

### “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?

2. 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?

3. How are our brains like muscles?

4. When do our brains grow the most?

#### Discussion Questions

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

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

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