



EXCELLENT

ACTIVITY

TITLE:

DEVELOPING A GROWTH MINDSET: PLAYFUL LEARNING

DURATION: 30-60 minutes

PURPOSE:

Growth mindset is the belief that you can improve abilities and excel with effort and persistence, not just talent or luck.

Trying new things and enjoying the experience is central to a growth mindset. Doing it as a team aids inclusivity and collaboration too.

PREPARATION:

You will need at least three tennis balls, bean bags, oranges or apples and a timer (or stopwatch/phone)

STEPS:

1. Ask if anyone can already juggle
2. These people can be asked to demonstrate to the rest of the team and share 'how to do it'. Then get the team to pair up one juggler/one non-juggler
3. If no-one can already do it, go straight into pairs
4. Give the team up to 20 minutes to practice juggling
5. The pairs take turns to be timed whilst juggling. The clock stops when one ball is dropped.
6. The winning pair is the one with the longest time recorded

Discuss:

- How easy or difficult the activity was,
- How well we shared knowledge with each other,
- How we felt before we started about our ability to do it and How we feel now about trying something new
- What does that mean for the team going forward.
- How will we use what we have learnt

SUGGESTED FOLLOW UP ACTIVITIES:

- Ask the team to identify something else they could learn together at the next meeting
- Ask for volunteers to teach the team something different
- Identify the thing most of the team say they are not good at and arrange to bring someone in to teach/train them

EXCELLENT



When we live the values*

"We strive for EXCELLENCE in all that we do in teaching, learning, research and knowledge exchange, as well as in the services we provide to students and to each other.

To enable us to be excellent, we seek to act in ways that are INCLUSIVE, INSPIRING, INNOVATIVE & COLLABORATIVE.

WHAT ROLE MODELS DO:

- Agree what Excellent looks like in their role & set objectives to deliver on those ambitions
- Understand and role model the other four values to perform to the best of their ability