

Lesson Name:

Not Yet, but Someday

Student Objectives:

- Students understand Growth Mindset.
- Students recognize the power of “yet”.
- Students redirect thinking.

Educator Preparation:

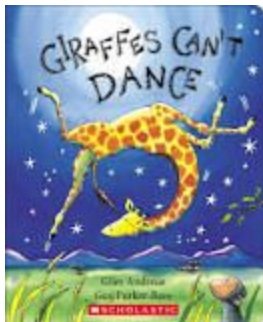
- The book *Giraffes Can't Dance* by Giles Andreae.
- Writing Paper.

Introduction:

Introduce how frustration often makes us feel like we can't accomplish our dreams. Talk about how we have to retrain our brains to believe in ourselves and do wonderful things.

Instruction:

Read the book *Giraffes Can't Dance* by Giles Andreae.



Interaction:

- Not being able to do what your friends or someone you know can do makes it frustrating, and you may want to give up.
- Guide students in turning negative self talk into positive self talk using a t-chart like the following.

Example:

I cannot...	But I can...

Closure:

- Students recognize frustration points.
- Students change negative thoughts to positive thoughts.

Activity:

Students write about something that they can't do right now and the steps they will take to achieve their goal.