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Unit 1: Growth Mindset & Goal-Setting



What Is My Child Learning?

Unit Themes

Your child is learning how to set and work toward a collaborative goal with a small group. They start by coming up with ideas to make their classroom a better place and then choose a group goal that is specific, challenging, and doable—like designing a mural about kindness or creating a model to organize classroom supplies.

Students work together to create a plan, take action, and reflect on their progress along the way. They also learn how to overcome obstacles, stay motivated, and support each other. At the end of the unit, students celebrate their accomplishments by sharing their final projects through a classroom gallery walk.



Research shows that students who learn how to set and work toward goals with others are more likely to:

- Build stronger teamwork and communication skills
- Develop greater confidence and motivation
- Learn how to plan, adjust, and reflect as part of a group
- Feel a stronger sense of community and ownership in the classroom



What to Look For

Notice and praise your child when they stay focused on a goal or work well with others to complete something challenging. You might say, I noticed how you stuck with your group project, even when it got tough. That takes focus and teamwork!



Try This!

Discuss: Ask your child about their group's goal and progress, What is your group's goal? How are you making the classroom better? What part of the project are you most excited about? These conversations help your child connect effort and teamwork with success.

Practice: If your child is working on a goal at home, like building something, completing a puzzle, or organizing their room, talk about ways to stay motivated and get help from others when needed. You can say things like, What's your next step? Is there anything getting in your way? Who could help you? What's the roadblock? What are the things you could change?