

Grade 9 Launch Lesson
Activity #1: Grit Shuffle Cards

Cut cards apart and randomly distribute them to 8 students. Have the students stand at the front of the room in a horizontal line in the order of their card.

#1) Grit is the ability to persevere even when faced with challenges.

#2) A person can have strong Grit in one area such as academics but have weak Grit in other areas such as health and wellness.

#3) Negative thoughts and pessimistic thinking can weaken Grit.

#4) But the good news is that you have control over your thoughts, and you can stop negative thoughts and change pessimistic thinking into optimistic thinking.

#5) Researchers have found that Grit is a significant predictor of success.

#6) More good news!! You can develop Grit in any area.

#7) One way that you can develop Grit is to have a Growth Mindset.

#8) A Growth Mindset is the belief that the ability to learn is not fixed; that it can change with your effort.