

## Mindset Matters Workshop plan:

### Mimi's Toolbox:

- 6-7-8 breathing exercise
- Taking a walk outside
- Finding a hoop to shoot around
- Making tea
- Playing music (for me its rap) but different for everyone and/or a podcast that will make me feel motivated.

### Growth Mindset example:

- I thought I was at math and told myself that always aiming for a B+ or A-
- This year I have changed my mindset and just how I approach math and math hw and studying. And I have never done better in a math class, so when thinking about math i don't really think "I suck at that", I just know it may take me longer to understand but I can get it and do well in it eventually.

### Experience with stress and anxiety:

- My school, a predominantly white independent school has definitely made my anxiety and stress a lot worse. Issues happening at the school regarding race, always feeling the need to prove myself to my white classmates and teachers, and going to a competitive and challenging school, has made me a very stressed person. And I have noticed my anxiety and stress have prevented me from performing well in classes and just being the best I can be.

### Inflatable person activity:

Extend then deflate 3 times (slow, medium-speed, fast)

Bend over and deflate first the inflate and then wave your hands around like the wind is blowing you!

Mindset Matters Training for All City Tutor Training  
Saturday, October 17th  
10:15-11:45 & noon

Supplies: powerpoint, nameplate paper, chime, mindfulness station supplies, oil diffuser  
On poster paper- Mindful movements/moments running list, agenda, community norms

10:15

- warm welcomes by Faith & Mimi
- participants to decorate name plate with 6 word autobiography/name/pronouns
- examples of stories on powerpoint

10:25

- community norms (be fearless, kind, creative)
- a little about faith and mimi (share our 6 word stories)
- take a temp check
- intro to mindfulness station (mimi talk about it)
- schedule/learning goals

10:35

- Mindful movement (inflatable person) mimi to model and teach
- Share our names/pronouns & 6 word stories
- Social Emotional Learning -5 areas of focus. What it is? Why it matters so much. SEL supports community and brave spaces for youth.

10:45

- Community meeting in groups
- mindful moment (cake), names, pronouns, 1 thing question
- questions with Mimi

- 1) do you see an emphasis on social emotional learning at school or after school?
- 2) What does SEL look like there? Specific examples
- 3) do you think sel supports your learning? How?
- 4) What Tips do you have for tutors on building relationships with students?

11:00

- Mindful movement (1 thing & mirror)
- Growth vs Fixed Mindset- explore our own mindset and approach to learning.
- The power of yet and mistakes.
- Practicing Gratitude
- Impact/importance of your words on our youth.
- Questions with Mimi
  - 1) What is your experience with mindset?
  - 2) Why do you think it's important to talk about mindset and the characteristics of mindset?
  - 3) Tips for tutors if they hear a students talking negatively about their ability/skills?
- (Mindful moment- candles)

11:15

- Mindfulness
- RAIN- recognize, allow, investigate, nurture
- Definition vs your definition. Why?
- Promotes self/group regulation and calming.
- Write down how you stay calm/focused
- Mimi's mindfulness list and Add to it
- List all the mindful moments/movements we have done together
- Questions with Mimi

- 1) What is your experience with stress/anxiety?
- 2) How were you first introduced to mindfulness?
- 3) How do you define mindfulness?
- 4) Why is it important to see adults practicing/talk about self-regulation and mindfulness?

5) Why is it important for students of color to be able to learn about self-regulation and mindfulness?

Agenda, bullet form:

- Temperature check
- Mindfulness Station
- Save your questions
- Social Emotional Learning
- Mindset
- Mindfulness

Mindfulness list:

- Mindful Movement (mountain climbers breathing)
- Shape Breathing
- 2-4-6 breathing
- Candle blowing
- Flower picking