**“Growing Your Mind” Video Questions**

**Directions:** As you watch the video ( <https://youtu.be/WtKJrB5rOKs> ), answer the questions below. All of the questions are in the order of the video.

**Growing your mind**

1. What does the diagram of the neurons “At birth vs. At age 6” show us about how our minds grow?

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1. What does the second diagram (an animal living in a cage vs. an animal living with other animals and toys) tell us about how our environments affect our brain’s growth?

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1. How are our brains like muscles?

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1. When do our brains grow the most?

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**Discussion Questions**

1. What does the video suggest about how our age and environment affect our brain growth?

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1. What is one strategy you can use to grow your mind or develop a growth mindset?

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1. Do you think students have a fixed mindset in one topic and a growth mindset in another? Explain.

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