

RE-FRAMING & THE GROWTH MINDSET



Grades 4-7

Physical and Health Education, Language Arts

Purpose of the Lesson:

Reframing is a skill used in Cognitive Behavioural Therapy (CBT) to help clients look at situations from a different, more positive perspective. Our thoughts, feelings, and behaviours are all connected, so by becoming more aware of our thoughts we can influence our feelings and behaviours. The “growth mindset” is connected to this idea of changing our thoughts. By creating more optimistic thoughts we can also become better learners. For example, when we try to learn something new, connections grow from neurons and attach to other neurons. Then our brain can send messages faster, which makes part of your brain bigger and stronger. The purpose of this lesson is to educate students on different parts of the brain and how thinking more positively can help them become better learners!

Curriculum Competencies:

Physical and Health Education

- Describe and assess strategies for promoting mental well-being (Grade 4).
- Describe factors that positively influence mental well-being and self-identity (Grade 4).
- Identify and apply strategies to pursue personal healthy-living goals (Grade 7).
- Describe and assess strategies for promoting mental well-being, for self and others (Grade 5/6/7).

Language Arts

- Use writing and design processes to plan, develop, and create texts for a variety of purposes and audiences (Grade 4/5).
- Use writing and design processes to plan, develop, and create engaging and meaningful literary and informational texts for a variety of purposes and audiences (Grade 6/7).

First Peoples Principles of Learning:

- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning requires the exploration of one’s identity.

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Step-by-Step Lesson Plan

Preparation: Print and photocopy the worksheet below “Reframing my Thoughts”

1. Begin the lesson by watching the read aloud: “My Fantastic Elastic Brain” on YouTube or look for the read aloud in your school library. You can find the video [HERE](https://www.youtube.com/watch?v=ljirBli1kME). Learning about the brain and ways to cope is called “psychoeducation” and is often used in CBT sessions to help clients understand their mental health struggles.

Deak, J. (2020, Oct 6). Read Aloud: Your Fantastic Elastic Brain [Video].

YouTube. <https://www.youtube.com/watch?v=ljirBli1kME>

Below are some guiding questions you could ask after or during the read aloud:

- What does the brain do?
- What does the brain control?
- What does the cerebrum do?
- What does the cerebellum do?
- What does the prefrontal cortex do?
- What does the amygdala do?
- What does the hippocampus do?
- What do the neurons do?
- How can we help our brain grow & stretch?

2. Follow-up Activity: Brainstorm negative thoughts on the board that can be reframed. Have students work in pairs to discuss more positive ways of thinking using the 'Reframing My Thoughts' worksheet.

3. Other Suggestions: Practicing reframing thoughts can help your students feel more positive overall. Look for some growth mindset posters to post in your classroom and encourage the use of this daily skill. There are several different types for free if you search “growth mindset posters” on Pinterest or Teachers Pay Teachers.**RE-FRAMING & THE GROWTH MINDSET**

4. Lesson Closure: Discuss why brain education is important to learn about (helps us become more self-aware and learn ways to cope with our feelings). This also ties into the Mind Up curriculum- see more details [HERE](#) (great brain posters available showing the different parts of the brain and functions). Establishing a routine like chime breathing or meditation using the [Calm app](#) for educators (free trial for educators available) can be a helpful way to teach self-regulation/co-regulation skills to your class.

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Reframing My Thoughts

Reframing is a CBT skill used to challenge negative & irrational thoughts. Changing these thoughts to be more positive & realistic can help us cope better! Practice using the frames below:

Negative Thought:

A simple rectangular frame with a double-line border, intended for writing a negative thought.A simple rectangular frame with a double-line border, intended for writing a negative thought.A simple rectangular frame with a double-line border, intended for writing a negative thought.

New Realistic Thought:

A simple rectangular frame with a double-line border, intended for writing a new realistic thought.A simple rectangular frame with a double-line border, intended for writing a new realistic thought.A simple rectangular frame with a double-line border, intended for writing a new realistic thought.

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Sample of completed worksheet:

Reframing My Thoughts

Reframing is a CBT skill used to challenge negative & irrational thoughts. Changing these thoughts to be more positive & realistic can help us cope better! Practice using the frames below:

Negative Thought:

This assignment is too hard- I can't do it!

New Realistic Thought:

I can ask for help- I can try my best and if I make a mistake that's okay!

No one wants to work on the group activity with me- no one likes me!

I can ask the teacher to join a group- I can take risks

I hate trying new things! I only want to stick to what I'm comfortable with!

I can do this! I may not understand how to do this yet- but I will try my best!