

Brain Plasticity ... The Mind is like a Muscle



- How can you relate Brain Plasticity to other activities you do?
- What would you change in your life relating to Fixed Mindset and Brain?

The 16 Habits of Mind identified by Costa and Kallick include:

1. Persisting
2. Thinking and communicating with clarity and precision
3. Managing impulsivity
4. Gathering data through all senses
5. Listening with understanding and empathy
6. Creating, imagining, innovating
7. Thinking flexibly
8. Responding with wonderment and awe
9. Thinking about thinking (metacognition)
10. Taking responsible risks
11. Striving for accuracy
12. Finding humor
13. Questioning and posing problems



MLW Workbook Habits of Mind and Character

- 14. Thinking interdependently
- 15. Applying past knowledge to new situations
- 16. Remaining open to continuous learning

Massachusetts Standards for Preschool and Kindergarten R:\seeds_stem



S ELF-AWARENESS

Standard SEL1: The child will be able to recognize, identify, and express his/her emotions.

Standard SEL2: The child will demonstrate accurate self-perception.

Standard SEL3: The child will demonstrate self-efficacy (confidence/competence).

SELF-MANAGEMENT:

Standard SEL4: The child will demonstrate impulse control and stress management.

SOCIAL AWARENESS:

Standard SEL5: The child will display empathetic characteristics.

Standard SEL6: The child will recognize diversity and demonstrate respect for others.

RELATIONSHIP SKILLS:

Standard SEL7: The child will demonstrate the ability to communicate with others in a variety of ways.

Standard SEL8: The child will engage socially, and build relationships with other children and with adults.

Standard SEL9: The child will demonstrate the ability to manage conflict.

Standard SEL10: The child will demonstrate the ability to seek help and offer help.

RESPONSIBLE DECISION MAKING:

Standard SEL11: The child will demonstrate beginning personal, social,



and ethical responsibility.

Standard SEL12: The child will demonstrate the ability to reflect on and evaluate the results of his or her actions and decisions.

The mission of the Character Lab is to advance the science and practice of character development. Our researchers, designers, and educators work together on three related aims:

<https://characterlab.org/tools/>

Discover the ideas and strategies that build character.

We co-design, fund, and carry out research studies in schools to learn more about how to intentionally cultivate strengths like gratitude, grit, curiosity, and more.

Strengths of character ... From The KIPP School

Challenge! Zest

Zest: Actively participates. Shows enthusiasm. Approaches new situations with excitement and energy.

Challenge! Grit

Grit: Finishes what is begun. Sticks with a project or activity for more than a few weeks. Tries very hard even after experiencing failure. Stays committed to goals. Keeps working hard even when feeling like quitting

Challenge! Self Control (School Work)

Self Control (school work) - Comes to class prepared. Remembers and follows directions. Gets work done right away instead of waiting until the last minute. Pays attention and resists distractions. Works independently with focus

Challenge! Self Control (Interpersonal)

Self Control (interpersonal) - Remains calm even when criticized or otherwise provoked. Allows others to speak without interruption. Is polite to adults and peers. Keeps temper in check.



MLW Workbook
Challenge! Optimism

Habits of Mind and Character

Optimism - Believes that effort will improve the future. When bad things happen, thinks about what could make it better next time. Stays motivated, even when things don't go well. Believes that you can improve on things you're not good at

Challenge! Gratitude

Gratitude - Notices when other people help. Shows appreciation for the good things in their life. Expresses appreciation by saying "thank you." Does something nice for someone else as a way of saying "thank you."

Challenge! Social Intelligence

Social Intelligence - Able to find solutions during conflicts with others. Shows that they care about other people's feelings. Adapts to different social situations

Challenge! Curiosity

Curiosity - Eager to explore new things. Asks questions to help learning. Takes an active interest in learning

Exercise: The Seven Day Challenge ... Strengths From Kipp Schools



For the next seven days, pick a daily strength on which to focus. Memorize the behaviors (or create a cheat sheet that you can take with you). Then get out in the world and weave the associated behaviors into your micro moment interactions with your students or kids. **Build the muscle memory,**

and come back and then share the experience.

