## **TABLE OF CONTENTS**

PART ONE	to He
Introduction	how to
Mindset Matters for Small Group Counseling	
Mindset Matters for Classroom Curriculum	
Staff Professional Development	
Mini Grant Sample	115
PART TWO	
Chapter 1: Mindfulness	
Resources to Teach Mindfulness	41-42
Mindful not Mind Full	
Mindfulness Word Search	49
What Does it Mean to be Present?	
Mindful Minute Bottle	
Student Article: What is Mindfulness?	58
Mindfulness Quiz-Quiz Trade	
Chapter 2: Identify Brain Basics	
Resources for Identifying Brain Basics	63-64
Start Your Ignition with Metacognition with Sample Parent Letter	65-66
Brain Maze	
Licorice Connections: Brain Food, A Yummy Lesson	68-69
Brain Riddles	
Fancy Facts about the Brain	71
Brain Power Puzzle	
Neuro What?	
Neurons and Axonas and DendritesOh My!	74-75
Chapter 3: Not Yet is OK	
Resources to Teach Not Yet (The Power Of Yet)	79
Leo the Late Bloomer	80-83
You Can Learn Anything: But at First, You Might NOT YET Get It	
Games: Do You Get it Yet?	86
Rubrics of Understanding	87-88
Beautiful Oops	
Power of Yet: Everyone Can Learn to Ride a Bicycle	90-91
Chapter 4: Determination and Grit	
Resources to Teach Determination and Grit	95-96

			2-7
M	inc	Isc	et
N	lai	ite	755
to H how t	Counseling Help Students to Help Them	s Understand Iselves Succe	eed
	isa King, E	1	
		180	Chap

Pipe Cleaner Perseverance Challenge	98-9
How Gritty Are You?	100-10
Winners Never Quit: Goal Setting	103-10
Persistence Puzzle	10
Goals Worksheet	10
Sample Email to Teachers	10
Determination Interview	10
What To Do When You Feel Stuck	11
How to Solve a Problem	11

Chapter 5: Self-Talk
Resources for Teaching Self-Talk
Positive Thinking=Growth Mindset
Carla's Sandwich: Finding the Positive in You 120-121
The Dot: Confidence vs. Competence
Seeing the Rainbow in the Rainstorm127-131
A Super Ball and an Egg: Bounce Back and Smile132
Sample Note to Parents
Tiger, Tiger is it True?
Chapter 6: Everyone is Unique
Resources to Teach "Everyone is Unique"
We Are the Same, We Are Different
A Unique Word Search
Unique Signature Bingo
Only One You
Eggbert: It's What's on the Inside that Matters
Chapter 7: Teach Others What You Know
Why Teach to Others?
Mindset Matters End of Group Letter
Growth Mindset Tic-Tac-Toe
Create a Door Hanger
Go on a Teach Others Walk-About
ART THREE
Condensed Bibliotherapy List
Index of Videos
Reference Page
Notes





Are Your DETERMINED to Crack the Code?......97