

LESSON 10

Overcoming the Inner Critic

🕒 45min **Prerequisite:** Completion of Lessons 1-9

Objectives students will be able to...

- * Describe how negative self-talk and a fixed mindset may impact you.
- * Describe how self-compassion and growth mindset can help with your inner critic.

Materials

- * The Dot by Peter H. Reynolds (or https://www.youtube.com/watch?time_continue=7&v=1CH-BrRyPb2I)
- * A/V equipment to show motions for song https://www.youtube.com/watch?v=r_I43cxDQ-o
- * Quiz-Quiz-Trade cards
- * Dot Activity page (1 per student)

Teacher Notes

Negative opinions about ourselves might makes us feel insecure and less confident. These feelings can make it harder for us to show compassion to ourselves and others. Developing resilience helps us overcome criticism (both internal and external). Research shows that mindfulness helps individuals bounce back after failure and feel confident in their ability to achieve their goals. In this lesson, students will learn the difference between opinions and facts, and will practice applying compassion in times of criticism.

Opening

🕒 5 min

Format: Turn and talk, activate prior knowledge



Last time, we learned about making mistakes - how everyone does sometimes - and it's ok! We also learned about making an apology of action. Turn and talk to a neighbor about these questions: What is an apology of action? How can you have self-compassion when you make a mistake? Have a couple of volunteers share out with the class. Today, we're going to talk about something else related to self-compassion - overcoming our inner critic."

A critic is someone who judges something. For example a movie critic goes to see movies and then gives them a review based on their opinion of the movie. Sometimes, we judge ourselves and act as our own critics. When we are critical of ourselves, we are not showing ourselves compassion or having a growth mindset. We are putting ourselves down and having a fixed mindset.

Let's read a book together about a girl named Vashti who is critical of herself about her art. Let's see how she learns to have a growth mindset and show herself compassion.

Read-Aloud

🕒 5-10 min

Format: Read-aloud

Read The Dot

- Or show: https://www.youtube.com/watch?time_continue=7&v=1CHBrRyPb2I

Debrief

🕒 5 min

Format: Whole group debrief

Discuss as a class:

- What did Vashti have a fixed mindset about?
- Who had compassion for Vashti? How did they show it?
- How did Vashti show a growth mindset as the book went on?
- How did Vashti show compassion to someone else because of her new growth mindset?

Debrief Cont.

Direct Instruction

🕒 10 min

Format: Direct instruction, audio/kinesthetic learning

Activity Part 1: All You Have to Do is Start

🕒 10 min

Format: Quiz-Quiz-Trade

Activity Part 2: Dot Activity

🕒 10 min

Format: Art project, self-reflection, partner share, group share

Debrief and Closing

🕒 5 min

Format: Formalize learning with the whole group, partner share

Have students turn and talk to a partner:

- Tell about a time when you were being critical of yourself saying things inside your head like, “I’m not good at this” “I can’t do this” “I could never figure this out”. How did saying those things to yourself make you feel? Did anyone show you compassion and help you change to a growth mindset?

After students have shared with a partner, allow a few students to share with the whole group.

Share with students about a time when you were critical of yourself and had a fixed mindset about something. Choose a story focused on a time when you were afraid to start something because of your self-criticism.

Let students know that sometimes, in order to overcome your fixed mindset and self-criticism, all you have to do is start!

Teach the song along with the hand motions: https://www.youtube.com/watch?v=r_I43cxDQ-o

Let them know that sometimes it can be hard to know where to “start” to overcome a challenge.

Let students know that they will be brainstorming ways to “start” overcoming challenges with partners using Quiz-Quiz-Trade.

- Quiz-Quiz-Trade explanation: <https://www.youtube.com/watch?v=RrtwsX4i3Qk>
- *Note: Our cards just have a scenario on the front. Students are to come up with possible ways that someone with that challenge could “start” to overcome it as the answer. There are many possible right answers.*

Demonstrate how to play Quiz-Quiz-Trade

Distribute cards - 1 per student.

After a few minutes, bring the students back together, collect the cards, and have a few of them share some of the “start” suggestions that they made to the different scenarios.

Let students know that they will now get to try having a growth mindset to overcome their own challenges by thinking of a place to start.

Give each student a Dot Activity page

Have them color/decorate the front of their dot and then fill out the back.

Next, have them cut out the dots and glue them back-to-back.

After students have completed the activity, have them share with a partner and then choose a few students to share with the class. Emphasize that it’s important to overcome your inner critic by using a growth mindset and by finding somewhere to start.

If students finish early, see extension activities for ideas.

Turn and talk:

- How does finding a place to start help you have a growth mindset?
- How does finding a place to start help you show yourself compassion?

Have a few students share out after the turn and talk.

Discuss as a class:

- Like Vashti did, how can you show compassion and help others who are being critical of themselves? What could you say or do?



Extensions

Suggested activities for The Dot and Ish by the author:

http://www.candlewick.com/book_files/0763619612.btg.1.pdf

Art activities: http://www.peterhreynolds.com/dot/dot_activities.html

Additional Suggested Reading for Students:

- You Should, You Should by Ginny Tilby
- Jabari Jumps by Gaia Cornwall
- Ish by Peter Reynolds

Learners needing support:

Learners ready for extensions

Notes for next time

The Dot Activity

Name:

All I have to do is start!

I want to get better at

I'm going to start by:



I'm not good
at math.



I'm not good
at writing.



I can't hit in baseball.



I can't make a point
in basketball.



I'm not good at
multiplication.



I can't play
the recorder



I'm not good
at reading.



I can't make a point
in basketball.



I'm not a fast runner.



I'm not a good dancer.



I can't catch in softball.



I'm not good at throwing a football.



I'm not good
at Spanish.



I'm not good
at spelling.



I can't score a
goal in soccer.



I can't draw.



I'm not good at
playing piano.



I can't pass in soccer.



I'm not good
at singing.

