

LESSON 4 - CHANGE YOUR MINDSET

Social and Emotional Competency: Self-management

Learning Intent:

- Recognise how our thoughts influence our feelings
- Recognise how our feelings influence our behaviour
- Change I Can't thoughts to I Can thoughts.



Building on from the key learning in Lesson 3, our next lesson specifically teaches children how our thoughts not only influence our feelings but also how we act. Children will learn to identify and make a link between their thoughts, feelings and behaviours, helping them to better understand themselves and take more control of their behaviour. This is especially important with regards to students' beliefs about their learning. Thoughts and beliefs about learning will have a positive or negative impact on achievement. In Lesson 4 children will be briefly introduced to Growth Mindset Theory and will continue to learn more about Growth and Fixed Mindsets in Lesson 5.

When it is nurtured and encouraged, positive 'I Can' thinking is a powerful coping tool and helps foster resilience. Training children to be aware of their thinking patterns and encouraging them to think optimistically and positively will help them better manage life's inevitable disappointments. Learning to identify and make a link between thoughts, feelings and behaviour will take time and practice.

Home Activities to Encourage Discussion about the Concepts in Lesson 4

- Watch the movie 'Inside Out'. The movie is an excellent example of how our thoughts affect our feelings and behaviours. Riley's thoughts are voiced through characters that depict her feelings. After watching the movie, discuss how Riley's thoughts influenced her feelings and behaviour. Discuss the negative 'I Can't' thoughts and positive 'I Can' thoughts Riley had and the impact it had on her day.
- We often don't notice unhelpful thinking because our thoughts happen automatically. By becoming more aware of our thoughts, we are then able to challenge negative thinking. The best way you can help your child challenge their thought processes is by helping them think through the reasons why they think a particular way. You may say, 'I can see how you may think that, but maybe there is another way to look at it'. This reframing technique helps foster resilience.
- Be a positive 'self-talk' role model. The more optimistic a parent, the better a child understands the principles of positive thinking. Express your positivity opening and in conversation with your child.