

COUNSELOR'S CORNER

BRIT DOTY, SCHOOL COUNSELOR

GROWTH MINDSET ON CLASS DOJO



Chapter 1: A Secret about the Brain

In 1978, Stanford psychologist Carol Dweck made a profound discovery: children who believed their intelligence could grow did better in school, and better in life. She called this basic belief about intelligence "mindset." This year, Carol Dweck's lab *Project for Education Research That Scales* (PERTS) at Stanford University partnered with ClassDojo to bring this important lesson to classrooms through a five episode video series. At school, we are watching the video series about how students can develop a growth mindset and you can also watch it with your child at home by going to this website: www.classdojo.com/BigIdeas.

MARCH LESSONS

Kindergarten

Second Step: Managing Frustration, Calming Down Strong Feelings

Grade 1

Second Step: Strong Feelings, Calming Down Anger

Grade 2

Second Step: Managing Embarrassment, Handling Making Mistakes

Grade 3

Second Step: Managing Test Anxiety, Handling Accusations

Grade 4

Second Step: Managing Strong Feelings, Calming Down Anger

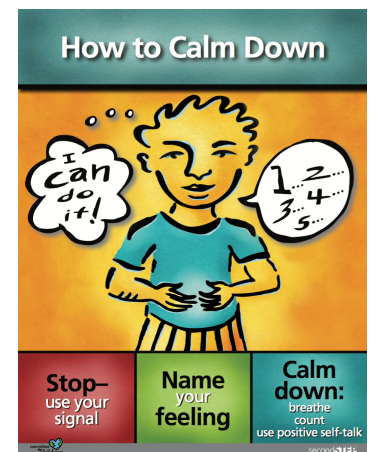
CALMING DOWN STRONG FEELINGS

Students are learning the *Calming Down Steps* to help them manage strong feelings.

The three steps are:

1. Stop
2. Name Your Feeling
3. Calm Down

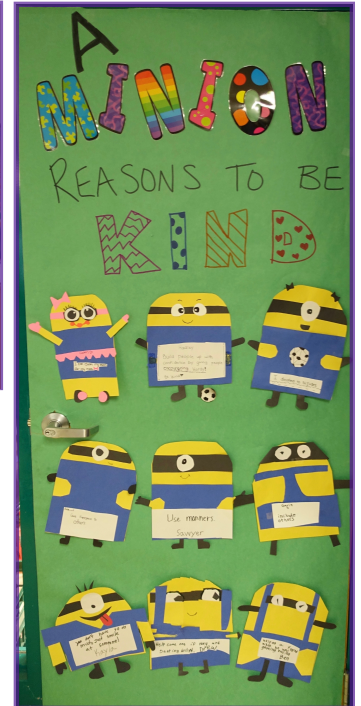
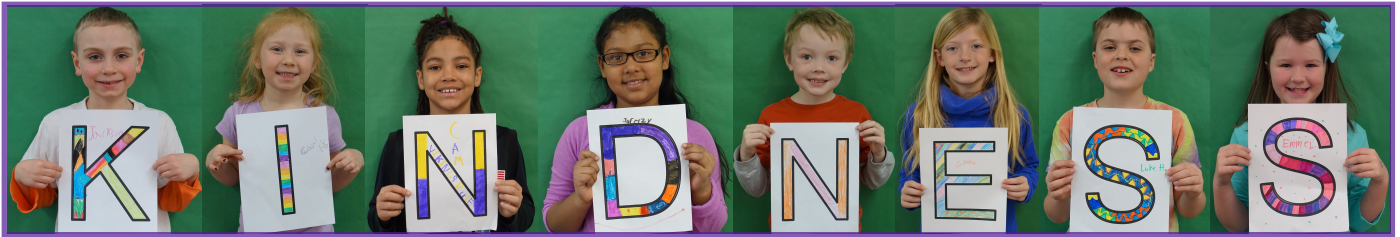
There are several strategies we are learning to help us calm down including belly breathing, counting and using positive self-talk.



MONTHLY RESOURCE: PARENT'S GUIDE TO STUDENT SUCCESS

The Parent's Guides to Student Success (www.pta.org) were developed by teachers, parents and education experts in response to the new Common Core State Standards. The guides provide clear, consistent expectations for what students should be learning at each grade in order to prepare for college and career. This is a great resource to review before your child's March parent-teacher conference.

RANDOM ACTS OF KINDNESS WEEK



COOL 2 B KIND

