



**Year 4 Wellbeing Curriculum:
Growth Mindset**

Outcomes for Pupils as a result of this module:

To understand how their brain is malleable and how using a growth mindset can help at school and in our everyday lives.

Knowledge

- To define the concept of mindset and identify the two types of mindset – fixed and growth.
- To recognise how positive feelings such as pride and happiness come from persisting through challenges.
- To know that my brain can GROW!

Skills

- To create a growth mindset poster to promote positive thinking.
- To design a fixed vs. growth mindset picture – what does negativity/positivity look like?
- To identify growth mindset in myself and others.
- To modify my thinking from a fixed mindset by using the word 'YET'.

Understanding

- To explain how a growth mindset can help us at school and in our everyday lives.
- To demonstrate their knowledge of fixed mindset vs growth mindset.

'Building Strong Foundations for the Years Ahead'