

**Not Yet Games:**

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1. Mindset Matters: SMALL GROUP OUTLINE SAMPLE

|  |  |  |
| --- | --- | --- |
|  | activity | materials |
| session 1date  | Introductions. Review Group RulesDo an IcebreakerHave students complete Pre Group Survey | See pre post survey, pg. 29  |
| session 2date | **MINDFULNESS**Watch video and do lesson that goes along with creating Mindful Minute Jars | See page 55-56 for lesson |
| Session 3date  | Continue decorating Mindful Minute Jars | Send letter to parents on page 57 |
| session 4date:  | **IDENTIFY BRAIN BASICS**Brain Connections A Yummy Lesson | Lesson on page 68-69Peel and Pull Licorice |
| session 5date  | **NOT YET**Mindset ChantReview about Brain Basics | Not Yet Games:* I’m going the moon
* Pencil Dance
* Tribonds
 |
| session 6date  | **Determination**Paper FoldingStamina Discussion | Paper Folding activity http://blog.classcreator.io/teaching-kids-to-struggle-growthmindset/ |
| session 7date  | **Self –Talk** | Lesson on page 129-131Seeing the Rainbow in the Rainstorm |
| Session 9date  | **Everyone is Unique** | Unique Bingo game cards on page 144 |
| session 8date  | **Teach others what you know.**Post Survey | Questions for “Walk-About” on lanyards, post survey page 157. |



2.

**Mindset Survey**

Can be used for Pre/Post Assessment

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | StronglyAgree | Agree | Not Sure | Disagree | Strongly Disagree |
| **1. He/she is determined and has a “I won’t give up” work ethic.**  | **5** | **4** | **3** | **2** | **1** |
| **2. He/she handles it appropriately if he/she makes mistakes.** | **5** | **4** | **3** | **2** | **1** |
| **3. He/she can calm down if angry.** | **5** | **4** | **3** | **2** | **1** |
| **4. He/she has a good attitude about school.** | **5** | **4** | **3** | **2** | **1** |
| **5. He/she seems to have friends.**  | **5** | **4** | **3** | **2** | **1** |
| **6. He/she has positive self-esteem** | **5** | **4** | **3** | **2** | **1** |
| **7. He/she has good study skills.** | **5** | **4** | **3** | **2** | **1** |

**Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date\_\_\_\_\_\_\_\_\_\_\_**

**Directions: Answer on a scale of 1-5 how you would rate this student on the following statement.**



3. MINDSET MATTERS BIBLIOTHERAPY LIST

**Mindfulness**

* What Does It Mean to Be Present? By Rana DiOrio
* Charlotte and the Quiet Place by Deborah Sosin
* Puppy Mind by Andrew Jordan Nance
* The Lemonade Hurricane: A Story of Mindfulness and Meditation by Licia Morelli

**Identify Brain Basics**

* Your Fantastic Elastic Brain by Joann Deak
* Think, Think, Think: Learning About Your Brain by [Pamela Hill Nettleton](http://www.amazon.com/Pamela-Hill-Nettleton/e/B001IZV5XM/ref%3Ddp_byline_cont_book_1)
* Young Genius: Brains by Kate Lennard
* Bubble Gum Brain by Julia Cook

**Not Yet is OK**

* [Everyone Can Learn to Ride a Bicycle](https://www.amazon.com/gp/product/0375870075/ref%3Dox_sc_sfl_title_4?ie=UTF8&psc=1&smid=ATVPDKIKX0DER)by Chris Raschka
* Leo the Late Bloomer by Robert Kraus
* Thanks for the Feedback (I Think) by Julia Cook

**Available at the bookstore vendor here or on amazon.com**

* Beautiful Oops by Barney Salzberg

**Determination and Grit**

* Emmanuel's Dream: The True Story of Emmanuel Ofosu Yeboah
* [Bounce Back! A Book About Resilience](https://www.amazon.com/gp/product/1575424592/ref%3Dox_sc_sfl_title_4?ie=UTF8&psc=1&smid=ATVPDKIKX0DER) by Cheri J. Meiners M.Ed.
* Wilma Unlimited by Kathleen Krull
* Winner Never Quit by Mia Hamm

**Self-Talk**

* Carla’s Sandwich by Debbie Herman
* It’s Tough to Lose your Balloon by Jarrett J. Krosoczka
* One of Those Days by Amy Krouse Rosenthal

**Everyone is Unique**

* Only One You by Linda Karanz
* It’s OK to be Different by Todd Parr
* Back to Front and Upside Down by Claire Alexander



4.

5. Project Based Learning

Projects can include:

Videos, PPTs, Song, Presentation, Artwork, Poster, Skit, Informational Paragraphs