzo y aprendizaje.

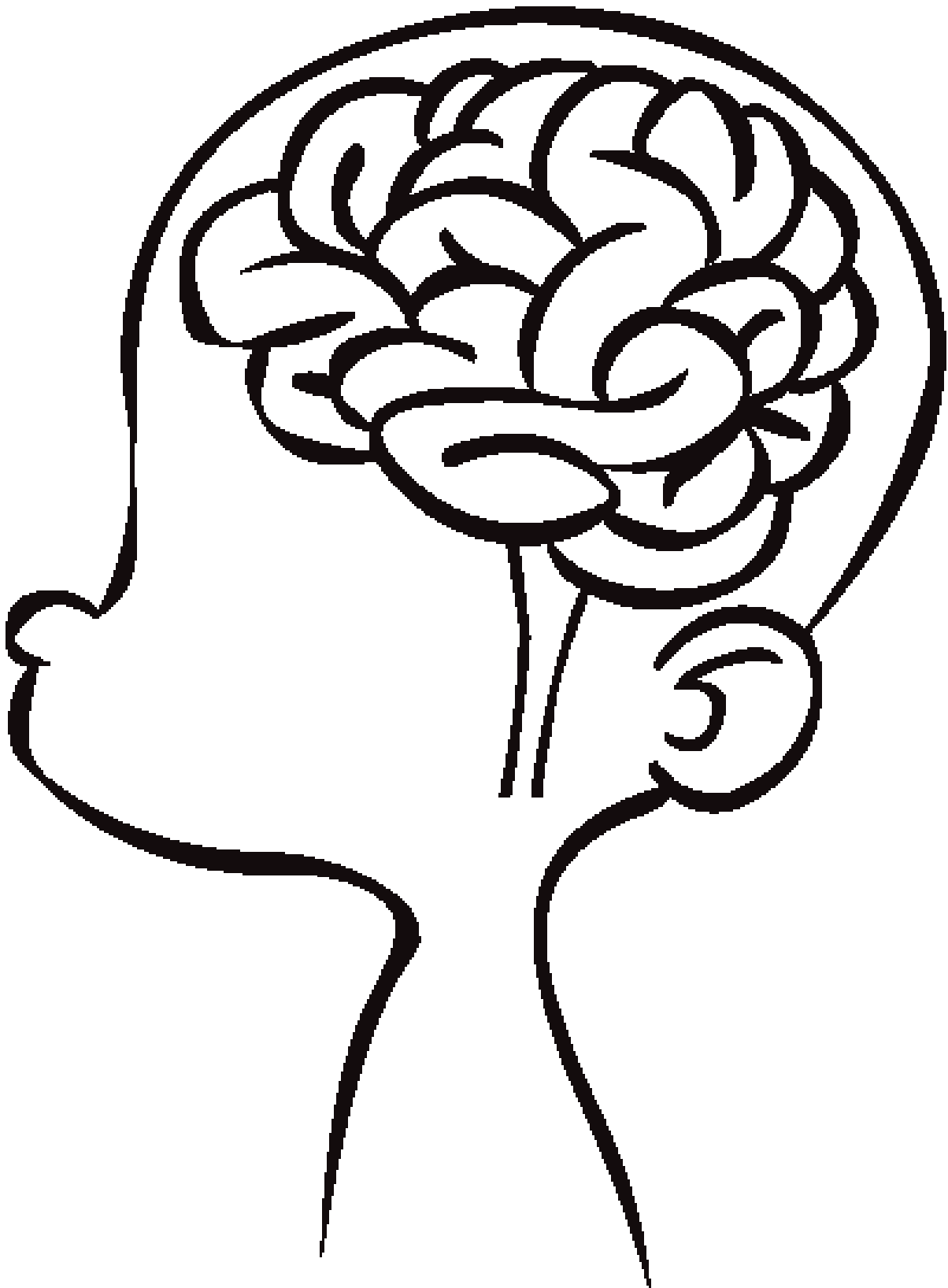
¿Cómo? Celebra los momentos de la mentalidad de crecimiento añadiendo neuronas (stickers o dibujando estrellas) al cerebro para simbolizar el crecimiento cerebral de tu hijo (neuroplasticidad). Por ejemplo, añádale un sticker al cerebro cuando tu hijo aprenda algo nuevo, trabaje duro, practique una nueva habilidad, acepte un reto, aprenda de su error o resuelva un problema.



Atentamente,

Mi Cerebro

Cuanto más aprendas hoy, más inteligente serás mañana.



About Mindset Works

Mindset Works was co-founded by one of the world's leading researchers in the field of motivation, Stanford University professor Carol S. Dweck, Ph.D. and K-12 mindset expert Lisa S. Blackwell, Ph.D. The company translates psychological research into practical products and services to help students and educators increase their motivation and achievement.

Our award-winning interactive program provides students, parents and educators with a better approach to learning.

Brainology® program is a fun, interactive, award-winning, online program that helps middle school students learn about how the brain works, how to strengthen their own brains and how to better approach their own learning. In the process, the Brainology® program helps them cultivate a growth mindset whereby they think of their intelligence as something they can develop through study and learning rather than as something fixed. The core belief in the malleability of the mind triggers motivation and learning-oriented behavior in various aspects of life.



Visit www.mindsetworks.com for more growth mindset resources, tools, articles, and videos. Contact us at info@mindsetworks.com.



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