

*What do you believe you can accomplish?*

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

*What does God say?*

“Forgetting what is behind and  
straining toward what is ahead, I  
press on toward the goal to win  
the prize of God’s heavenly  
calling in Christ Jesus.”

Philippians 3:13b-14 (Berean Study Bible)

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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' Sr Version: "The Potter's Climb"

## What do you believe you can accomplish?

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## What does God say? Philippians 3:13b-14

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### 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					

## Main Points Each Week:

- Lesson 1: Learn verse, declaration and sign language. (Use Junior Supplements 1-4)  
Effort means I work hard at something until I have learned it or finished the job well.
- Lesson 2: When I choose to apply my best effort, there is no limit to what I can learn.  
(Sr. Supplements 1 & 2 / Handout: Week 2)
- Lesson 3: No matter how much natural talent I have, I will work hard to develop more.
- Lesson 4: Practice and effort is the 'secret' to making a hard skill easier. (Handout: Week 4)
- Lesson 5: When I master one thing, I will find something new to work at. (Materials needed)
- Lesson 6: Great effort is rewarded with great joy and satisfaction. (Sr. Supplements 3 & 4)
- Lesson 7: A growth mindset requires a brain reset which takes patience and perseverance.  
(Junior Supplement 3 / effort demonstration / "I Don't Quit!" stickers)
- Lesson 8: I will keep learning and growing and setting new goals. (Junior Supplements 1 - 4 and Sr. Supplements 3 & 4)
- Lesson 9: Wasted time is wasted growth. (Junior Supplement 6 OR Jr. 1 - 4)
- Lesson 10: I will not let fear of failure or difficulties stop me from growing.  
(Sr. Supplement 5 & Handout: Week 10)
- Lesson 11: Achieving a goal is not the end; it only prepares you for achieving a higher goal.  
(Senior Supplement 7 containing 5 Visuals; Junior AND Senior Supplement 6)
- Lesson 12: No matter what your ability is, effort is what ignites that ability and turns it into accomplishment.  
(Supplements for "Who Said It?" / "I will never stop learning!" stickers)

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## What do you believe you can accomplish?

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"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize of God's heavenly calling in Christ Jesus."

## Week 1: Dec 6-11

### 1. Teach and repeat the declaration, verse, and sign language *several times*.

- a. This season we are studying what it means to have a growth mindset.. Memorizing our declaration and bible verse can help you become a man or woman of true character by training your heart to think true thoughts.

- i. *Proverbs 4:23 "Guard your heart above all else, for it is the source of life." (HCSB)*

### 2. 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.*)
- b. (*Show Junior supplements #1 - 4 and ask students how they can apply each of them to their practice today. (Ex. "How (or To what) will you apply all your energy in practice today?)*
  - 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.

*\*(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.*

### 4. Wrap Up

- a. Repeat declaration, verse, and sign language.

## Planning:

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## Week 2: Dec 13-18

### 2. Practice declaration & verse together

3. **Lead-in:** How long would you be able to collect water from a giant waterfall before it runs out? (answers) How long would you be able to collect water from a bucket? (After they answer, show Sr. Supplements 1 & 2)

- When I rely on effort to supply what I need, my source is unlimited.
- When I rely on my natural talent, there will come a time when it is not enough.

4. Share today's main point:

**Lesson 2:** *When I choose to apply my best effort, there is no limit to what I can learn.*

### 5. Listen to Chapter 1 of story: *The Beginning*

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

- What do some of the villagers say about Master Sapier?
  - He possesses a divine enchantment
- What does Master Sapier say about "the enchantment"?
  - "Divine enchantments are simply an excuse for those who do not want to put forth the effort to become more than who they are."
- Do you think people like Sapier, who are very talented at something, were born with that natural ability or did they work hard to gain it?
  - Sapier, and people with talent, may have been born with more natural ability. But if they don't put any effort into growing that ability, it will reach a limit.
  - People who were **not** born with that natural talent, but never stop applying effort, will pass them up because they worked so hard. **You** are in control of the amount of effort you give.

### 7. Application

- What is something you think you are bad at in gymnastics or school? (answers)
- Try using our declaration to think differently: "I believe I can grow in \_\_\_\_\_ if I put effort into it."
  - (If time, go around and have kids fill in the blank.)

### 8. Wrap Up

- Repeat together: A growth mindset says: ***When I choose to apply my best effort, there is no limit to what I can learn.***

**Handout: Week 2 coloring page**

## Planning:

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

## What does God say? Philippians 3:13b-14

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

### 1. Practice declaration & verse together

### 2. Lead-in: Review last week with Sr. Supplements 1 & 2.

- a. Would you rather depend on your natural ability to make you a good gymnast or on the amount of effort you put in at each practice? (*answers*)
- b. Why is it better to choose effort over natural ability?
  - i. *Natural ability is limited. If you have the natural ability to do a great cartwheel, will that ability be enough to learn a back handspring?*
  - ii. *Much more strength is needed for harder skills and without working hard to get stronger, you won't be able to learn those skills.*

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

**Lesson 3: No matter how much natural talent I have, I will work hard to develop more.**

### 4. Short review: Master Sapier is an aged potter looking for someone he can pass his skills onto since he has no children of his own. As Kisma and Avida listen to the wise teacher, Kisma tells him, "Some of the villagers say you possess a divine enchantment." The old potter laughs and responds by saying, "Divine enchantments are simply an excuse for those who do not want to put forth the effort to become more than who they are."

### 5. Listen to Chapter 2 of story: *The Choosing*

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

- a. Why do you think Sapier chose Kisma and Avida to be his students?
  - i. *They did more than play in the clay. They were always creating interesting objects and adding special details to their creations.*
- b. What did Sapier say to Kisma after just one week as his student?
  - i. *"Your heart carries a treasure of promise ready to be released."*
- c. Was Sapier talking about Kisma's natural ability or her effort?
  - i. *Both! He could tell she had a special gift, which he called a treasure, but he also said it needed to be released.*
- d. What do you think she will need to do to release that treasure?
  - i. *Work hard at developing that special gift so she can become more than just gifted!*

### 7. Application

- a. Is there something you are naturally good at? Are you a fast runner, good at math or art?
  - i. What can you do to become even better at it?

### 8. Wrap Up

- a. Repeat together: A growth mindset says, **No matter how much natural talent I have, I will work hard to develop more.**

## Planning:

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# Winter 2022 CT 'Growth Mindset' Sr Version: "The Potter's Climb"

## What do you believe you can accomplish?

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

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"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize of God's heavenly calling in Christ Jesus."

## Week 4: Jan 3-8

### 1. Practice declaration & verse together

2. **Lead-in:** *Coaches: tell a story about something that was hard to learn and that took you a long time to learn it, but with practice and effort, you now really enjoy doing. (Or a story of someone you know)*

Share today's main point:

### 3. **Lesson 4: Practice and effort is the 'secret' to making a hard skill easier.**

4. **Short review:** After observing how much Kisma and Avida enjoyed playing with the clay at Lower River, he spoke to their parents about training them to become potters. During their first week with Sapier, the girls learned to collect and refine their clay and then began their learning process. Sapier was impressed with Kisma's ability and remarked, "Your heart carries a treasure of promise ready to be released."

### 5. Listen to Chapter 3 of story: *The Secret*

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

- Who is more naturally talented, Avida or Kisma? (*Kisma*)
- How does Master Sapier reply to Avida when she tells him he makes it look so easy?
  - "Easy always walks in the shadow of hard; otherwise it cannot exist."
- What do you think Master Sapier meant?
  - It takes no effort to make a shadow. A shadow just appears after an object is grown or built that blocks the sun. A tree must be planted and grow big and strong before it will cast a shadow that you can sit under and enjoy.*
  - One must first put hard work into learning and growing at something before you can relax and thoroughly enjoy it.*

### 7. Application

- How can you use Avida's "secret" (long hard practice) this season?
  - What's a skill that you can plan to practice hard all season long because you believe you can grow and get better at it with effort?

### 8. Wrap Up

- Repeat together: A growth mindset says, ***Practice and effort is the 'secret' to making a hard skill easier.***

**Handout: Week 4 Home workout**

A growth mindset in my students looks like: \_\_\_\_\_

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## Week 5: Jan 10-15

### 1. Practice declaration & verse together

2. Lead-in: A gift-wrapped box with removable lid and tag. A snap together toy or magnetic toy - something that needs very simple assembling.
  - a. Find the box (or have another coach bring it in).
  - b. Read the tag enthusiastically: "A gift for your class!"
  - c. Open it carefully, and with excitement show the pieces but don't dump them all out.
  - d. Say something like: "This is so cool. What an awesome gift!"
  - e. Then put the lid back on and set it aside.
  - f. Listen to comments then ask,
    - i. "Did we fully enjoy this gift?"
    - ii. "What do we need to do to fully enjoy it?" (*Take it out and put it together!*)

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

**Lesson 5: *When I master one thing, I will find something new to work at.***

4. Short review: Avida is struggling to create her first acceptable clay pot. Every attempt so far has been thrown back into the bucket. Master Sapier continues to patiently teach her, but she cannot seem to grasp the technique. Finally she sighs, "You make it look so easy. What's the secret?" Sapier takes her to a ropes course where Avida easily climbs through the course. When Sapier comments that she makes it look so easy, Avida then understands that she will become a good potter when she puts in a lot of hard work, just like she did to become a good rope climber.

### 5. Listen to Chapter 4 of story: *Visitors*

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

- a. What does Sapier tell Kisma's parents when they visit?
  - i. "*Kisma is a fast learner.*"
- b. What worries Sapier about Kisma's training?
  - i. *She is not interested in working at getting better. "She seems content with the knowledge that she has thus far attained."*
- c. What does Sapier mean when he says, "Gifts are indeed blessings and should be treasured. But like treasures, gifts must be fully opened before their contents can be fully appreciated."
  - i. *Receiving a gift, like a new giant Lego set, is not the same as fully opening the gift. If I never put effort into completely building the set, I will never be able to fully enjoy playing with it.*
  - ii. *Natural talent is a gift God has given you. He expects you to work hard at making it even better so you ( and others) will enjoy it to the fullest.*

### 7. Application

- a. What have you mastered recently and can now do easily?
- b. What will you do next?

### 8. Wrap Up

- a. Repeat together: A growth mindset says, ***When I master one thing, I will find something new to work at.***

Planning: \_\_\_\_\_

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## Week 6: Jan 17-22

### 1. Practice declaration & verse together

### 2. Lead-in: Who remembers our definition of effort? (*Working hard at something until you learn it or finish the job well.*)

- a. (*Show Sr. Supplement 3*) The opposite of a growth mindset is a fixed mindset. A person with a fixed mindset says things like: (*read the bubbles in #3*)
  - i. *People who have a fixed mindset do not grow. It's kind of like being stuck in a box.*
- b. (*Show Sr. Supplement 4*) A person with a growth mindset says these kinds of things: (*read quotes and other info*)
  - i. *People with a growth mindset are more like trees. They keep on learning and growing and believe they can change and become better with effort.*

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

**Lesson 6: Great effort is rewarded with great joy and satisfaction.**

### 4. Short review: Kisma's parents came to visit her and observe her progress. Master Sapier acknowledges Kisma's natural gift, but also expresses concern over her lack of desire to continue to learn. She seems content to collect clay from Lower River instead of climbing higher where better clay is found. She loves to sell her works of art to the townspeople and her reputation as a "gifted potter" is spreading through Graylock Village.

### 5. Listen to Chapter 5 of story: *A Fine Work of Art*

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

- a. Why was Avida so excited when Sapier said, "Avida, this is a fine work of art" ?
  - i. *She had worked hard for months and finally had created a work that Sapier praised.*
- b. What was Kisma's reaction to Avida's excitement?
  - i. *Unenthusiastic and concerned. She was feeling less important and viewed Avida as a competitor now that she had made a beautiful pot. She was growing jealous.*
- c. Now that Avida had mastered her first phase of training, how did she feel about all the visitors that came to admire her pots?
  - i. *She paid little attention. She had set her sights on higher things.*
- d. Which girl is demonstrating a growth mindset? (*Avida*) Why?
  - i. *She has used effort to grow her pottery skills.*
  - ii. *She has not allowed her failures to stop her from growing.*
  - iii. *She is already thinking about climbing higher to find better clay.*

### 7. Application: Show supplements 3 & 4 again. Which picture best represents you?

- a. What can you do in practice today to help you develop a better growth mindset?
  - i. *Try hard. Ask questions if you need to. Learn something if you experience a failure.*

### 8. Wrap Up: Repeat together: A growth mindset knows: **Great effort is rewarded with great joy and satisfaction.**

## Planning:

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## Week 7: Jan 24-29

### 1. Practice declaration & verse together

2. **Lead-in:** (*Show & read Junior Supplement 3*) Tell the class you're going to try and do 20 push-ups with great form. Get in correct position and ask them to tell you when your form is no longer good. Have them count with you. Do a few good ones, then start to sag or pike and eventually collapse.

a. I'm really bad at these. Do you think I should quit?

b. What should I do if I want to get better? (*Apply more effort! Which means I work hard at something until I have learned it or finished the job well.*)

3. Share today's main point:

**Lesson 7: A growth mindset requires a brain reset which takes patience and perseverance.**

4. **Short Review:** Avida had worked hard for months at perfecting her first clay pot. Finally the day came when Sapier said, "Avida, this is a fine work of art!" Avida jumped off her seat and hugged Sapier. Kisma was NOT so thrilled. She had always been the best. Now she had competition. Avida had used great effort to grow her pottery skills and not allowed her failures to stop her from growing. And even though visitors were now admiring her work too, she was more interested in climbing higher to find better clay.

5. Listen to Chapter 6 of story: "*I Found It!*"

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

a. Why did Sapier spend a lot of time helping Avida and not as much helping Kisma?

i. *Kisma wasn't interested in learning anything new. She had stopped growing her brain when she decided to be happy with her current abilities.*

b. Why did Avida want to climb Mt. Ameq and find the yellow clay?

i. *She was NOT content with her current skills and wanted to learn more.*

c. What does Sapier say to Avida when she had a bad day and just wanted to go find better clay?

i. *"How will you know if it is better?" Her struggle to develop a skilled touch with her hands was also **teaching her brain** to know the difference between good clay and better clay.*

d. After many more weeks of correction, what did Sapier say when he praised Avida's work?

i. *"Your fingers are beginning to reward you from your long hours of disciplining them!"*

ii. *Avida's long hours of **thinking hard** about her work was **growing her brain** until both her brain and her fingers worked perfectly together to turn out a beautiful pot.*

7. Application

a. Give your brain a workout today! Put effort into focusing on what your coach says and work hard to do a skill the right way.

b. Remember that there's a lot of changes that are happening that you can't see. Little by little you're growing a stronger body and mind. Be patient. Persevere. **Don't quit!**

8. **Wrap Up:** Repeat together: **A growth mindset requires a brain reset which takes patience and perseverance.**

Hand out "I Don't Quit" stickers after class

## Planning:

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**What does God say?** Philippians 3:13b-14

"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize of God's heavenly calling in Christ Jesus."

## Week 8: Jan 31-Feb 5

### 1. Practice declaration & verse together

### 2. Lead-in: Who remembers our definition of effort?

a. *Working hard at something until you learn it or finish the job well. (Have students repeat with you)*

b. *Show and read **Junior Supplements 1 - 4** one at a time, then ask questions like:*

"When has Kisma used all her energy?" / "When has Avida used all her focus?" / "Do you think Kisma puts effort into doing things correctly?" / "Who has put in the most effort thinking hard and growing their brain?"

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

**Lesson 8: I will keep learning and growing and setting new goals.**

**4. Short review:** Kisma has no desire to increase her pottery-making skills. She thinks Sapier is not spending as much time teaching her because she doesn't need much help. Meanwhile, Avida climbs to the first peak and finds the yellow clay. Once again, it takes many weeks of focus and perseverance before she makes an acceptable pot. All she wants to do is climb higher to find better clay. Sapier tells her that as she struggles to make a good pot, she is developing a skilled touch with her fingers so she will know what the best clay feels like.

### 5. Listen to Chapter 7 of story: *A Painful Truth*

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

a. What happens to each girl at the art show?

i. *Kisma loses customers when her pottery falls apart because she failed to listen to Sapier's warning against adding debris to her pottery.*

ii. *Avida's continued effort to improve her skills has resulted in beautiful yellow and blue pottery that the villagers flock to and praise.*

b. How does Kisma respond to Avida's success?

i. *She claims Avida stole the show and blames Sapier for not helping her more because she is full of jealousy.*

c. What does Master Sapier tell Kisma?

i. *She has robbed herself by "choosing ease over effort, and that she has given away her love for her friend in the process."*

### 7. Application (Hold up **Sr. Supplements 3 & 4** as you read below)

a. A fixed mindset compares itself with others and blames others for failures.

b. A growth mindset focuses on ways it can grow through effort and trying new ways to learn. This means I can have better friendships because I'm not worried about being better than my friends.

c. If you fail or make a mistake today, what can you do or say that will encourage a growth mindset?

**8. Wrap Up:** Repeat together: A growth mindset says: *I will keep learning and growing and setting new goals.*

## Planning: Are your students reaching the objectives?

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## What do you believe you can accomplish?

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

## What does God say? Philippians 3:13b-14

"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize of God's heavenly calling in Christ Jesus."

## Week 9: Feb 7-12

### 1. Practice declaration & verse together

### 2. Lead-in: If you have one hour of time to do anything you want when you're at home, what do you do?

(answers) If Avida had one hour of time to do what she wanted, what do you think she would do?

Listen to today's story for some clues!

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

#### **Lesson 9: Wasted time is wasted growth.**

### 4. Short review: Avida and Kisma attended the Grayloch Arts Festival to display their work. Avida's beautiful yellow and blue pottery attracted more attention than Kisma's. Avida told her admirers that since the best clays are in the higher elevations, she intended to climb higher no matter how difficult. Kisma tearfully accused Avida of stealing the show and blamed Sapier for not spending more time teaching her. "You have robbed yourself," said Sapier. "You have chosen ease over effort, and ease has given you all it is capable of giving – as well as taking away your love for your friend in the process."

### 5. Listen to Chapter 8 of story: *The Climb*

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

- What did Avida do when she had a month off?
  - She designed a challenging rope-climbing course that mimicked some of the dangers she would encounter to prepare herself for the harder climb.*
- (Show *Junior Supplement 6 OR Jr. 1 - 4*) Which kind of effort do you think Avida had to use to build the course? (Discuss as time allows. All could apply)
- When Avida tells Sapier she is going to climb the next day, what does he say?
  - "I don't think you will have much trouble reaching the third peak. **Your training has prepared you well.**"*
- What two warnings does Sapier give to Avida?
  - "Never look back" and "Don't let your past glories imprison your future."*
- What almost happens to Avida?
  - She almost steps off the trail into a huge chasm that separates the 3rd and 4th peaks.*

### 7. Truth: Our bible verse says we are "straining toward what is ahead," and "I press on toward the goal..."

- To strain and press on toward something means I must work hard. I must use lots of effort.

### 8. Application

- If you have a week or month off school or gymnastics, instead of complaining about being bored or wasting the day on electronic devices, what can you put effort into that will make you smarter, stronger, and a better person?
  - build things:** Legos, forts, teepees with branches, card houses / **simple or not-so-simple recipes:** cookies, play dough, snow cones from snow, a whole dinner / **games:** board games, card games, puzzles / **outdoor activities:** climb trees, tag, jumprope, make secret hiding places

### 9. Wrap Up: Repeat together: **Wasted time is wasted growth.**

## Planning:

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

## What does God say? Philippians 3:13b-14

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## Week 10: Feb 14-19

### 1. Practice declaration & verse together

2. **Lead-in:** Has anyone ever fallen from a high place? A tree? A fort? Maybe off some equipment here? (*answers*) How do you think you would feel if you were Avida and just barely stopped in time before falling off a super high cliff? (*Show Sr. Supplement 5*) Do you think you would feel like continuing on or quitting?

3. Share today's main point:

**Lesson 10: I will not let fear of failure or difficulties stop me from growing.**

4. **Short review:** Avida has used her time off from pottery-making to create a ropes course so she can prepare herself for the difficulties she will encounter on her next climb up Mt. Ameer. Her daily practice on the course included many painful falls, but with Sapier's coaching, she gained confidence and skill. Sapier gives her two final warnings: "Never look back" and "Don't let your past glories imprison your future" She reaches the third peak in a week with little trouble and sees the fourth peak which looks to be less difficult than she thought - UNTIL she rounds a bend and almost steps off the cliff which would have hurled her to her death.

5. Listen to Chapter 9 of story: *Ease or Effort?*

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

- a. What is Avida tempted to do once she sees how dangerous it will be to climb across the chasm?
  - i. She is tempted to quit. She begins to think: "I could stay here forever" with the beautiful blue clay." And "The villagers loved my blue vases."
- b. What warning from Sapier does Avida remember and what does it mean?
  - i. "Never let your past glories imprison your future."
  - ii. If you stop learning and growing after you have won or achieved a goal, you will never have more successes in the future.
  - iii. When you fill your car with gas so you can get to the place you want to go, what would happen if you never filled the tank again?
    - You would be stuck there and never go any farther! That's what happens if you are content with past successes: you stop learning and stay stuck.

7. Application:

- a. Which kind of effort will you use when you are afraid to fail or think something is too hard?
  - i. (*Junior Supplements 2 & 4*) Avida could stay at the 3rd peak, but she realized the blue clay was a distraction. She had to start **focusing** and **think** of a way to get across.
  - ii. Think of a skill or goal you want to achieve that is hard or scary. Now **focus** and **think** of a way to get there. Ask your coach for help if you need it.  
**\*Note: There are legitimate reasons to quit at times. You may want to mention that!**

8. **Wrap Up:** Repeat together: A growth mindset says: *I will not let fear of failure or difficulties stop me from growing.*

**Handout: Week 10 Maze**

**Planning:**

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# Winter 2022 CT 'Growth Mindset' Sr Version: "The Potter's Climb"

## What do you believe you can accomplish?

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

## What does God say? Philippians 3:13b-14

"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize of God's heavenly calling in Christ Jesus."

## Week 11: Feb 21-26 (Last chapter. Week 12 = What did they learn? Pictures & videos)

### 1. Practice declaration & verse together

2. **Lead-in:** (*Senior Supplement 7 of 5 Visuals*) Take students through these progressions. Explain that as the baby accomplishes one goal, it is preparing him for the next.

- a. What does a baby learn to do first? (*crawl*) What comes next? (*walk*) etc.

### 3. Share the main point:

**Lesson 11: *Achieving a goal is not the end; it only prepares you for achieving a higher goal.***

4. **Short review:** Avida climbs upward from the third peak but nearly falls when she finds a huge chasm between her and the fourth peak. She now understands why Master Sapier never climbed higher. Avida almost chooses to stay with the beautiful blue clay, but remembers what Master Sapier said, "*Never let your past glories imprison your future.*" She picks a tree as a focus point on the fourth peak and slowly makes her way across the dangerous rock face that connects them. But she is abruptly stopped when wind blows sand into her eyes.

### 5. Listen to Chapter 10 of story: *Beyond...*

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

- a. Which type of effort is Avida using most? (*Show Junior Supplement 6*)
  - i. Any answer with a valid reason is acceptable. Emphasize **focus** and keeping her eye fixed on the tree; not looking around or getting distracted.
  - ii. Tie this into the verse reminding students to focus on what lies ahead and straining (working as hard as you can) to reach a goal.
- b. What do the villagers think of Avida's great accomplishment?
  - i. She must have a divine enchantment.
- c. What does this mean? "Divine enchantments are simply an excuse for those who do not want to put forth the effort to become more than who they are."
  - i. The villagers think a divine enchantment is a magical gift that only a few special people are born with or given. If that is true, then no amount of effort and hard work will help you. Do you think that's true?
- d. Now that Avida has reached the fourth peak and earned the praise of all the surrounding villages, what do you think she will do? (*She will always want to know more and create challenges for herself*)
- e. (*Show Senior Supplement 6*) What do you think this picture is about?
  - i. Kisma had a fixed mindset. She did not change much because she thought she was naturally talented and she did not want to put any effort into improving her gifts.
  - ii. Avida changed a lot! Even though she was **not** naturally talented, she put energy, focus, and thought into her work until she got it right. She always wanted to learn more and trained her mind and body through hard work so she could experience the joy of growing.

### 7. Application

- a. What skill(s) have you learned this season? Are you going to be done now? What will be next for you?

8. **Wrap Up:** Repeat together: A growth mindset knows: ***Achieving a goal is not the end; it only prepares you for achieving a higher goal.***

## Planning:

# Winter 2022 CT 'Growth Mindset' Sr Version: "The Potter's Climb"

**What do you believe you can accomplish?**

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

**What does God say?** Philippians 3:13b-14

"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize of God's heavenly calling in Christ Jesus."

## Week 12: Feb 28-March 5

### 1. Season Review

Supplements for Lesson 12.

### 2. Practice declaration & verse together

### 3. Today's main point

**Lesson 12: *No matter what your ability is, effort is what ignites that ability and turns it into accomplishment.***

### 4. Today is a review day. Let's see what you remember from the story by playing "Who Said It?"

I'll read the sentence on each of these cards. Raise your hand if you know who said it.

If you're right, you can take the card and place it on the correct pile. If not, I'll call on someone else.

**(\*\*Be sure to save enough time for #5. You don't need to use all of the quotes.)**

### 5. Questions

a. **If possible, take videos and pictures, some having students' faces and holding visuals.**

i. **Pick students to hold up supplements for a photo.**

### 6. Questions you can ask and record:

(Choose a question that you think best fits each student's ability to answer it.)

a. **Tell me one thing Avida did that showed she had a growth mindset.**

b. **Tell me one thing Kisma did that showed she had a fixed mindset.**

c. **What would make you happiest:**

i. **being naturally good at gymnastics and easily winning awards OR**

ii. **working really hard, failing at times, and only winning some awards in the process?**

iii. **Why?**

d. **Which character taught you the most?**

i. **What's one important thing you learned from him/her?**

### 7. Wrap Up: Repeat together: ***No matter what your ability is, effort is what ignites that ability and turns it into accomplishment.***

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

Name \_\_\_\_\_ On a scale of 1 - 5, rate how well your students did in general in reaching the objectives and explain why you chose that number. Add any other feedback that might make CT better. Give this to Rebecca before week 1 of spring season. Thank you!

1 2 3 4 5 \_\_\_\_\_

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