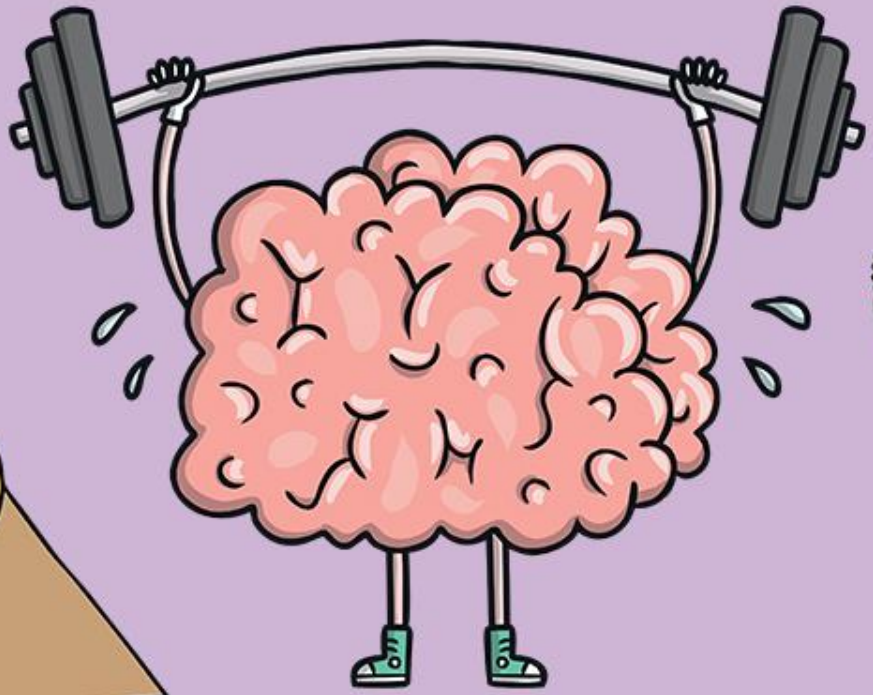
PSHE and Citizenship

Relationships I TEAM

Brilliant Brains



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Quality Standard
Approved

Aim

- I can explain how to be a positive learner.

Success Criteria

- I can recognise helpful thoughts and not-so-helpful thoughts.
- I can explain what I can do if I find my learning difficult.

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association.

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The Big Questions

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The Big Questions

Think about these questions in groups before sharing your thoughts with the class.

How can we be positive learners?

What can we do if we find something difficult?

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Reconnecting

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Mindset

Today, we are going to think about mindset.

Your mindset is all about your attitude.

It is about how you think, feel and behave, rather than what you can or cannot do.

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Mindset

Babies are always trying new things. They have to learn to do everything!

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Mindset

People used to believe that...

no matter how much you learn or how hard you work, your intelligence stays the same!

Scientists believed that you could not change how clever you are or what you were good at, no matter how hard you tried.

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Mindset

Now we know that...

mindset matters!

Very clever people are not born brilliant – they are really good at keeping on trying when things are tricky, and trying new things to make their work better.

People who have positive thoughts about their learning are much more likely to do well.

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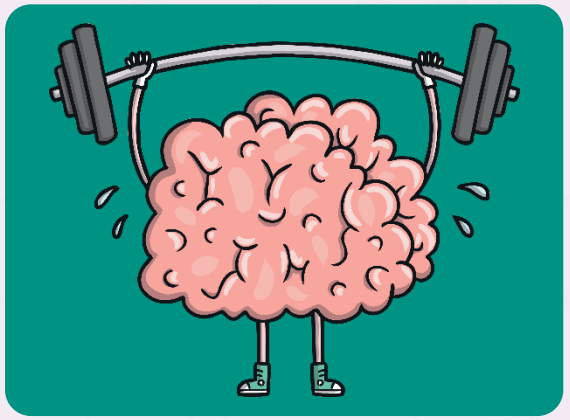
Mindset

In other words...

it's not what you are born with that matters; it's your mindset that matters!



You can be as brilliant as anybody else — you just need the right attitude.

You can be a genius, if you believe you can!

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Exploring

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Positive Pals and Negative Nags

When we are learning new things and practicing our skills, the way we think makes a big difference to how we feel about our learning.

With your partner, decide who will be Partner One and who will be Partner Two.

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Positive Pals and Negative Nags

Partner One is going to pretend to be a Negative Nag.

Negative Nags say unhelpful things.

They do not tell you good things about yourself.

Negative Nags think that you shouldn't bother trying anything new.

They notice all your mistakes and tell you that you should just give up.

Negative Nags tell you that you can't do things well so you shouldn't bother trying.

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Positive Pals and Negative Nags

Think about how a Negative Nag might look and act.

What *feelings* show on their faces and their bodies?

What kind of things might they be saying?

If you are **Partner One**, show your partner how you think a Negative Nag might behave.

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Positive Pals and Negative Nags

Negative Nag feels:	Negative Nag says:

Is Negative Nag a good friend?
Do you want to spend time with Negative Nag?
How would you feel when you are around them?
Are they a helpful member of your team?

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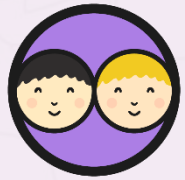
Positive Pals and Negative Nags



Partner Two is going to be a Positive Pal.

Positive Pals are full of helpful thoughts.

They know that you have brilliant brains!

Positive Pals encourage you in your learning and give you ideas whenever you find something difficult.

They tell you that you can do anything so long as you try your best.

Positive Pals love a challenge and look forward to helping you try new things.

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Positive Pals and Negative Nags

Think about how a Positive Pal might look and act.

What *feelings* show on their faces and their bodies?

What kind of things might they be saying?

If you are **Partner Two**, show your partner how you think a Positive Pal might behave.

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Positive Pals and Negative Nags

Is Positive Pal a good friend?
Do you want to spend time with Positive Pal?
How would you feel when you are around them?
Are they a helpful member of your team?

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Positive Pals and Negative Nags

We all have thoughts that are like Positive Pals and thoughts that are like Negative Nags.

Positive thoughts are helpful. They encourage us and help us enjoy the things that we do.

Negative thoughts are not helpful. They make us feel unsure of ourselves and make us want to give up.

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Positive Pals and Negative Nags

We all have negative thoughts from time to time — but we don't have to listen to them!

If you catch yourself thinking a not-so-helpful thought like a Negative Nag,

choose to think like a Positive Pal instead!

With a bit of practise, you will get the hang of thinking positive thoughts all the time!

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Think Positive

- This is tricky — that means I must be learning!
- If I make a mistake, I can try again.
- I could ask my teacher to explain it to me so that I can do it.

say instead?

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Think Positive

Whole Class

- If I keep trying, I will get better at this.
- I will be happy when I learn to do this.
- I am proud of myself for trying hard.

y instead?

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Think Positive

- I'm going to try another way.
- I'll keep trying until I get the hang of it.
- Making mistakes is how we learn.

instead?

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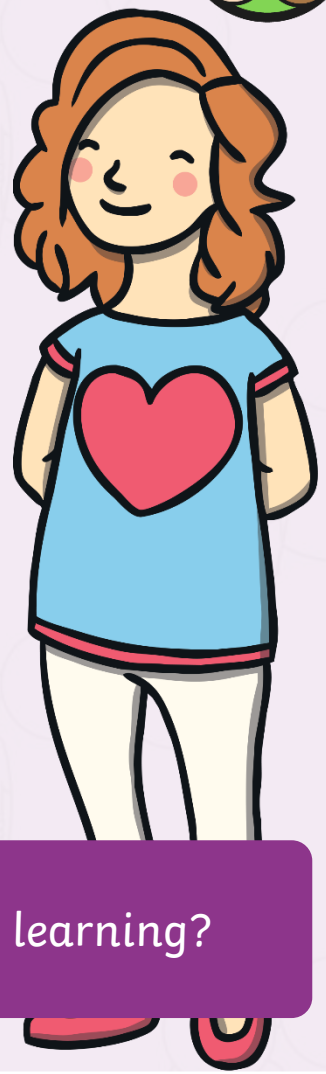
Think Positive



I can do it!

I can get better.

I can keep trying.

It is OK to make mistakes.

I can try again.

I can learn anything.

I am happy for my friends when they do well.

Trying hard makes me feel proud.

I am happy when I do my best.

Can you think of any more helpful thoughts about your learning?

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Consolidating

Reflecting

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Consolidating

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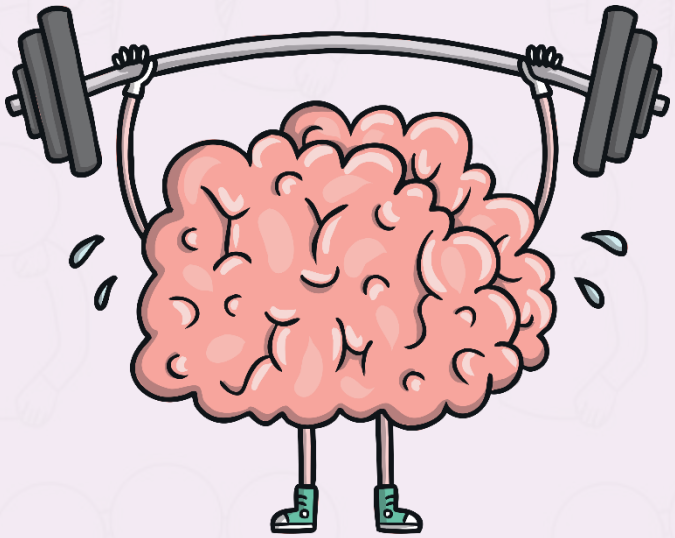
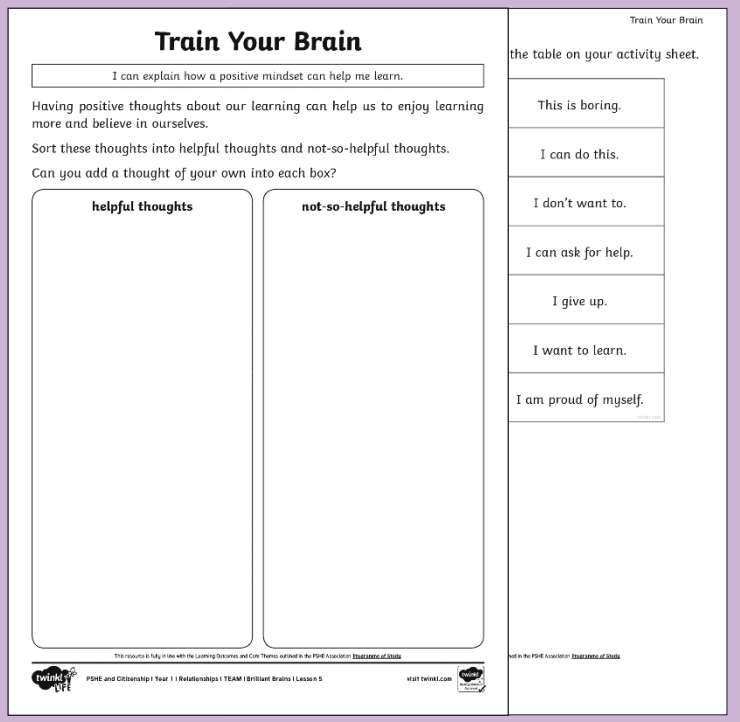
Train Your Brain





Train Your Brain

I can explain how a positive mindset can help me learn.

Having positive thoughts about our learning can help us to enjoy learning more and believe in ourselves.

Sort these thoughts into helpful thoughts and not-so-helpful thoughts.

Can you add a thought of your own into each box?

helpful thoughts	not-so-helpful thoughts

the table on your activity sheet.

This is boring.
I can do this.
I don't want to.
I can ask for help.
I give up.
I want to learn.
I am proud of myself.

Anyone can train their brain to think positive thoughts more often.
Can you sort the helpful thoughts and the not-so-helpful thoughts?

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Reflecting

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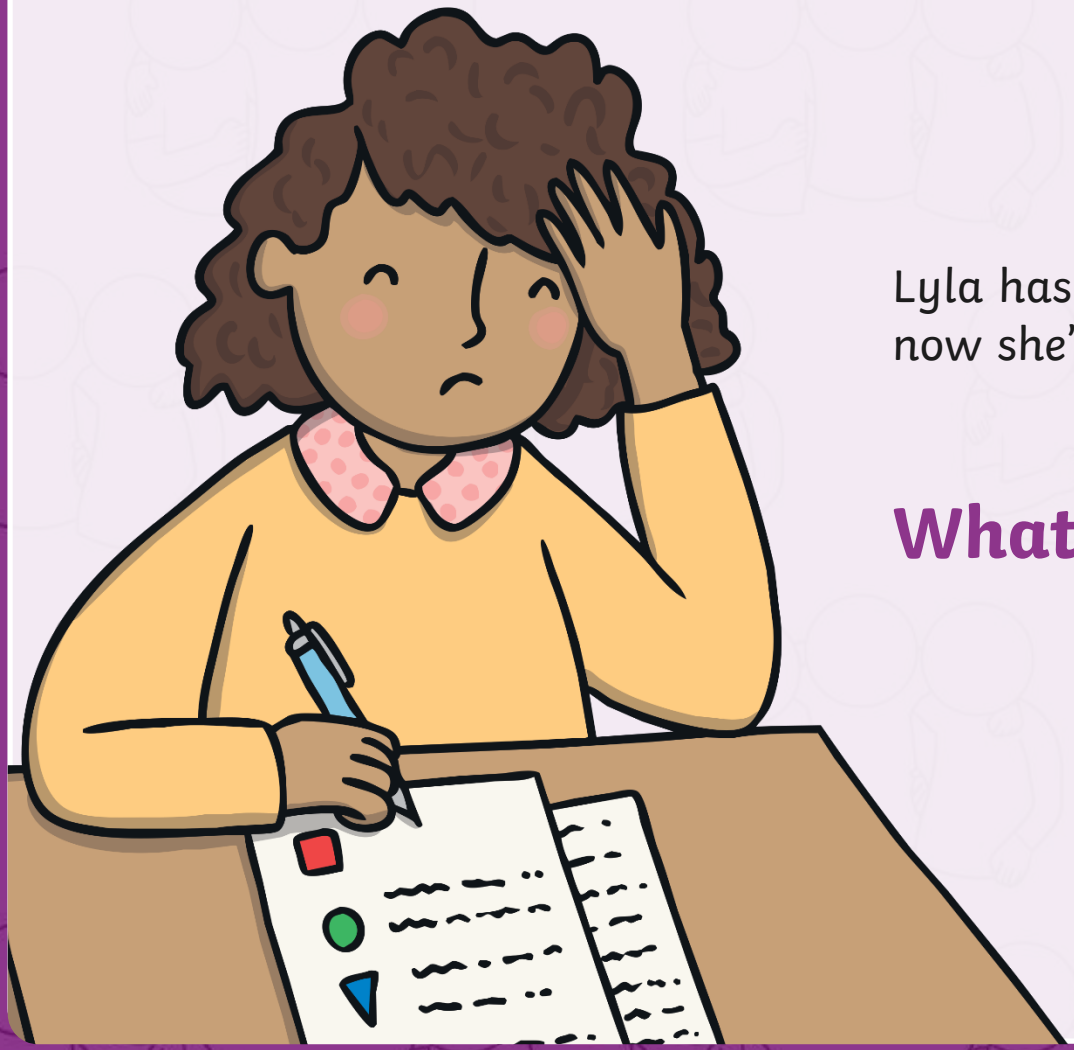
Help, I'm Stuck!



Lyla has been busy working but now she's stuck.

What can she do?

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Help, I'm Stuck!

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What Type of Behaviour?

Have a think.

Find a tool to help you.

Ask the teacher or another adult.

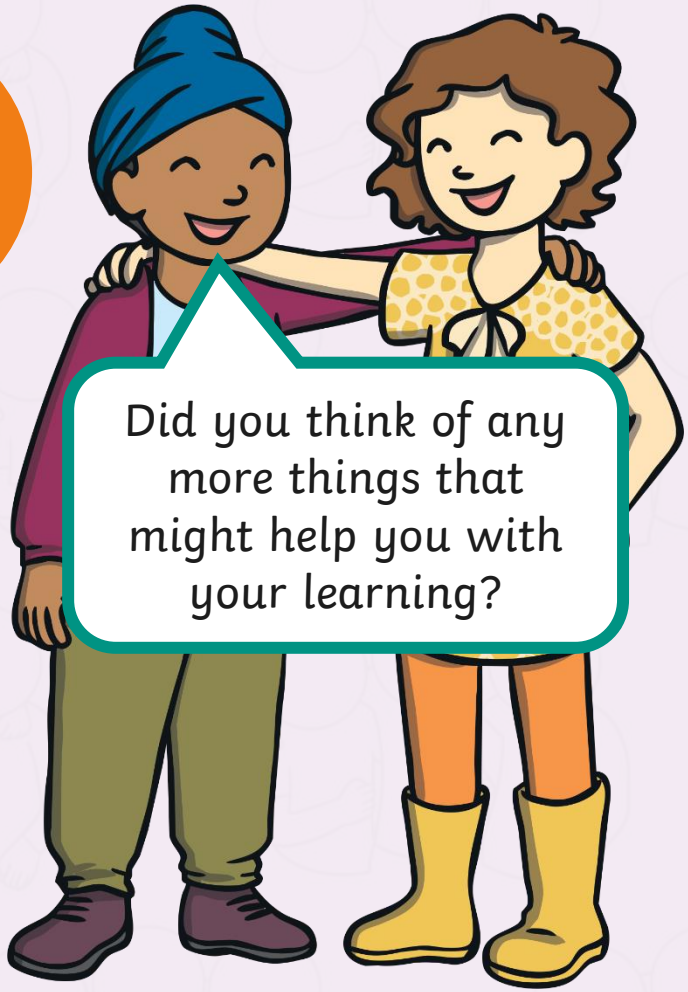
Try another way.

Ask a friend.

Have a go.

Try another question and come back to the bit you are stuck on later.

Think about what you already know that could help you.



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Help, I'm Stuck!

When your teammates are stuck with their work, you can be a Positive Pal by reminding them of things that might help them with their learning.

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The Big Questions

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The Big Questions

How can we be positive learners?
What can we do if we find something difficult?

Think back to your answers to these questions from the beginning of the lesson.

How can we be positive learners?

What can we do if we find something difficult?

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Aim

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Success Criteria

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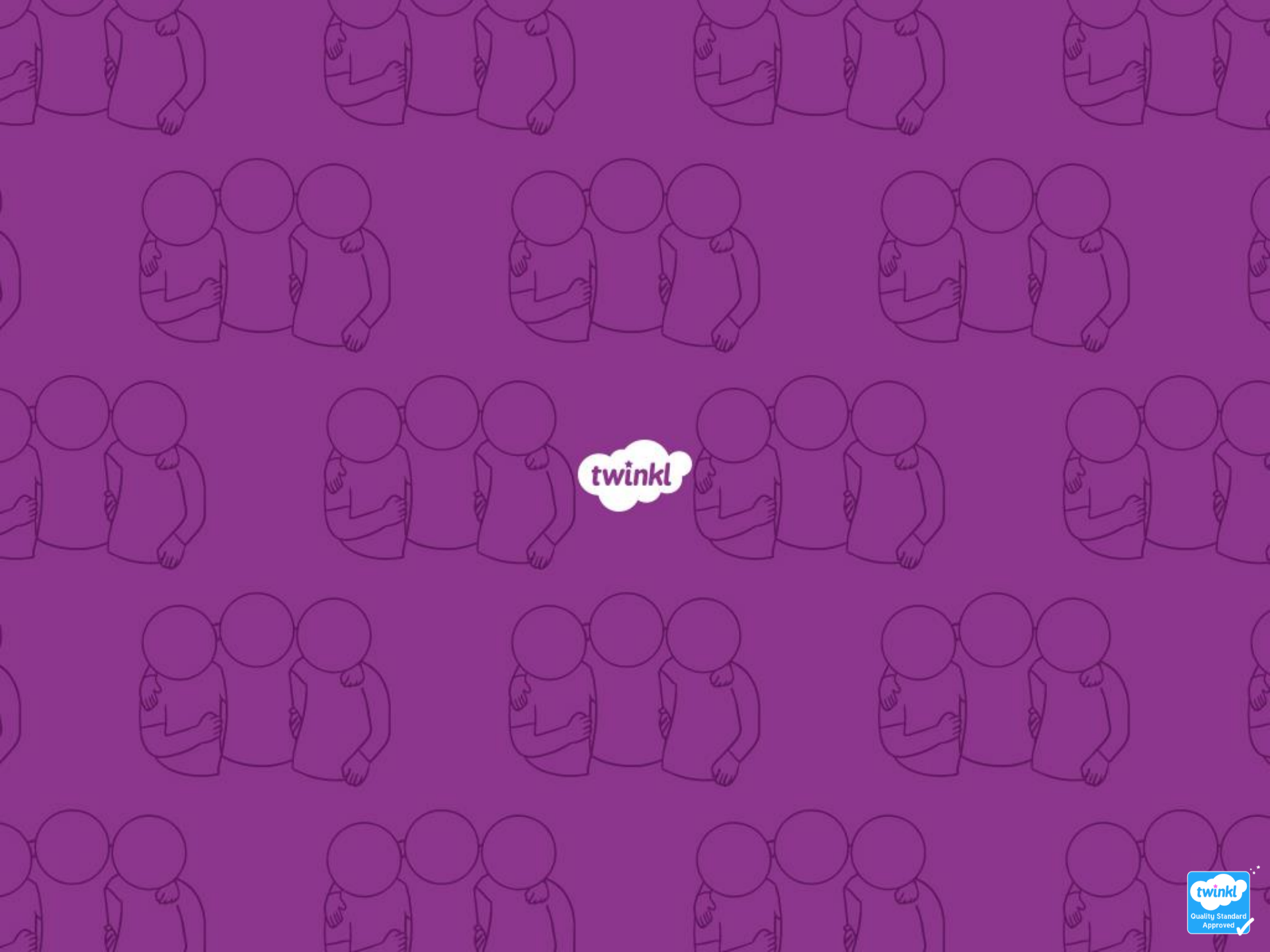
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