

MALTA Theme: Developing a Growth Mindset

Resource Pack

Sub-theme 1: Positive and Optimistic Thinking when facing Challenges

Mr Sunny and Mr Grumpy's Picnic

Mr Sunny and Mr Grumpy want to do a picnic. But today it is raining. They cannot do a picnic outside.



Upside Thinking

Mr Sunny would think:

That's OK!

.....

.....



Downside Thinking

Mr Grumpy would think:

Oh no!

.....

.....

Mr Sunny and Mr Grumpy's Thinking

You planned a picnic in the forest for you and your friends. But today it's raining. You cannot do a picnic outside.



Upside Thinking

Mr Sunny would think:

NOT ME: It's not my fault. I didn't know it was going to rain.

NOT ALWAYS: It only rained today.

NOT EVERYTHING: Not everything is ruined. We can still have fun inside.



Downside Thinking

Mr Grumpy would think:

ME: Everyone must be angry at me for ruining their picnic. Everyone thinks I'm stupid for planning a picnic during Winter.

ALWAYS: It always rains when we have a picnic!

EVERYTHING: Everything is ruined now.

Pessimistic & Optimistic Explanatory Styles

What is an Explanatory Style?

An Explanatory Style is the way you explain to yourself things that happen. There are 2 types. You can explain events using a Pessimistic Explanatory Style – which means you focus on the bad bits of a situation. You can also explain events using an Optimistic Explanatory Style- which means you focus on the good bits of a situation.

Imagine you are in a P.E. lesson and the P.E. teacher chooses Christina and Jeremy to be captains for the game. The others have to line up and get picked by one of them. You are the one before the last to be picked.

How would a Pessimist think?

- A Pessimist might think the bad situation happened because of them and only to them

“Christina and Jeremy hate me. They think I’m stupid. I really am stupid. It’s no surprise no one wants to pick me”

- A Pessimist might think the bad situation is always like this

“I always get picked last in everything. I never get picked first.”

- A Pessimist might think the bad situation affects everything else

“Now everyone in the whole class thinks I’m stupid”

How would an Optimist think?

- An Optimist might think the bad situation did not happen because of them and not only to them

“Cristina and Jeremy don’t really hate me. They just want to have the best players on the team. They’re not mean to me.”

- An Optimist might think the bad situation is not always like this

“When the teacher tells us to split into groups for a group project, all the kids want to be in my group.”

- An Optimist might think the bad situation does not affect other things

“Although I’m not good at sports, I’m good at other things like Maths and English”

Penfriend Problems

<p>Dear penfriend,</p> <p>I have a big problem! Last week I overheard two friends of mine whispering about me. I think they were saying some mean things about me. I know they think I'm not cool because I don't go to any of the after-school activities they go to. I bet if I go to after-school gymnastics and Music they will be my friends. Now I'm really scared to talk to them ever again because they will make fun of me. Please help! Yours sincerely,</p> <p>Diane</p>	<p>Dear penfriend,</p> <p>How are you? I am writing this letter because I need your help! Last Monday during a Maths lesson, Ms Kathy yelled at me in front of the whole class for not getting my homework with me, and everybody laughed at me. I'm sure she hates me. I know that everybody thinks I'm forgetful for not bringing my homework to school. Now everytime I think she is going to yell at me again for doing something wrong. Please help! Yours sincerely,</p> <p>Matthew</p>
<p>Dear penfriend,</p> <p>How are you and your family? I have something on my mind. Next week it's my turn for show and tell and I'm really scared. I don't think I'll be able to speak in front of the class. If I make a mistake my friends will laugh at me. Everyone else finds show and tell so easy. I will never be able to remember what I need to say. I will just be the laughing stock of the whole class for ever! I need your help. Yours sincerely,</p> <p>Donald</p>	<p>Dear penfriend,</p> <p>I hope you're OK. I have a problem that I need to share with you. I've been thinking a lot about next year. Next year I will be in year 6 but I don't think I'm ready. I'm sure the teachers will expect us to remember a lot of things. And we have an important test that we need to pass. I'm sure everyone will do well but me. I'm also worried that no friends of mine will be in my class. How can I look forward to year 6? Yours sincerely,</p> <p>Claire</p>

Role Play Cards

- ✓ You are in class and you just realized you forgot your pencil box.
- ✓ You go to a new supermarket with your parents and you get lost.
- ✓ You wanted to sing in the school play but your friend gets chosen instead of you.
- ✓ Some children in your class are having a sleepover. But you and some of your friends are not invited.
- ✓ You took part in a race during Sports day but during the race you fell and hurt your knee. Everyone saw you fall and you had to stop playing.
- ✓ You really wanted a bike for your birthday but instead got a toy car.

ABC

Fill in the blanks with either beliefs or consequences:

A. You and your best friend have a fight.

B. You think _____.

C. You get angry and shout at her.

A. You forgot your hat at home and you cannot play outside in the sun.

B. You think "I forget everything. I'm no good."

C. You feel (or do) _____.

A. You and your best friend have a fight.

B. You think "It's ok. I can always clear up misunderstandings".

C. You feel (or do) _____.

A. You forgot your hat at home and you cannot play outside in the sun.

B. You think _____.

C. You stay talking with the other kids on the bench.

Easy as ABC

Our feelings do not come out of nowhere. When something bad happens (We call it an ADVERSITY), we usually first think about what happened (We call it a Belief). That thought will affect how we feel and what we do (We call it the CONSEQUENCE).

Here's an example:

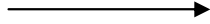
	Sue	Jenny
Adversity	Sue and Jenny have just moved to a new place and started a new school. They don't know anyone. During break no one comes to talk to them and they stay alone eating their lunches.	
Belief	"No one is talking to me. They must not like me very much. Probably I will never get to make friends in this school."	"Of course no one is talking to me. It's still my first day and I'm still new. Maybe they're shy. Maybe if I smile and say hello I can let them know I'm friendly."
Consequence		

- How would Sue's thought make her feel?
- How would Jenny's thought make her feel?
- What do you think Sue would end up doing?
- What do you think Jenny would end up doing?

ABC Flowchart

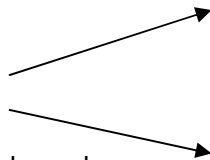
Action

What is the setback?



Belief

What are the upside and
downside thoughts about
the setback?

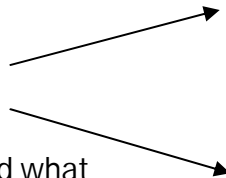


Upside thought

Downside thought

Consequence

How do you feel and what
do you do because of the upside
and downside thoughts?



Of upside thought

Of downside thought

Best, Worst & Most Realistic Case Scenarios

For each of the following examples write the best, worst & most realistic case scenarios:

1. You have an appointment with your dentist tomorrow to remove one of your teeth.

Best case scenario: _____

Worst case scenario: _____

Most realistic case scenario: _____

2. You said something nasty to your friend but you didn't mean it. Now you're worried about how you will face her at school tomorrow.

Best case scenario: _____

Worst case scenario: _____

Most realistic case scenario: _____

3. You are going to join a new football club this year but you don't know anyone and tomorrow is your first day.

Best case scenario: _____

Worst case scenario: _____

Most realistic case scenario: _____

4. You have your piano exam tomorrow. You practiced but it's your first piano exam and you don't know what to expect.

Best case scenario: _____

Worst case scenario: _____

Most realistic case scenario: _____

5. The Head of School asks you to go in his office during lunchtime and you don't know why.

Best case scenario: _____

Worst case scenario: _____

Most realistic case scenario: _____

Helpful and Unhelpful Thinking

Helpful Thinking

- Accepting that everyone makes mistakes. It's normal.
- Looking at the good bits of a problem.
- Accepting that setbacks happen to everyone- not just me.
- Accepting the things we can't change in a problem.
- Understanding that if something happens once, it does not mean it will happen again.
- Seeking others for help

Unhelpful Thinking

- Believeing that you are the only one who makes mistakes and that making mistakes means you are dumb and stupid.
- Looking at the bad bits of a problem.
- Believing that setbacks happen only to me.
- Not accepting the things we can't change in a problem.
- Thinking that if something happens once, it will happen again.
- Keeping a problem inside without looking for help from others.

(Adapted from Government of Western Australia, Promoting Resilience).

Sub-theme 2: Sub-theme 2: Using emotions to promote growth and wellbeing including Hope, Happiness and Humour.

Activity 5: To Do List

What character did you choose?

What is the goal?

[illegible]

Activity 6: Dealing with Setbacks

Animal	Setback	Could you imagine how they must be feeling?	What thinking can help them remain hopeful?	Could you come up with a Plan B that may also help them achieve their goals?
Helen the Hedgehog	Helen really wanted to build a house but using leaves didn't work.	Disappointed and upset.	"It's OK. Using leaves didn't work. I can still manage to build a house with something else."	Use rocks to build the house instead of leaves.
George the Giraffe	George wanted to play with his sister but she's sick today and he has no one to play with.			
Harry the Hippo	Harry was going to make sandwiches for a party but his daddy ate the last slice of bread and all the shops are closed.			

TIPS to keep HOPEFUL

What is HOPE?

- 🌀 **Hope** means that we believe things will get better even if we might not understand how.
- 🌀 There are many symbols in nature and in our lives that prove to us that bad times are followed by good times. For example, in nature thunderstorms are followed by sunshine and rainbows. Can you think of any more? Can you think of a bad time you might have gone through (that you feel comfortable enough to share) which was followed by a better time? What helped you get through the bad time?

Setting GOALS

One way of remaining hopeful is to set goals and work to achieve them. To ensure we achieve our goals, we need to:

- 🌀 Set realistic ones
- 🌀 Make a plan A, B, and C in case things don't work out
- 🌀 Break down big goals into smaller goals. One way of doing this is to make a 'to do' list.
- 🌀 When we want something to happen, it might not happen straight away. We might need to try different plans and ideas for it to work but it's important that we don't give up.
- 🌀 Think positive. "I can do this" and "keep going" are examples of ways we could think to encourage ourselves. Can you think of any more?

Scenarios

1. You've recently started a new school year and almost all of your old friends are in a different class. You don't know anyone in the new class and you feel very lonely.

2. Your best friend has just told you that she is going to move to a different country. You realize that you will not see her so much any more. You feel very upset because she has been your best friend for a long time.

3. It's the beginning of the year and you are finding Maths very difficult. You feel very embarrassed and ashamed about this and so prefer not telling anyone about your problem. A test is coming up soon and you are very worried that you won't do well.

4. You've worked very hard to win the football trophy with your team this year. But your team lost. You feel disappointed that your team keeps on losing.

5. You really wanted to go to your best friend's birthday party this year. But you're stuck at home with chicken pox! You feel very angry that you're going to miss such a wonderful party.

Activity 8: My Goal (Example)

Do you want some things in your life to be better? One way that can help us feel hopeful that things are going to get better is if we set a goal and try to achieve it. Look at this example and then try to make your own:

1. The area of my life I want to change is my free time

2. I want to read more

3. OK...now try to be more specific! I want to read a book every week

4. The good things about achieving this goal are...

- I won't be bored when I have free time
- I can improve my reading and my spelling
- I can swap books with my friends

5. I can achieve this goal by...

a) Choosing a book from the school library

b) Reading when I'm finished from my school work

c) Reading 20 minutes every day before I go to sleep

6. Who will help you achieve your goal? My mum

7. What could you say to yourself to encourage yourself?

I can do this! I can read a book every week if I try.

Activity 8: My Goal

1. The area of my life I want to change is _____

2. I want to _____

3. OK...now try to be more specific!

4. The good things about achieving this goal are...

- _____
- _____
- _____

5. I can achieve this goal by...

a) _____

b) _____

c) _____

6. Who will help you achieve your goal? _____

7. What could you say to yourself to encourage yourself?

Miming Cards

Jumping

Smiling

Laughing

Dancing

Singing

Relaxing

Reading

talking to a
friend

giving a
hug

cheering a
friend up

giving a a
gift

Exercising

playing
with
friends

helping
each other

Painting

going for a
walk

smelling a
flower

Gardening

phoning a
friend

walking the
dog

Sharing

visiting my
grandma

writing a
letter to a
friend

riding my
bike

Flipping the Feeling

1. Mention a bad thing that has happened to you. It could be a fight with a friend, a bad day at school, or something that you wanted but didn't get.

2. What feeling or feelings did you have ?

3. How could you deal with the bad feeling next time?

4. How could you make yourself feel happier?

Fact or Fiction Strips

Exercise makes you feel happier.

The way you look at life affects your happiness.

Having more money makes you happier.

Being kind to others will not make you happy.

We can become really happy when something we have wished for a long time happens, like we earn a lot of money, or we move to a nicer place.

Happiness relies on what you behave and think and on the things you can control.

Using my strengths and talents will not make me feel happy.

Happy people are healthier people.

Comparing myself with others will make me feel better about myself.

We can create feelings of happiness ourselves.

Fact or Fiction Handout

Read these sentences about happiness and then tick if you think the sentence is true or false.

	True	False	Don't Know
1. Exercise makes you feel happier.			
2. The way you look at life affects your happiness.			
3. Having more money does not make you happier.			
4. Being kind to others will not make you happy.			
5. We can become really happy when something we have wished for a long time happens, like we earn a lot of money, or we move to a nicer place.			
6. Happiness relies on what you behave and think and on the things you can control.			
7. Using my strengths and talents will not make me feel happy.			
8. Happy people are healthier people.			
9. Comparing myself with others will make me feel better about myself.			
10. We can create feelings of happiness ourselves.			

Fact or Fiction Handout- Teacher's Copy

Read these sentences about happiness and then tick if you think the sentence is true or false.

	True	False	Don't Know
1. Exercise makes you feel happier.	✓		
2. The way you look at life affects your happiness.	✓		
3. Having more money makes you happier.		✓	
4. Being kind to others will not make you happy.		✓	
5. We can become really happy when something we have wished for a long time happens, like we earn a lot of money, or we move to a nicer place.		✓	
6. Happiness relies on what you behave and think and on the things you can control.	✓		
7. Using my strengths and talents will not make me feel happy.		✓	
8. Happy people are healthier people.	✓		
9. Comparing myself with others will make me feel better about myself.		✓	
10. We can create feelings of happiness ourselves.	✓		

Discussion Points- Teacher's Copy

Discussion Points

1. Exercise makes you feel happier- True

Exercise releases endorphins which make us feel happy. Exercise also gives us more energy to do things. In general, living a healthy life will make us feel happier and is good for us. What do you think? How does exercise make you feel?

2. The way you look at life affects your happiness- True

Happy people generally look at the bright side of life and think good things will happen to them. People who look at the bad side of life and expect bad things to happen do not feel as happy. What about you? Do you look at the positives or at the negatives?

3. Having more money makes you happier- False

People who have the basic needs in life, like a safe place to live and proper food are happier. But having a lot of money, having an expensive car or a really big house do not really make people much happier. Being thankful for what you have and appreciating the good things in your life will make you happier than having a lot of money. Let's practice. What are you most thankful for in your life? Try not to choose material things.

4. Being kind to others will not make you happy- False

Helping others and making them happy will make us happy. Have you ever done something kind or helpful to another person or animal that made you feel good about yourself?

5. We can become really happy when something we have wished for a long time happens, like we earn a lot of money, or we move to a nicer place- False

If we think that we will be happy when something in the future happens, like when we'll get a really nice toy, we lose sight of what makes us happy at the moment. We need to learn to be happy now. Let's practice. What are you the happiest about today?

6. Happiness relies on what you behave and think and on the things you can control- True

When we tie our happiness with things we can control, like managing our feelings, doing things that we love, and thinking about the good things in life the chance is we will feel happier. What do you think? Can you think of things you can control that will make you feel happy?

7. Using my strengths and talents will not make me feel happy- False

People who use their strengths and talents are happier. What are your strengths? What are your talents? How can you use them in a good way?

8. Happy people are healthier people- True

Happiness reduces stress. Happy people also live longer and healthier lives. How does happiness make you feel?

9. Comparing myself with others will make me feel better about myself- False

Happiness is different for everyone. To be happy, we need to look at ourselves. Can you think of a time when you wanted something somebody else had? How did this make you feel?

10. We can create feelings of happiness ourselves- True

We can increase our own happiness by what we think and believe, how we manage our feelings and how we act. Thinking about the good things in life, dealing with the bad feelings we have and doing more of what makes us happy are things we can control.

How can we deal with bad feelings? How can we change the bad feelings into good feelings?

Three Things

Think of three things that you are happy about in your life. Mention them and then say what you did to make them happen.

What makes you really happy?

What did/do you do to make it happen?

1.

A purple rounded rectangle box with a double-line border, intended for writing the first thing that makes you happy.A blue rounded rectangle box with a single-line border, intended for writing what you did to make the first thing happen.

2.

A purple rounded rectangle box with a double-line border, intended for writing the second thing that makes you happy.A blue rounded rectangle box with a single-line border, intended for writing what you did to make the second thing happen.

3.

A purple rounded rectangle box with a double-line border, intended for writing the third thing that makes you happy.A blue rounded rectangle box with a single-line border, intended for writing what you did to make the third thing happen.

My Choice

We all go through bad times and this is normal and OK. Managing our feelings, our thinking and what we do during and after the bad time can make a difference in our happiness. Look at how Sandra dealt with the bad time and the bad feelings she had, and how she flipped the bad feelings into good feelings. Then choose a bad time you have gone through or are going through and see how you can deal with it.

Sandra

What is the bad time or situation?

My bad time happened when I had a really important football match and couldn't play because I had hurt my knee. I had to stop playing for a while.

What did/do you feel?

I felt really sad that I had to stop playing for some time. I also felt bored and lonely when I wasn't at football practice.

Helpful thinking

"Sometimes people who take part in sports get injuries. Even great footballers sometimes hurt themselves so it's not my fault. After I recover, I can play football again."

How can you deal with the bad feelings?





I talk to a close friend or a trusted adult.

How can you flip the bad feelings into good feelings?

Instead of staying at home, I could go to the football match to support my friends. During the time I usually go to football practice I can do other things that I like doing.

Now try it out for yourself:

Me

What is the bad time or situation?	
What did/do you feel?	
Helpful thinking	
How can you deal with the bad feelings?	
How can you flip the bad feelings into good feelings?	

Stick your photo here.

I like to laugh at...

.....

.....

.....

.....

.....

.....

.....

Stick your photo here.

I like to laugh at...

.....

.....

.....

.....

I can make use of good
humour by...

.....

.....

.....

Make a campaign about...

Make a campaign about 'Humour and Friendship'. Use these questions to help you think:

- What are the good things about sharing laughter with friends?
 - What can happen if you use bad humour with your friends?
 - How can you make sure good humour is used in your friendships? How can you avoid bad humour in your friendships?
-

Make a campaign about 'The Difference between Good Humour and Bad Humour'. Use these questions to help you think:

- What are the signs of good humour?
 - What are the signs of bad humour?
 - What are some examples of bad humour?
 - Provide some hints on how students can recognize and understand the differences between good humour and bad humour.
-

Make a campaign about 'Coping with Bad Humour'. Use these questions to help you think:

- What are the signs of bad humour?
 - What are some examples of bad humour?
 - Why do some children use mean humour?
 - What could students do to make sure there is no mean or bad humour?
-

Make a campaign about 'Laughter can help us cope'. Use these questions to help you think:

- Could laughing help us cope in a bad time?
 - How can laughing and humour be used to help us cope in a bad time?
 - Mention some places and times when laughter should not be used.
-

Make a campaign about... (Teacher's copy)

Make a campaign about 'Humour and Friendship'. Use these questions to help you think:

- What are the good things about sharing laughter with friends? (e.g. it feels good, we feel more relaxed with each other, we share what makes us laugh, we see if we laugh at the same things)
 - What can happen if you use bad humour with your friends? (e.g. they might feel hurt, we might lose our friendship)
 - How can you make sure good humour is used in your friendships? (e.g. by not laughing at my friends, by stopping the joke if I know my friends is uncomfortable, by not embarrassing them on purpose, by respecting them if they don't find something funny)
-

Make a campaign about 'The Difference between Good Humour and Bad Humour'. Use these questions to help you think:

- What are the signs of good humour? (e.g. EVERYONE laughs at the joke, it makes us feel closer to others as we share the same joke, it is respectful of others, we apologize if we hurt someone by mistake with our humour)
 - What are the signs of bad humour? (e.g. it hurts others on purpose, it embarrasses others, we laugh at others not with others, the joke is on the person and it may be offensive, the other person may not be laughing)
 - What are some examples of bad humour? (e.g. name-calling, mean practical jokes, mimicking, laughing when someone makes a mistake, laughing to make fun of others, using humour to avoid dealing with a problem)
-

Make a campaign about 'Coping with Bad Humour'. Use these questions to help you think:

- What are the signs of bad humour? (e.g. it hurts others on purpose, it embarrasses others, we laugh at others not with others, the joke is on the person and it may be offensive, the other person may not be laughing)
- What are some examples of bad humour? (e.g. name-calling, mean practical jokes, mimicking, laughing when someone makes a mistake, laughing to make fun of others, using humour to avoid dealing with a problem)
- Why do some children use mean humour? (e.g. to show off, to make others think they are tough, to make someone look stupid, they don't realize they are hurting others' feelings)
- What could students do to make sure there is no mean or bad humour? (e.g. don't laugh if someone hurts themselves, don't laugh at someone who uses bad humour, make classroom

rules, stand up to someone who uses bad humour on you or someone else by saying, 'Stop. I don't like that.', if the laughing is really bothering you, tell a teacher or an adult)

Make a campaign about 'Laughter can help us cope'. Use these questions to help you think:

- Could laughing help us cope in a bad time?
 - How can laughing and humour be used to help us cope in a bad time?
 - Mention some places and times when laughter should not be used.
-