

Week of April 20<sup>th</sup>

## Guidance

This book introduces a powerful and effective teaching approach referred to as "growth mindset." The purpose of the book is to help students understand that they are capable of accomplishing challenging and/or difficult tasks with such an approach, using effective strategies, effort, peer interaction, and persistence.

1. Watch the story: **When Sophie Thinks She Can't**

Click on the following link:

<https://www.youtube.com/watch?v=1sOLfI0NGHA>

2. How does Sophie feel at the beginning of the book? What zone do you think she is in?
3. Is she in a different zone at the end of the book? Which one?
4. Sophie learns a useful lesson in this book. Do you know what it is?
5. Tell your parents about "YET" and talk about a school activity that you can practice at home.

**\*REMEMBER** - our brains need exercise just like our bodies. The more we exercise our brains; the more we practice, the SMARTER we get! And then ...WE CAN!!!

(Another belly breathing technique for parents will be sent as a separate attachment. The children can use their favourite stuffed animal to help them).

