

*What should you say when you feel like giving up?*

I believe I can grow in anything I  
put effort into.

*What does God say?*

“Jesus continued to learn more  
and more and to grow physically.  
People liked him, and He pleased  
God.”

Luke 2:52 (ICB)

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## Teaching Objectives

for use in evaluations

To be able to:

1. say the declaration and bible verse from memory.
2. define effort as **working hard at something until you learn it or finish the job well.**
3. to look at supplements 1 - 4 and identify what characteristic of effort is being shown without reading it.
  - a. *trying with all my energy / trying with all my focus / trying hard to do things right / thinking hard*
4. demonstrate during class the application of effort in one or more of the above listed ways.

# Winter 2022 CT 'Growth Mindset' Jr Version: Never Stop

## Learning!

**What should you say when you feel like giving up?**

I believe I can grow in anything I put effort into.

**What does God say?**

“Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God.”

### 2022 Winter

#### GROWTH MINDSET

December 6 - March 5

Closed:

December 23-26 (Christmas Break)

Dec. 31-Jan. 1 (New Year's)

December 2021						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

January 2022						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February 2022						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

## Never Stop Learning!

### Main Points Each Week:

Weeks 1-3: I can learn anything with practice. I don't quit!

Weeks 4-6: I try to learn something new everyday.

Weeks 7-9: I can overcome obstacles.

Weeks 10-12: Mistakes and failures are good teachers because I learn from them.

### “You Didn't Quit”

Week 1: Add supplement 6 to wall / Practice verse, declaration, sign language / **Supplements 1 - 4**

Week 2: Add pics #1 & 2 to wall

Week 3: Add pic #3 to wall / **Demonstrate the reward of effort. Prepare envelopes for lead-in. See lesson.**

**\*Stickers needed.**

### “Look What I Made!”

Week 4: Add pic #1 to wall

Week 5: Add pic #2 to wall / **Have “The Effort Song” memorized to teach! Hang Supplement 7 in CT areas**

Week 6: Add pic #3 to wall / **Handout: Supplement 8**

### “There's Got to Be a Way”

Week 7: Add pics #1 & 2 to wall

Week 8: Add pic 3 to wall

Week 9: Add pic 4 to wall / **Problem solving activity: Supplement 9. Have obstacle course set up. See lesson.**

**Need masking tape - the wider the better. Orange cones. Handout: Supplement 10**

### Mistakes Are Good Teachers

Week 10: Add pics #1 & 2 to wall / **Be ready to tell your own mistake story or adapt the example.**

Week 11: Add pics 3 & 4 to wall.

Week 12: **Review week. Have visuals separated and ready to play Who Remembers. Phones ready for pics and videos!**

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**What should you say when you feel like giving up?**

I believe I can grow in anything I put effort into.

**What does God say?**

“Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God.”

## Week 1: Dec 6-11 (Week 1 has no story)

1. **Teach and repeat the declaration, verse, and sign language several times.**
2. **Lead-in:** This season we're studying what it means to have a growth mindset. Someone who believes they can get better at anything they put *effort* into has a growth mindset.
  - a. Who knows what **effort\*** is? (*Working hard at something until you learn it or finish the job well.*)  
(*Show supplements #1 - 4 one at a time and read each sentence*)
    - i. Effort means I try with all my energy.
    - ii. Effort means I try with all my focus.
    - iii. Effort means I work hard trying to do something the right way.
    - iv. Effort means I'm thinking hard with my brain.
  - b. (*Show supplement #5*) This season, our stories are about a girl named Pamela who will help us learn what it means to have a growth mindset and why it's so important to never stop learning.

*\*(Effort, and its definition, is the keyword to emphasize throughout the season.)*

3. **Lesson 1: Effort means I work hard at something until I have learned it or finished the job well.**

**Dismissal:** Practice declaration and verse once more.

## Planning Notes:

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I believe I can grow in anything I put effort into.

**What does God say?**

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## Week 2: Dec 13-18

1. **Practice declaration & verse along with sign language.**
2. **Lead-in:** Who remembers what **effort** is? (*Working hard at something until you learn it or finish the job*)
  - a. Is there something you remember working hard at that you can do well now? (*riding a bike; climbing the rope; writing your name; learning to cut with scissors...*)
  - b. Did you ever feel like quitting because it was so hard? (*answers*)
  - c. Today, Pamela is having a hard time learning something new. Let's see what she does!
3. Share today's main point:  
**Lesson 2: I can learn anything with practice. I don't quit!**
4. **Listen to the chapter and show pictures: "You Didn't Quit"**
5. **Questions (Choose one or more that best fits your class)**
  - a. (*Show picture #1*) What is Pamela saying in this picture? (*"I'll NEVER learn to read!"*)
  - b. Why could Pamela sing the alphabet song perfectly? (*She practiced every morning with her mom until she could do it alone. **She didn't quit.***)
  - c. How did Miss Jensen learn to read? (*She also had a tutor, who is a special teacher, come help her learn the letters and sounds. She practiced and didn't quit!*)
6. **What do you think?**
  - a. Why do you think Miss Jensen told Pamela her own story about learning to read? (*It helped Pamela to stop thinking she was a failure and that with practice, she too could learn to read if she didn't quit.*)

**Dismissal:** review the verse and say the main point together:

*A growth mindset says: I can learn anything with practice. I don't quit!*

## Planning Notes:

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# Winter 2022 CT 'Growth Mindset' Jr Version: Never Stop

## Learning!

**What should you say when you feel like giving up?**

I believe I can grow in anything I put effort into.

**What does God say?**

"Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God."

### Week 3: Dec 20-30 (Christmas & New Year's break. Fri & Sat classes miss week 3)

#### 1. Practice declaration & verse together

#### 2. Lead-in:

- Make at least five envelopes of graduating sizes that fit inside one another.
- The smallest will have stickers in it. The largest will say A Gift for You! on the front.
- If possible, have another coach hand you the one large envelope and say something like: "Oh look! It's a gift!" (Otherwise, just 'happen' to see it next to you.)
- Take your time opening them, pulling out each envelope while making comments about how long it's taking, adding that you feel like giving up or quitting.
- When you open the last envelope, be excited about all the stickers, and comment how glad you are that you didn't give up. Hand them out **after class**.

#### 3. Share today's main point:

**Lesson 3: I can learn anything with practice. I don't quit!**

#### 4. Review the chapter using pictures: "You Didn't Quit"

#### 5. Questions (Choose one or more that best fits your class)

- What is the best gift Miss Jensen has ever received? (*The gift of learning to read.*)
- How did she receive that gift? (*The tutor helped her, but it took Miss Jensen a long time and she had to work hard before she could fully open the gift - just like it took me a long time to open all those envelopes!*)
- Why is it so important for Pamela to learn to read? (*Once she can read, she will be able to learn anything she wants!*)

#### 6. What do you think?

- What do you think helped Pamela change from this picture (*show picture #1*) to this picture (*show picture #3*)?
  - Miss Jensen was a good example of one who didn't quit, even when it got hard.
  - Miss Jensen said it was hard in the beginning but got easier as she practiced.
  - Miss Jensen's story helped Pamela believe she could learn too if she didn't quit!

**Dismissal:** review the verse and say the main point together:

A growth mindset says: **I can learn anything with practice. I don't quit!**

**Hand out stickers after class!**

### Planning Notes:

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# Winter 2022 CT 'Growth Mindset' Jr Version: Never Stop

## Learning!

**What should you say when you feel like giving up?**

I believe I can grow in anything I put effort into.

**What does God say?**

"Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God."

### Week 4: Jan 3-8

#### 1. Practice declaration & verse together

#### 2. Lead-in: Who remembers what Pamela learned because she practiced and didn't quit? (*read*)

- What is something you have learned here at Emeth because you didn't quit trying?
- Now that Pamela can read, she can teach herself new things. Our new story is about something very yummy that Pamela learns to make!

#### 3. Share today's main point:

**Lesson 4: *I try to learn something new everyday.***

#### 4. Listen to the chapter and show pictures: "**Look What I Made!**"

#### 5. Questions (Choose one or more that best fits your class)

- Why was Pamela bored? (*SHE says it's because of the snowstorm. But her dad says it's because she's choosing to be bored.*)
- What does her dad tell her she needs to do to stop being bored? (*Be willing to put in a little EFFORT, then he suggests learning something new.*)
- What does Pamela teach herself to do? (*Make snowcones!*)

#### 6. What do you think?

- (*Spread out supplements 1 - 4 on the floor. Read the "effort means" sentence on each one then ask...*)
- Which of these pictures do you think best shows the kind of effort Pamela was using when she was learning to make snowcones?
  - Answers will probably vary. Asking **why** when they point to a picture will encourage thinking skills. #4 with Pooh should be emphasized because thinking can be hard work!

**Dismissal:** review the verse and sign language; say the main point together:

*A growth mindset says: I try to learn something new everyday.*

### Planning Notes:

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# Winter 2022 CT 'Growth Mindset' Jr Version: Never Stop

## Learning!

**What should you say when you feel like giving up?**

I believe I can grow in anything I put effort into.

**What does God say?**

"Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God."

### Week 5: Jan 10-15

#### 1. Practice declaration & verse together

#### 2. Lead-in: **Teach The Effort Song (Supplement 7 - hang on CT walls)**

To the tune of "She'll Be Comin' Round the Mountain"

Effort means I try with all my energy. (*run in place*)

Effort means I try with *all* my focus. (*cupped hands on outside of eyes*)

Effort means I work hard trying / to do something the right way. (*get in good push-up form*)

Effort means I'm thinking hard with my brain. (*sit and mimic the Winnie-the-Pooh picture*)

#### 3. Share today's main point:

**Lesson 5: I try to learn something new everyday.**

#### 4. Review the chapter using pictures: **"Look What I Made!"**

#### 5. Questions (Choose one or more that best fits your class)

- (*Spread out supplements 1 - 4. Show pic #1*) What kind of effort is Pamela using in this picture? (*All answers that have a good reason behind them are acceptable!*)
- (*Show pic #2*) What kind of effort does Pamela need to get snow and make the snowcones? (*Accept all reasonable answers.*)

#### 6. What do you think?

- Why do you think it's important to use **ALL** your energy when you are learning new things? (*Take answers then tell them:*)
  - Show me a squat jump **without** good energy and effort. **Don't** try hard.
  - Now, show me one using **ALL** your energy and effort. **Try hard!**
  - Which way is going to help you grow stronger muscles and do higher jumps? (*When you use ALL your energy. Using ALL your energy will help you learn things correctly.*)

**Dismissal:** review the verse and sign language; say the main point together:

*A growth mindset says: I try to learn something new everyday.*

### Planning Notes:

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## Learning!

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I believe I can grow in anything I put effort into.

**What does God say?**

“Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God.”

### Week 6: Jan 17-22

#### 1. Practice declaration & verse together

#### 2. Lead-in: *(Point to supplement #2 on the wall and read it.)*

- What does it mean to focus? *(I don't let myself get distracted by things happening around me.)*
- Do you think you can learn something new today if you put effort into focusing?
- What can you do that will help you focus today in class? *(Always listen carefully to your coach; pay attention to what YOU should be doing, not what others are doing!)*

#### 3. Share today's main point:

**Lesson 6: *I try to learn something new everyday.***

#### 4. Review the chapter using pictures: **“Look What I Made!”**

#### 5. Questions (Choose one or more that best fits your class)

- (Show pic #4 from “I Don't Quit!”)* Who remembers why Pamela is happy in this picture? *(She decided NOT to give up and **focused her efforts** on learning to read.)*
- (Show pic #1 from today's story)* What is Pamela able to do now that she can read? *(She can teach herself new things.)*
- (Show pic #3)* Who else is Pamela making happy since she learned to make snowcones? *(Her dad.)*

#### 6. What do you think?

- Do you think if you have a growth mindset that wants to keep learning that it helps only you? *(No! When you learn and grow, you can serve others and make them happy too!)*

#### 7. Sing *The Effort Song*

**Dismissal:** review the verse and sign language; say the main point together:

*A growth mindset says: **I try to learn something new everyday.***

**Handout: Supplement 8 after class**

### Planning Notes:

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**What should you say when you feel like giving up?**

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**What does God say?**

“Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God.”

### Week 7: Jan 24-29

#### 1. Practice declaration & verse together

#### 2. Lead-in: *(Place supplements 1 - 4 on the floor, reading each sentence as you lay each one down.)*

- Which of these pictures calls for using your muscles? *(Point to each one as you ask, “Does this one?” and let them answer.)*
- (After they answer #4, ask)* Did you know that your brain is like a muscle? When we work on hard things with our brains, they get stronger, faster, and better!
- We have a new story today that will show us what happens when we think hard with our brain.

#### 3. Share today's main point:

##### **Lesson 7: *I can overcome obstacles.***

- An obstacle is something that stops you from finishing what you're trying to do.

#### 4. Listen to the chapter and show pictures: **“There's Got to Be a Way”**

#### 5. Questions **(Choose one or more that best fits your class)**

- What obstacle did Andy and Pamela have to overcome? *(They couldn't reach high enough to set the snowman's head on top.)*
- What was Pamela's idea on how to solve the problem? *(To leave the snowman at two snowballs high and finish him.)*
- Did Andy agree? (No) What did he say? *(“There's got to be a way.” He was thinking hard with his brain!)*

#### 6. What do you think?

- What do you think would happen if people always gave up and stopped thinking hard with their brains when they had a problem? *(There would be a LOT of problems no one would overcome; we would stop learning new ways of doing things; we would become like robots doing the same things every day, day after day - and that's no fun and is truly boring!)*

**Dismissal:** review the verse and sign language; say the main point together

*A growth mindset says: **I can overcome obstacles.***

### Planning Notes:

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I believe I can grow in anything I put effort into.

**What does God say?**

"Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God."

## Week 8: Jan 31-Feb 5

### 1. Practice declaration & verse together

- Does anyone know what Jesus was learning when He was young? (*He was learning to be a carpenter. A carpenter works with wood. Jesus probably learned how to make chairs and tables and how to fix things. He was growing in His mind and getting stronger in His body as He put effort into His work. His good effort made God and others happy.*)

### 2. Lead-in: *The Effort Song*

### 3. Share today's main point:

**Lesson 8: *I can overcome obstacles.***

### 4. Review the chapter using pictures: "*There's Got to Be a Way*"

### 5. Questions (Choose one or more that best fits your class)

- (*Show pic #3*) What did Andy and Pamela do that helped Andy think of a way to solve their snowman problem? (*They built a ramp to sled over*)
- Do you think it took effort to build the ramp? (*Yes! It took muscle energy!*)
- How did building the ramp help solve their problem? (*An idea grew in Andy's mind when he looked at the ramp and the snowman. Sometimes putting effort into one thing will give us more ideas that help us learn other things*)

### 6. What do you think?

- Do you think Andy ever quit thinking about how to get the head on the snowman? (*Just listen to answers and ask why they think the way they do.*)
- Sometimes it takes only a short time of thinking hard to solve a problem. Other times it may take years - like figuring out how to travel to the moon!

**Dismissal:** review the verse and sign language; say the main point together:

*A growth mindset says: **I can overcome obstacles.***

## Planning Notes:

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I believe I can grow in anything I put effort into.

**What does God say?**

“Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God.”

## Week 9: Feb 7-12

### 1. Practice declaration & verse together

2. **Lead-in:** Who remembers what an obstacle is? (*Something that stops you from finishing what you're trying to do.*)

*See supplement 9 for obstacle course set-up and instructions.*

3. Share today's main point:

**Lesson 9: *I can overcome obstacles.***

4. Review the chapter using pictures: **“There's Got to Be a Way”**

### 5. Questions (Choose one or more that best fits your class)

- Who in our story is putting the most effort into thinking hard? (*Andy*)
- When does Andy stop thinking so hard? (*Only **after** he has solved the problem.*)
- Remember that effort is working hard at something **until** you learn it or finish the job well.

### 6. What do you think?

- What do you think Andy and Pamela might be inspired to try now that they know how to build a tall snowman?
  - Maybe they will build an even taller one! Or build a whole family. Or even a big fort!*
  - One good effort can lead to more ideas and more exciting things to try! Learning is fun!*

**Dismissal:** review the verse and sign language; say the main point together:

*A growth mindset says: **I can overcome obstacles.***

**Handout: Supplement 10**

## Planning Notes:

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## Learning!

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**What does God say?**

"Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God."

### Week 10: Feb 14-19

#### 1. Practice declaration & verse together

#### 2. **Lead-in:** (Coaches: Tell your own mistake story. "When I was [age], I thought I could \_\_\_\_\_, but I found out \_\_\_\_\_! I learned \_\_\_\_\_.")

- (Example: or you can adapt this one to "Someone I know...") When I was about 5, I thought I could use the laundry basket like a sled and slide down the stairs in our house, but I found out that was a really bad idea! The basket stopped on the first step and I went tumbling down the stairs! I never made that mistake again!
- Have any of you ever made a bad mistake that you learned something from?
- Our new story is about a serious mistake Pamela made and what she learned.

#### 3. Share today's main point:

**Lesson 10: Mistakes and failures are good teachers because I learn from them.**

#### 4. Listen to the chapter and show pictures: **Mistakes Are Good Teachers**

#### 5. Questions (Choose one or more that best fits your class)

- What was Pamela's big mistake? (She let the goats out to eat spring grass without knowing that it can make them very sick.)
- Why wasn't her mom mad at her? (Pamela wasn't being disobedient. She thought she was being kind to the goats. She didn't know they could get sick from the spring grass.)
- What did Mom say we should do when we fail or make mistakes? (Learn from them and keep moving forward.)

#### 6. What do you think?

- Do you think Pamela still felt bad for a while after her mistake?
  - Probably. Sometimes it takes **effort** to move past our mistakes.
  - We must choose to **focus** on what we have learned rather than let our bad feelings stop us from growing.

#### 7. **The Effort Song**

**Dismissal: review the verse and sign language; say the main point together:**

A growth mindset says: **Mistakes and failures are good teachers because I learn from them.**

### Planning Notes:

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# Winter 2022 CT 'Growth Mindset' Jr Version: Never Stop Learning!

**What should you say when you feel like giving up?**

I believe I can grow in anything I put effort into.

**What does God say?**

"Jesus continued to learn more and more and to grow physically. People liked him, and He pleased God."

**Week 11: Feb 21-26 (This is the last full lesson. Week 12 will be for quotes of what kids learned, videos, pictures.)**

## 1. Practice declaration & verse together

### 2. Lead-in:

- a. Does anyone know what the difference is between a mistake and a failure?
  - i. *Mistakes happen when we don't know enough so we choose the wrong way of doing something.*
  - ii. *Failures happen when we do not succeed because something did not turn out the way we thought it would.*
- b. Did Pamela make a mistake or did she fail at something?
  - i. *She made a mistake. She did not know goats could get sick from spring grass.*

### 3. Share today's main point:

**Lesson 11: Mistakes and failures are good teachers because I learn from them.**

### 4. Review the chapter using pictures: *Mistakes Are Good Teachers*

### 5. Questions (Choose one or more that best fits your class)

- a. What mixture did Mom give the goats before they started walking them? (*A mixture of olive oil and baking soda*)
- b. Why did she make them drink it? (*It was a remedy that would make them burp and help get the air out of their bellies*)
- c. If that mixture had not worked, would that have been a mistake or a failure? (*A failure. Mom expected it to release the air from their bellies.*)

### 6. What do you think?

- a. If the mixture had failed to work, what do you think Mom might have done?
  - i. Give up?
  - ii. Call a vet?
  - iii. Call a friend who owns 50 goats and ask for advice?
  - iv. Cry?
- b. Mom would have chosen to learn something new if her remedy had not worked. She would NOT have given up!

### 7. Sing *The Effort Song*

**Dismissal:** review the verse and sign language; say the main point together:

A growth mindset says: ***Mistakes and failures are good teachers because I learn from them.***

## Planning Notes:

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## Learning!

**What should you say when you feel like giving up?**

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**What does God say?**

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### Week 12: Feb 28-March 5

1. Practice declaration & verse together
2. Today's main point: A growth mindset says: ***I will never stop learning!***
3. Lead-in: It's our last week learning about a growth mindset so we're going to play a game called ***Who Remembers!***

#### Coaches: How to play:

1. Turn all visuals (except supplements) face down on the floor.
2. Lean the supplements with lesson points written on them in a line up against the wall.
3. Have kids sit in a circle around the visuals and let a student pick one up and show it to everyone.
4. Coach asks: "Who remembers what this picture is about?" Or ask a more specific question like, "Who remembers what Andy is thinking about in this picture?"
5. Ask which lesson point it is connected to.
6. Set that visual under the correct lesson point.
7. Go around the circle until everyone has picked one up. Do more than one if time.

#### 4. Finish with *The Effort Song*

- If possible, take videos and pictures, some having students' faces and holding visuals.
  - Pick students to hold up supplements 1 - 4 for a photo.
- Questions you can ask and record:
  - What does a growth mindset say?
  - What was your favorite story?
  - What does effort mean?
  - What should you do if you feel like giving up on something?

**Dismissal:** review the verse and sign language; say the main point together:

A growth mindset says: ***I will never stop learning!***

**Hand out "I will never stop learning" stickers**

#### Planning Notes:

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