

## PSHEC – Growth Mindset Curriculum Map

### Growth Mindset Subject Intent:

Our Growth Mindset Curriculum aims to develop the skills and knowledge which are associated with being a successful learner. These include:

- Seeing **challenge as an opportunity** for learning and growth.
- Knowing that **mistakes are part of the learning process** and should be encouraged.
- Understanding that **effort is the key to success** and it is a good thing if something is a bit challenging.
- Understanding **the importance of resilience**, as the most powerful learning is done when you are challenged.
- Knowing that **intelligence is not fixed and can grow**. Anyone can learn anything if they stick at it.
- Knowing that **the brain grows and strengthens when we use it to learn**, just like any other muscle grows and strengthens when it is exercised.
- Holding **high expectations of yourself** and what you can achieve.
- Being **inspired by other pupils' successes**. If they can do it so can you.

## Key Stage 2 – Year 1

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<p><b>Core Knowledge, Skills and Concepts</b></p> <p><b>Weekly focus</b></p>	<p><b>Growth Mindset:</b> <b>Listening Skills – KS2</b></p> <p>Helps to develop children's listening skills. This pack includes games which are designed for children at Key Stage 2 and helps teachers to establish listening skills with children of a range of abilities. It includes photocopiable worksheets which are accompanied by step-by-step instructions for the teacher to read out.</p> <ol style="list-style-type: none"> <li>1. School mugs – P19</li> <li>2. Turnip family – P20</li> <li>3. Hot air balloons – P22</li> <li>4. Socks – P25</li> <li>5. Ice-creams – P28</li> <li>6. Leaf patterns – P31</li> <li>7. Diver Dan – P33</li> </ol>	<p><b>Growth Mindset:</b> <b>Helping Children to build Self-esteem</b></p> <p>The importance of developing a strong sense of self-esteem cannot be overestimated. Feeling good about who they are enables children to learn more effectively, helps them to cope with life's stresses and inspires them to create a better future for themselves.</p> <ol style="list-style-type: none"> <li>1. Things I would like to achieve / Cats – P105-109</li> <li>2. Rubies – P110-115</li> <li>3. Everyone is different – P118 &amp; 119</li> <li>4. Important people P122-124</li> <li>5. Feelings – P130&amp;131</li> <li>6. Sharing – P143-145</li> <li>7. Confidence –P155 - 159</li> </ol>	<p><b>Resilience / Healthy Mindset:</b> <b>Listening Skills – KS2</b></p> <p>Helps to develop children's listening skills. This pack includes games which are designed for children at Key Stage 2 and helps teachers to establish listening skills with children of a range of abilities. It includes photocopiable worksheets which are accompanied by step-by-step instructions for the teacher to read out.</p> <ol style="list-style-type: none"> <li>1. Our friend woody – P35</li> <li>2. The race – P36</li> <li>3. Birthday presents – P42</li> <li>4. Shape sorter – P44</li> <li>5. Riddles – P45</li> <li>6. The Robsons –P49</li> </ol>	<p><b>Resilience / Healthy Mindset:</b> <b>Taming a Tempeasaurus</b></p> <p>Develop &amp; understand 'anger' vocabulary Understand that 'anger' covers a range of feeling from mild to intense</p> <p>Learn to recognise individual triggers Understand the pre-existing factors that make an angry response more likely &amp; more intense</p> <p>Learn how to change angry behaviour Develop a range of strategies when facing potentially angry or stressful situations</p> <p>Learn to express feelings rather than act them out Learn how to ask for what they want Learn to empathise</p> <ol style="list-style-type: none"> <li>1. Feelings: Page 12-17</li> <li>2. Feelings: Page18 &amp; 19</li> <li>3. Anger is just a feeling: Page 20-23</li> <li>4. Anger is just a feeling: Page 24 &amp; 25</li> <li>5. The cave of anger: Page 26-30</li> <li>6. The cave of anger: Page 33-35</li> </ol>	<p><b>Positive Self:</b> <b>The Big of BLOBs</b></p> <p><i>The Big Book of Blobs</i> is a collection of Blob pictures that can be used as prompts to explore feelings. The relatable Blob characters are depicted in many different situations which can be used as a springboard for meaningful discussion on a range of issues and topics. The Blobs in this collection are organised into themes of places, issues, occasions and personal development, and include scenarios such as beach, cinema, city, concert, home, playground, bullying, death, fame, money, parents, romance, sleep, Christmas, Easter, Olympics, body, caring and feelings.</p> <ol style="list-style-type: none"> <li>1. Blob city p24/25</li> <li>2. Blob Disco p30/31</li> <li>3. Blob Home p32/33</li> <li>4. Blob Bullying p44/45</li> <li>5. Blob Parent p60/61</li> <li>6. Blob Sleep p68/69</li> </ol>	<p><b>Positive Self:</b> <b>The Feelings Art Book</b></p> <p>This fun, imaginative book offers children a way to develop their emotional literacy skills through creativity and drawing. The resource is divided into three themed sections:</p> <ul style="list-style-type: none"> <li>• Self Esteem: Activities exploring identity, personal empowerment, aspirations and values, and important relationships in a child's life</li> <li>• Emotions: In this section, children are invited to consider a range of complex feelings such as excitement, jealousy and disappointment</li> <li>• Empathy and Imagination: These activities guide children towards an awareness of other people's experiences, emotions and feelings</li> </ul> <p>Suitable for both parents and professionals, this book is an invaluable resource for anybody looking to improve the emotional awareness and wellbeing of young people</p> <ol style="list-style-type: none"> <li>1. Draw on your Self-Esteem Worksheet 1</li> <li>2. draw on things you can do well (Worksheet 2)</li> <li>3. draw the important events in your life (Worksheet 6)</li> <li>4. draw things that make you feel happy (worksheet 21)</li> <li>5. What happens next (Worksheet 23)</li> <li>6. What helps you to relax? (Worksheet 31)</li> <li>7. What is the bully thinking (Worksheet 38)</li> </ol>

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## Key Stage 2 – Year 2

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Core Knowledge, Skills and Concepts</b>	<p>To encourage and explore Growth Mindset in a positive manner</p> <p>To encourage and reinforce a positive mindset. Some prior knowledge may have been applied.</p> <p>This will have a positive reinforcement that would be applied throughout School, home and the wider context</p> <p>Pupils will learn and develop skills on being resilient, welcome mistakes as opportunities to grow and overcome the fear of failure.</p>					
<b>Weekly focus</b>	<p style="text-align: center;"><b><u>Growth Mindset Kit</u></b></p> <p>1.Intro &amp; Growth Mindset statements &amp; affirmations: Pages 12-15                  2. Growth Mindset or Fixed: Pages 15-17                  3. My power of yet. Page 18                  4.Things I can control: Pages 19-20                  5.. Your amazing brain grows and changes &amp; Build a growth mindset Poster: Pages 21-28                  6. Build a growth mindset Poster (continue) Pages 22-28                  7.Help your brain grown by taking a break: Page 1-3</p>	<p style="text-align: center;"><b><u>Growth Mindset Kit</u></b></p> <p>1. Having a growth mindset means: Pages 32-35                  2.Growth mindset Pencil Toppers: Pages 36-38                  3. Growth Mindset Mad Lib: Pages 39-41                  4. My mini book review 42-44                  5. (Continue.) My mini book review 42-44                  6. Growth Mindset movies and videos: Pages 47-48 – choose 1                  7. Growth Mindset Podcasts: Page 49 – choose 1</p>	<p style="text-align: center;"><b><u>Resilience</u></b></p> <p>1.Intro &amp; Resilience is my Superpower: Page 7                  2.Take chances, keep going: Page 8                  3. 5 reasons why failure is important: Page 9 &amp; The stairway to success: Page 11                  4. 5 reasons why failure is important: Page 10 &amp; The stairway to success: Page 12                  5. The stairway to success: Page 13 &amp; In or out of my control: Page 14                  6. Re-cap, complete any gaps &amp; Choose 1 colouring sheet from pages 29-32</p>	<p style="text-align: center;"><b><u>Resilience</u></b></p> <p>1.Intro &amp; My great grit interview – to interview staff: Page 16                  2. My great grit interview – in pairs: Page 16                  3.My getting unstuck spinner: Pages 17-19                  4.My reading Bingo: Page 20 – to select 2 to do (take photos as evidence as no specific paperwork)                  5. My reading Bingo: Page 20 – to select 2 to do (take photos as evidence as no specific paperwork)                  6. Re-cap, complete any gaps &amp; Choose 1 colouring sheet from pages 29-32</p>	<p style="text-align: center;"><b><u>Kindness and Community</u></b></p> <p>1.DAY 1: 5-day kindness challenge and 5 ways I can show kindness today: Page 3&amp;4                  2.DAY 2: Compliment circle: Page 5                  3.DAY 3: I see the good in others: Page 6                  4.DAY 4: I am kind to the world: Page 7                  5.DAY 5: I am kind to me: Page 8 &amp; 2 sets of questions from page 12                  6.What’s the emotion: Page 9-11</p>	<p style="text-align: center;"><b><u>Gratitude and Mindfulness</u></b></p> <p>1.How to practise gratitude: Page 6 &amp; I am grateful: Page 7                  2.Gratitude scavenger hunt: Page 8 &amp; Which Skills: Page 9                  3.Find the positive in every situation: Page 10 &amp; A letter of gratitude: Page 11&amp;12                  4.Make your own gratitude tree: Page 13-21                  5. Continue- Make your own gratitude tree: Page 13-21                  6.Gratitude game: Page 26&amp;27                  7.Mindful brain breaks: Page 31-36 and/or Mindful Bingo: Page 37</p>

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Year 7

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Core Knowledge, Skills and Concepts</b>	<b>Big Life Journal for Kids</b>					
	<p>This growth mindset journal empowers children to dream about their future and helps them develop the mindset of growth, resilience, gratitude, and positivity. The key to the Big Life Journal is about documentation of how we think about ourselves and the world around us. It is the foundation of success and happiness. A positive mindset can help achieve success, confidence and live a big life. In this book they will develop strong social-emotional learning and growth mindset skills via inspiring stories, colourful illustrations and engaging guided activities. It is a great connection tool which provides an opportunity to discuss important topics. The journal is tailored for pupils to explore their ideas and thoughts whilst discovering how to believe in themselves and ways to share kindness. It will help develop a growth mindset where they will be able to believe that they can improve by making an effort and using the right strategies.</p>					
	<p>Introduction of the key areas of what a Growth Mindset is focusing on:</p> <ul style="list-style-type: none"> <li>• How the brain grows</li> <li>• What is a Growth Mindset and how can it help?</li> <li>• Working through mistakes</li> <li>• Setting goals</li> </ul> <p><a href="https://www.khanacademy.org/college-careers-more/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities">https://www.khanacademy.org/college-careers-more/learnstorm-growth-mindset-activities-us/elementary-and-middle-school-activities</a></p>	<p><b>Chapter 1: Believe in yourself</b> is structured in a manner which allows pupils to believe in themselves as they trust their own judgement, that they do their best and achieve their goals. It will make them stronger and more likely to succeed.</p> <p><b>Chapter 2: Mistakes help you Grow</b> – reflecting upon being afraid and failing. This section differentiates failures and mistakes and explains that experiences will help them grow and eventually success</p>	<p><b>Chapter 3: Be Persistent</b> means not giving up on something that they are learning or doing which is difficult. This chapter shows that time given to themselves to process and learn new things. Being persistent can offer new learning experiences</p> <p><b>Chapter 4: Be Grateful:</b> Exploring ways of being grateful. Either to a person, a place, family or memory. Reminding themselves to be grateful allows them to be happier, healthier and more present</p>	<p><b>Chapter 5: Be Unique, Be You</b> – this section explores how being different is something to embrace. By understanding their own qualities and uniqueness and of others, they become more loving towards themselves and the world</p> <p><b>Chapter 6: Challenges make you Stronger:</b> Exploring big and small challenges. Understanding that challenges are very important as it would help them grow and become stronger as a person</p>	<p><b>Chapter 7: Effort is key</b> – By making an effort pupil will learn and get better at things. Making an effort means practising, working hard, and trying different strategies</p> <p><b>Chapter 8: Love learning</b> – Learning will help them discover the world and make it more interesting. Understanding that learning something new can be fun as they have the opportunity to share it and teach it to someone else.</p>	<p><b>Chapter 9: Be Kind:</b> Being aware of their kindness and that it's a Superpower! Using kindness effectively can make someone's day better and make them feel instantly good.</p> <p><b>Chapter 10: Make a difference in the World:</b> This final chapter creates emphasis that they are able to make a difference in the world whether it's a small or big thing. For example, they can solve a problem, help someone in need or take care of the planet.</p>

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**Year 8**

	<b>Autumn Term 1</b>	<b>Autumn Term 2</b>	<b>Spring Term 1</b>	<b>Spring Term 2</b>	<b>Summer Term 1</b>	<b>Summer Term 2</b>
<b>Core Knowledge, Skills and Concepts</b>	<p>To help pupils understand that they have great, untapped potential and that the development of their mental abilities is in their own control. It will also provide them with study habits and skills that they can use to achieve highly.</p> <p>Brainology under mindsets works is a blended learning curriculum designed to teach students the understanding that their intelligence and abilities are not fixed and can be developed through effort. When students develop a growth mindset, they gain confidence in their ability to learn. They will be able to take on challenges and work hard to learn more and get smarter. They will become more resilient when they encounter difficulty, leading to higher achievement in school</p> <p>Brainology is a fun, interactive program that shows students how their brains, like muscles become stronger with effort and practice. They will learn how their brain functions and learns, along with healthy habits, study techniques, self-regulation strategies, and other essential non-cognitive skills that help them to become effective learners. They will deepen their knowledge and apply it to their own experiences.</p>					
	<p><b>Brainology</b> <b>Introductory Unit:</b></p> <ol style="list-style-type: none"> <li>1. Connect it: Mindset Assessment profile &amp; reflection</li> <li>2. Check it: Online Brainology intro and questions</li> <li>3. Practice it: You can grow your intelligence</li> <li>4. Apply it: Values Lesson and reflection</li> </ol> <p><b>Unit 1: Brain Basics</b></p> <ol style="list-style-type: none"> <li>5. Connect it: Information search and brain health scan</li> <li>6. Connect it: Inventory</li> <li>7. Check it: Online Brainology Unit 1 and questions</li> </ol>	<p><b>Brainology</b></p> <ol style="list-style-type: none"> <li>1. Practice it: Effective effort.</li> <li>2. Apply it: John’s History test</li> </ol> <p><b>Unit 2: Brain Behaviour</b></p> <ol style="list-style-type: none"> <li>3. Connect it: Overcoming challenges</li> <li>4. Check it: Online Brainology Unit2 and Questions</li> <li>4. Practice it: Stress symptoms 5can</li> <li>6. Practice it: Inventory and emotions and learning</li> <li>7. Apply it: Alicias presentation</li> </ol>	<p><b>Brainology</b></p> <p><b>Unit 3: Brain Building</b></p> <ol style="list-style-type: none"> <li>1. Connect it: The Two Mindsets Part 1 and reflection</li> <li>2. Check it: Online Brainology Unit 3 and Questions</li> <li>3 Check it: Online Brainology Unit 3 and Questions - continue</li> <li>5. Practice it: Mindset scan and reflection</li> <li>6. Apply it: Scientific research brief.</li> <li>7. Apply it: Scientific research brief.</li> </ol>	<p><b>Brainology</b></p> <p><b>Unit 4: Brain Boosters</b></p> <ol style="list-style-type: none"> <li>1. Connect it: The Two Mindsets Part 2</li> <li>2. Connect it: The Two Mindsets Part 2</li> <li>3. Check it: Online Brainology Unit 4 and Questions</li> <li>4. Practice it: Brain study plan</li> <li>5. Practice it: Learning strategies scan</li> <li>6. Apply it: Class Motto</li> </ol>		

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Year 9						
	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
<b>Core Knowledge, Skills and Concepts</b>	<p>This unit provides a more in-depth look at what a growth mindset is and how it can be useful tool in many aspects of life.</p> <p>It aims to further develop pupils' scientific understanding of brain development and nuances of a growth mindset.</p>					
<b>Weekly focus</b>	<ol style="list-style-type: none"> <li>1. The truth about your brain</li> <li>2. The growth Mindset</li> <li>3. Mistakes are opportunities</li> <li>4. Keep going, Keep growing</li> <li>5. Supercharge your goals</li> <li>6. My mind of cool</li> <li>7. Serendipity</li> <li>8. The path forward</li> </ol> <p><a href="https://www.khanacademy.org/college-careers-more/learnstorm-growth-mindset-activities-us/high-school-activities">https://www.khanacademy.org/college-careers-more/learnstorm-growth-mindset-activities-us/high-school-activities</a></p>	<p><b><u>Big Life Journal Chapter 1: It all starts here</u></b></p> <p>This unit will help the pupils to explore the power of the mind and explore the different types of mindset.</p>	<p><b><u>Big Life Journal Chapter 2: Exploring you</u></b></p> <p>This unit aims to help pupils their true interests through fun activities.</p>	<p><b><u>Big Life Journal Chapter 3: Dreaming up your life</u></b></p> <p>This unit focuses on exploring pupils' aspirations and their ideal life.</p>	<p><b><u>Big Life Journal Chapter 4: From dreams to reality</u></b></p> <p>This unit aims to teach pupils tools and tips about how to turn their dreams into a reality.</p>	<p><b><u>Big Life Journal Chapter 5: They Key to success</u></b></p> <p>This unit will explore what perseverance is and how it can help through difficult and challenging times in order to achieve their goals.</p>