**Year 1 Lesson 3**

**Staying Positive and Aiming High**

You open your sandwiches and they are ham salad, your least favourite, how do you react?

What would be the best way to react and why?



Your team loses a football match and your friend says something unkind, what do you do?

How can you stay positive in this situation?



A picture containing object

Description automatically generatedYou take a spelling test and feel disappointed with your score, how do you show that you have a growth mindset? If somebody had a fixed mindset, what would their reaction be?

Your friend has a gymnastics performance that he is really nervous about and he keeps saying that he is not good enough. How could you help him to use his growth mindset?

A picture containing sport, athletic game, person, tennis

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