

FRIDAY FREEBIE

KEEP GROWING

How to encourage students to persevere, overcome setbacks, and develop a growth mindset

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Self-Regulation: Managing Emotions

Math: Calming Surveys

Students can create surveys that determine the best strategy to calm their bodies.

Primary

1. Have students come up with one self-regulation question and two to three responses for others to choose from:

What can I do when my body keeps moving when I'm on the carpet?

When my body moves on the carpet, I prefer to do a lot of push-ups or count quietly in my head to slow my body down.

2. Students turn this question into a survey to give their classmates.

SAMPLE SURVEY

When my body moves when I am in circle, I can:	
Do pushups.	Count quietly in my head

3. Explain that each day we make choices that help support our self-regulation. What works for some people does not work for others. It is important to reflect on what works best for each of us as individuals.
4. As a class, review the individual data on which strategies work best for each student. Have each student review and reflect on the strategies that help them and those that help their friends. As a class, chart the data.

Junior

1. Have students take the Management Quiz provided on page 67.
2. Once they complete the quiz, have them analyze their own results. Students can track their answers to gather information about their thinking patterns.
3. Once Junior students have taken a few self-regulation surveys, challenge them to make up their own survey that examines the way they respond to different problems and what they can do to help them respond in a better way.

Using the Quiz

The Management Quiz on page 67 attempts to determine the type of strategy students find most effective. Answer A reflects a growth mindset; the self-regulation strategy most effective for them is physical. Answer B reflects a growth mindset; the self-regulation strategy most effective for them is mental. Answer C reflects a fixed mindset; they may not yet be open to trying strategies.

Management Quiz

1. You are upset because you were tobogganing down the hill and a kid banged into you. What do you do to calm yourself? A) Close your eyes and count to 10. B) Remind yourself that the kid must not have meant to do it. C) Nothing; there is nothing that you can do to help calm yourself.
2. If your teacher tells you that you can't play a game you want to play, what will likely calm you down? A) Looking up at the sky. B) Telling yourself that the teacher has the right to set rules. C) Nothing; there is nothing that can help you calm down from a problem like this.
3. Your friend invites other people over, but not you. Would you be more likely to help yourself feel better by A) going to a private space and doing a bunch of jumping jacks and push-ups, B) telling yourself that they often invite you over and this time, they are simply going to spend time with someone else, or C) doing nothing, because you know that this is a level 10 problem and that nothing can make you feel better?
4. Your parents tell you to turn off the TV. Would it help you to A) go outside and play a game? B) put some music on? C) throw a huge tantrum and melt down?
5. You are working on a group project and your partner either does nothing at all or starts to take over and make all the decisions. In order to stay calm and keep working, it would be best for you to A) get a fidget and squeeze it really hard the whole time you are working with her? B) tell yourself that this student has issues of their own; she works on being flexible while you work on keeping calm? C) give up, because this type scenario sends you over the edge every time?
6. You run a great race and win, but the referee disqualifies you for a false start. In order to keep your cool, you A) take long slow deep breaths. B) turn away from the referee and tell yourself that you will do better next time. C) can't do anything to stay cool in a situation like this one.
7. Your classroom is really noisy today, something that often makes you upset. Before you get upset, the best strategy for you to use would be A) going for a walk in the hall. B) humming a soft tune in your head to block out the loud noises. C) none; once the noise is in your head, it will never get out.
8. The summer is about to start and you have nothing to do. Your parents tell you that you need to make a plan so that you will be happy. Would you rather A) get a hobby and play games? B) you use the time to just sit, relax, and think? C) nothing; the summer is going to be miserable no matter what?
9. You have a major test coming up in class and are beginning to feel panicky. You can help yourself feel better A) by getting yourself a drink. B) by repeating to yourself "I can do this, it will be fine." C) in no way; you always fail tests because you have panic attacks and this is something that will never change.
10. Your teacher just singled you out in front of the class for not doing your homework. She says that you better shape up, or she will call your parents. In order to console yourself, you A) smile at her and nod, then do a few little body stretches to shake out the tension in your body. B) tell yourself that everyone gets called out by teachers now and then and it is okay. C) can't do anything; this type of problem is so significant that it is impossible to console yourself.