

Becoming Courageous

Act: Lesson 3

Possibility

Objective:

1. To help children concentrate on what they can do.
2. To explore the concept of having a *Growth Mindset*.

Rationale:

1. Focusing on the possibility in a situation can help students to persevere through challenging situations.
2. Growth Mindset is a powerful tool to empower children to believe that they can and will learn things.
3. Art is an area where many children struggle to overcome their “mistakes” so we will use this as a way to practice looking for possibility.

Alignment to the British Columbia Core Competencies:

Personal Awareness and Responsibility; Self Determination

1. I can show a sense of accomplishment and joy
2. I can celebrate my efforts and accomplishments
3. I can imagine and work towards change in myself and in the world.

Supporting Literature:

1. Possibility in action, Benjamin Zander TED talk, [The Transformative Power of Classical Music](#).
2. Carol Dweck TED talk, [The Power of Believing That You Can Improve](#).
3. If you have more time, the book *The Art of Possibility* by Rosamund Stone Zander and Benjamin Zander is a great read. If you don't have time, here is a [summary](#).

Materials and Resources:

1. Courage Journals. Children use exercise books or any type of book or journal. Courage Journals are used to reflect on the content of the day's lesson. Each child should have their own.
2. Smartboard, or projector and speakers. Links to the videos are in the lesson.
3. Videos: [SOAR](#)
4. Books: *Beautiful Oops* by Barney Saltzberg
Anywhere Artist by Nikki Slade Robinson
What Do You Do With a Problem? by Kobi Yamada
What Do You Do With an Idea? by Kobi Yamada
What Do You Do With a Chance? by Kobi Yamada

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Lesson (approx 1 hour)

Introduction:

1. Organize students so they can see the smartboard.
2. Show the students the video [SOAR](#)
3. Facilitate a conversation with your students about the video. Ask the students about the problem. How did Mara (the girl) and Lucas (the pilot) react to the challenges that they were facing.
4. Ask the students to think of a time when they worked hard to overcome a challenge.

Main Activity:

1. Read the book, *Beautiful Oops*.
2. Inspired by the book, have the children make some art using the “mistakes” you provide for them. See below for the details of the art lesson.

Reflective Activity:

1. Read the book, *What Do You Do With a Problem?*

In their reflective journals, have the students reflect on a problem they have had, and how they came up with a solution. Now think of a challenge that you can't do yet. How does adding the word “yet” to something change how it feels. (I can't do multiplication yet, I can't _____ yet)

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Extensions:

Books that inspire possibility:

Anywhere Artist: making art out of things you find outside

Doors in the Air by David Weale and Pierre Pratt

The Dandelion Seed by Joseph Anthony, illustrated by Cris Arbo

Say Something! by Peter H Reynolds

Creative Activity: What is Possible? Fortune Teller. This fortune teller is mean to be used when students are facing a challenge, or perhaps feeling overwhelmed. Access the template by clicking on the “creative activity” button.

Materials:

- Fortune Teller templates
- Scissors
- Pencil crayons

Students can colour the fortune teller, then fold it. They can keep it handy and use it when they feel like they need some encouragement .

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Beautiful Oops Art Lesson

Read the book, *Beautiful Oops* by Barney Saltzberg
This lesson will consist of making art out of our “Oopses”.

First project: Straw painting.

Materials:

Tag board, card stock, or other heavy paper
Liquid watercolor paint
Dropper
Drinking straws

Instructions:

1. Place the paper in a tray, cookie sheet with sides, or a shallow box
2. Using the dropper, take some paint and put it on the paper
3. Using the straw, blow the paint around. Be careful not to blow too hard, start with blowing softly and see the effect that you get.
4. When you are finished put the paper aside so it can dry.
5. After the paper is dry, look for shapes in your painting. Using a black felt pen, draw outlines around your paint, and lines through your paint, to make shapes. See what you can find!

Second project: Newspaper painting

Materials:

Newspaper
Tempera paint
Paint brush

Instructions:

1. Give the students a piece of newspaper and tell them to rip it randomly. It works best to rip the newspaper into medium sized pieces.
2. Analyze the shape.
3. Using the shape of the newspaper, paint an object that is inspired by the shape of your newspaper piece.