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| **LESSON FIVE – LANGUAGE AND MINDSET**  |
| **STARTER TASK:** |
| Image One | Image Two |
| Image Three | Image Four |
| **TASK ONE:** |
| **TASK TWO:** |
| **Statement** | **Good for Mental Health** | **Bad for Mental Health** | **Statement** | **Good for Mental Health** | **Bad for Mental Health** |
| *Don’t worry you will do better next time* |  |  | *Is that your work?* |  |  |
| *Keep working hard, you will improve* |  |  | *I think you are ready to try a more difficult skill* |  |  |
| *Did you do that homework on the bus?* |  |  | *Hahahahahaha* |  |  |
| *I understand why you did it that way, what about trying it this way* |  |  | *Good effort*  |  |  |
| **Statements:** Think about things people have said to you that are positive for your mental health. Aim for three.  |
| **TASK THREE:**A \_\_\_\_\_\_\_ mindset limits our ability to learn, it fixes thoughts and feelings to a negative bias. It can affect willingness to learn and create a fear of \_\_\_\_\_\_\_\_. This can lead to negative thinking and poor self-image affecting \_\_\_\_\_\_\_\_\_\_\_\_\_ and confidence. It can also have long-term biological effects on the development of the \_\_\_\_\_\_\_\_.A \_\_\_\_\_\_\_ mindset encourages positive thinking, recognises failure and mistakes as an opportunity for learning. It supports \_\_\_\_\_\_\_\_ and reinforces the importance of the struggle being an important part of success. It supports emotional \_\_\_\_\_\_\_\_\_ even in adversity which in turn affects how we think and then the action we take. By having strength of free will and inner determination you can persist in the face of \_\_\_\_\_\_\_\_\_\_, therefore having a greater sense of control over the outcomes of your own life.  |