

Growth Mindset: Growing our neurons!

Growing our neurons is a wonderful addition to your end of day routine!

Worksheet Purpose: Daily student reflection & student self-assessment of learning goals and targets. Can be applied across content areas!

Prior background knowledge needed:

- Instruction around the concept of Growth Mindset

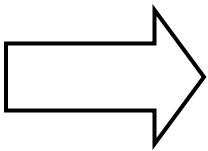
Book Recommendations: Bubblegum Brain by Julia Cook– My Fantastic Elastic Brain By JoAnn Deak

Video Recommendations: ClassDojo <https://ideas.classdojo.com/b/growth-mindset>

- **Vocabulary:** brain, neuron, strength, and muscles.

Presentation

Example



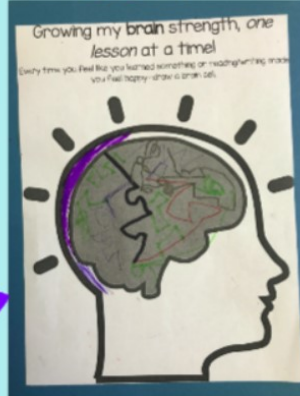
I align their “neuron cell growth” to our lesson objectives and daily goals!

Recommended use:

-Daily (new brain monthly)

-Grades: K-8

How many new neuron cells did you grow today?



1) Draw **one** neuron if you **read** if you **made safe & positive choices** at the library today.

2) Draw **one** neuron if you **learned** what perseverance means.

3) Draw **one** neuron if you **practiced** reading & writing your sight words.

4) Draw **one** neuron if you **felt the dip,** but **persevered** to complete the task.

5) Draw **one** neuron if you **had fun!!!**

I've been working **HARD!!!!!!**

Name: _____

Date: _____

Growing my brain strength, *one lesson at a time!*

Everyday I am at school, I grow new neurons and build existing neuron connections to strengthen my brain. How many neurons and connections did I grow today?



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