



YOU ARE AWESOME



Matthew
Syed

PiXL
Partners in excellence

Have your responses to any of these statements changed? How? Why?

You are Awesome
Self-assessment

Statements	Self-assessment scale 1 = Strongly disagree / 10 = Strongly agree
1. People are born with a certain amount of intelligence.	1 2 3 4 5 6 7 8 9 10
2. You cannot change your level of intelligence very much by learning.	1 2 3 4 5 6 7 8 9 10
3. You cannot be more intelligent than your parents.	1 2 3 4 5 6 7 8 9 10
4. New information can always be learned, however old you are.	1 2 3 4 5 6 7 8 9 10
5. Not everybody has the ability to learn a musical instrument to a good standard.	1 2 3 4 5 6 7 8 9 10
6. Maths and Science are easier to understand if you are male.	1 2 3 4 5 6 7 8 9 10
7. Females are better suited to creative subjects such as English and Art.	1 2 3 4 5 6 7 8 9 10
8. Some people are born <u>bad</u> and they cannot be changed, however much they try.	1 2 3 4 5 6 7 8 9 10
9. It is impossible to learn something new after the age of 70.	1 2 3 4 5 6 7 8 9 10
10. I'll never be very good at sports because none of my family have been.	1 2 3 4 5 6 7 8 9 10
11. The harder you work at something, the better you will get.	1 2 3 4 5 6 7 8 9 10
12. I don't like people to know when I fail or struggle with something.	1 2 3 4 5 6 7 8 9 10
13. I'm quite open about my mistakes.	1 2 3 4 5 6 7 8 9 10
14. Making mistakes is a good way to learn when I'm studying.	1 2 3 4 5 6 7 8 9 10
15. Geniuses (e.g. Albert Einstein, your most clever teacher) do not need to try very hard to be smart; it comes naturally to them.	1 2 3 4 5 6 7 8 9 10

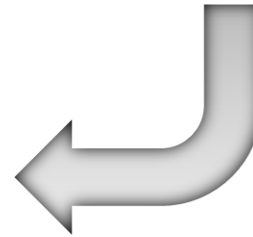


Matthew Syed

PiXL
Partners in excellence



TODAY'S SESSION





Year 6 Session 2
 What's holding me back?


Matthew Syed

1. Have you ever come across these obstacles when trying something new or difficult?

- o Fear of looking foolish.
- o Everyone is way better than me.
- o Hard work is a bit of a hassle.
- o Confidence crises.
- o Who even am I?



What did you do? _____
 How did that feel? _____
 My goal: _____

Obstacles I might face	What would Kid Average say?	What would Kid Awesome say?


 This week I will practise approaching obstacles with a growth mindset.

Instead of saying...

...I will choose to say...

Make a note of how this makes you feel or behave differently.

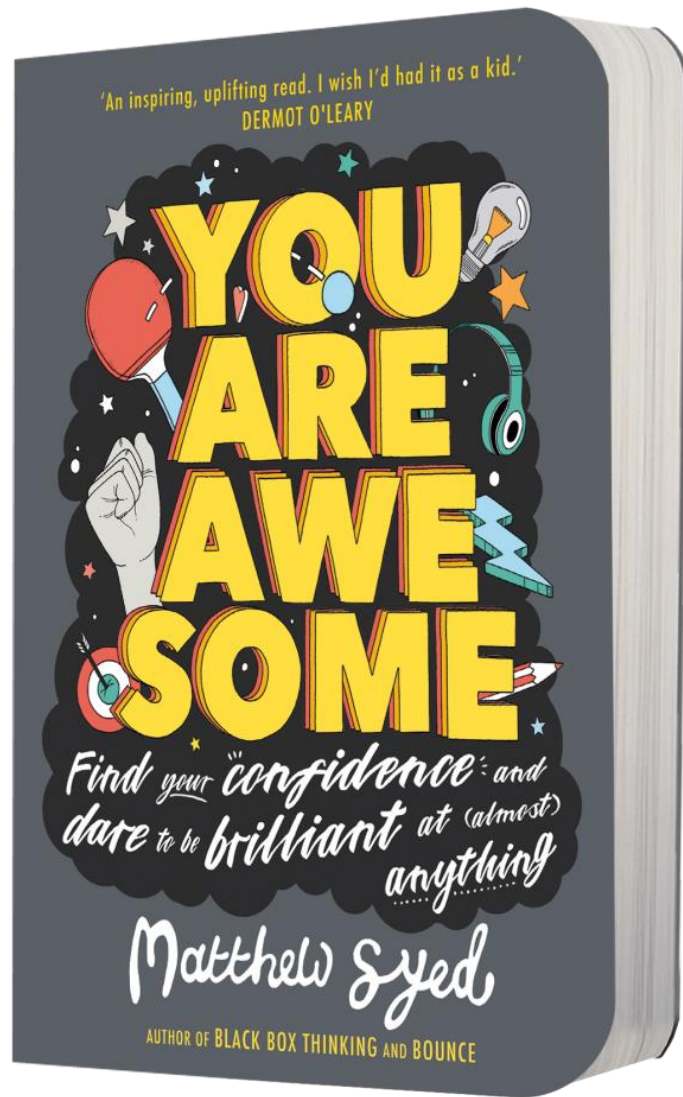


Matthew Syed

YOU WILL NEED



PiXL
Partners in excellence



Read Chapter 2 of
'You Are Awesome'.



Matthew Syed

PiXL
Partners in excellence

The world around us is changing so fast. It's no wonder that we sometimes feel anxious about how we fit into it. We question whether we are smart enough. We get a bit scared to have a go (in case we look stupid). And sometimes it's tempting to quit before we've even tried something.

Lots of anxieties and worries can hold us back. So let's take a look and see how we can overcome them. Because it's good to be READY. PREPPED. CONFIDENT. On fire! We need to find our confidence to deal with all the changes and challenges that life can bring.

page 35



Matthew Syed

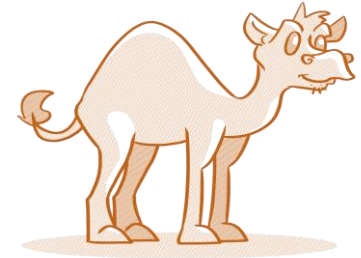
PiXL
Partners in excellence



Discuss

Matthew came up against these obstacles on his path to success.

Which of these have you encountered?



1. *Fear of looking foolish.*
2. *Everyone is way better than me.*
3. *Hard work is a bit of a hassle.*
4. *Confidence crises.*
5. *Who even am I?*

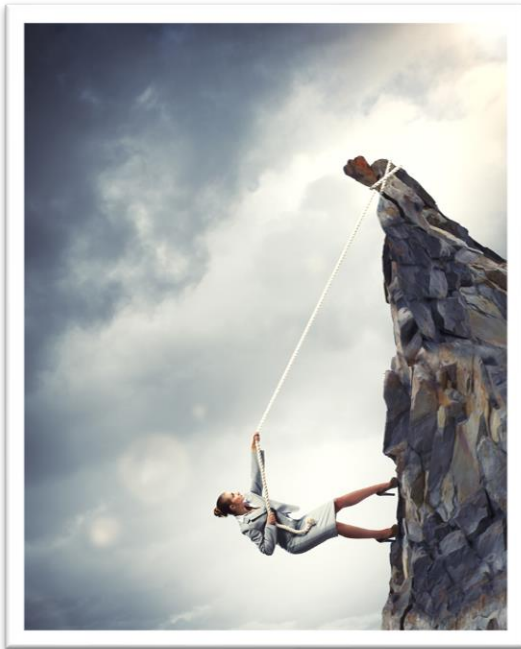


Matthew Syed

What is an obstacle?

Obstacle (noun):

something that blocks your way or prevents progress.



Fixed mindset:

I'll give up because there are too many obstacles.

Growth mindset:

I'll find a way around the obstacles because I really want to succeed.



Matthew Syed

Reflection



During Session 1 you wrote down a goal for your lifetime.

- a) What obstacles could you face in working towards this?
- b) b) What would each of the below say when faced with these obstacles?

What would **Kid Average** say?

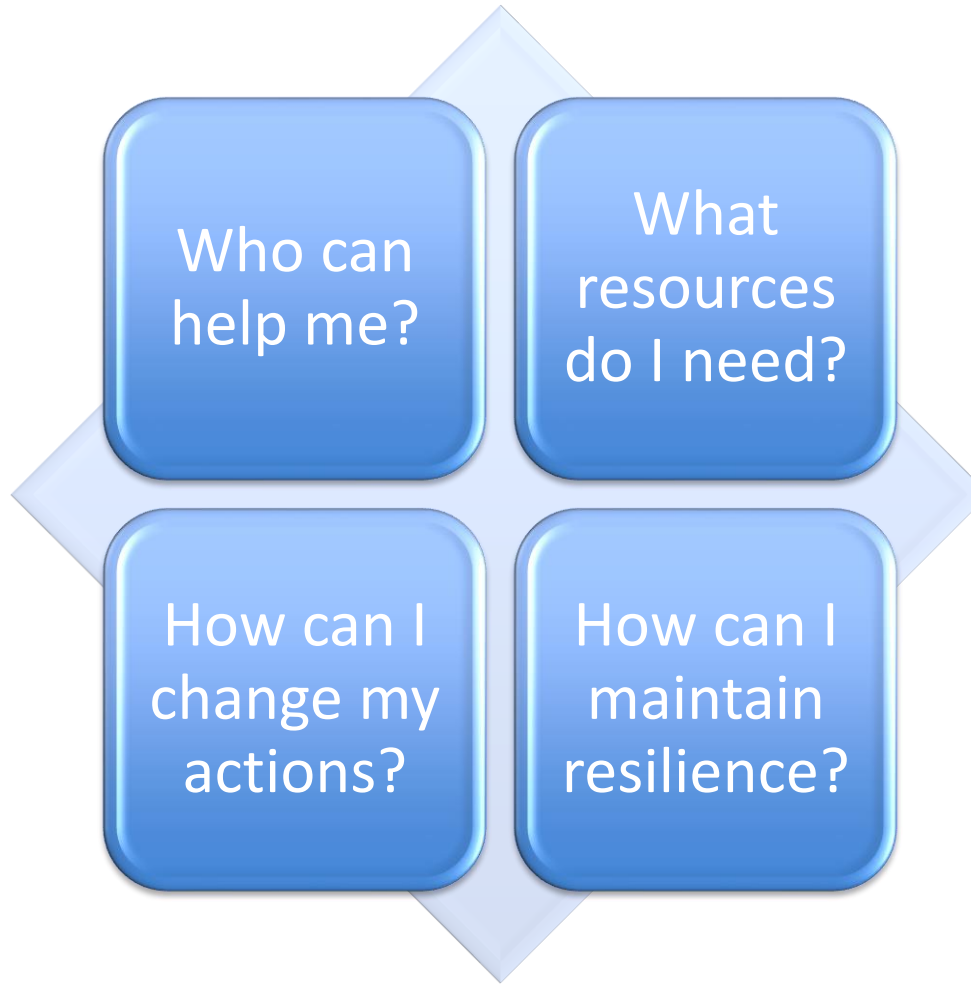
What would **Kid Awesome** say?



Matthew Syed

PiXL
Partners in excellence

Focus on the solution



Matthew Syed

PiXL
Partners in excellence



Matthew Syed



Matthew Syed



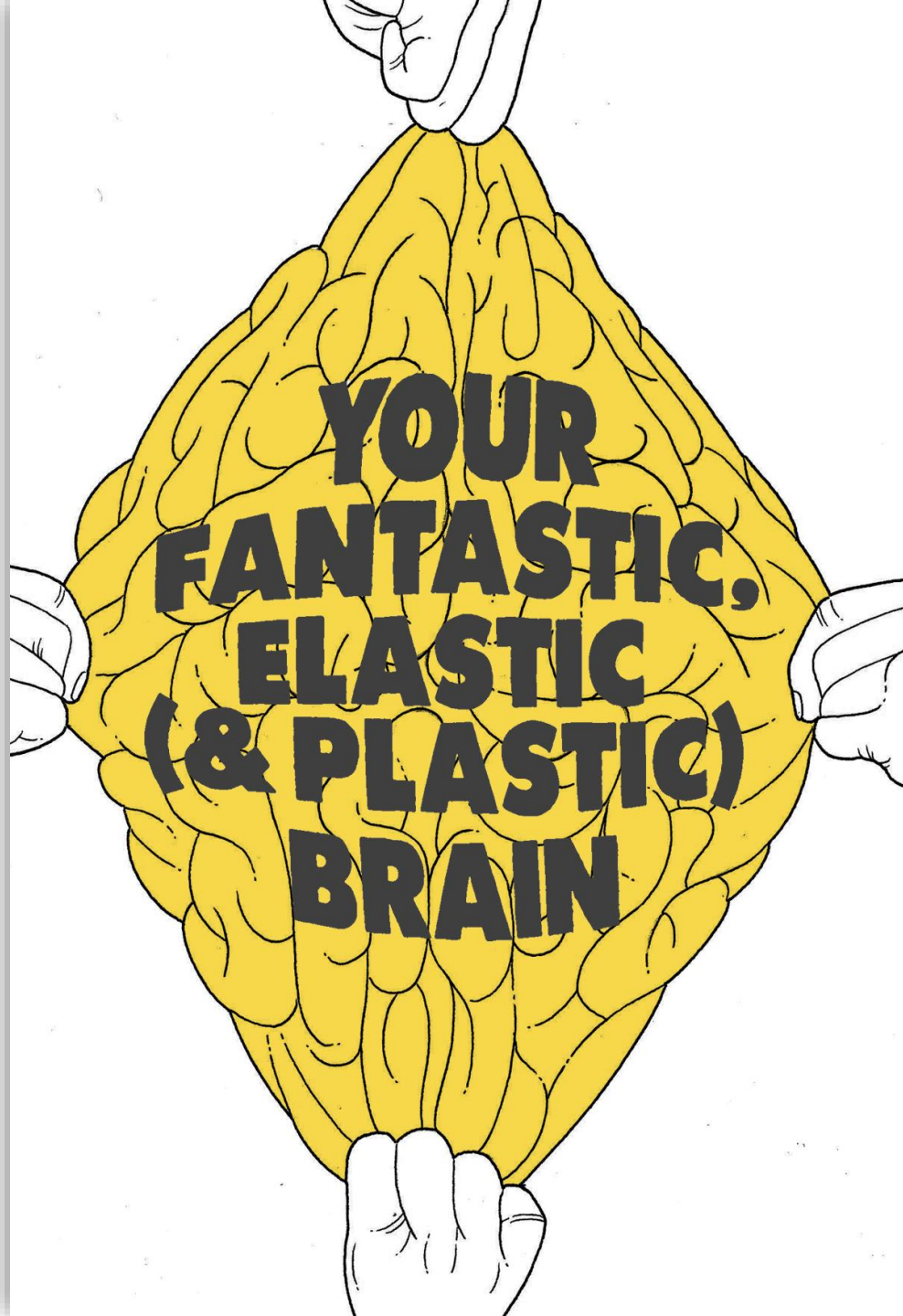
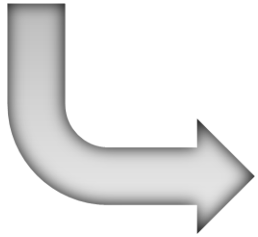
1. Write down what you might usually say when faced with an obstacle in your daily life.
2. Now change what you have written to approach the obstacle with a growth mindset.

Practise saying this aloud during the week.
How does it make you feel different?



Matthew Syed

NEXT
SESSION



Matthew Syed

PiXL
Partners in excellence



YOU ARE AWESOME



Matthew
Syed

PiXL
Partners in excellence

© Year 2018 The PiXL Club Ltd and Author Matthew Syed. All rights reserved.

If this resource has been provided under The PiXL Club Ltd school membership agreement, it is strictly for the use of member schools for as long as they remain members of The PiXL Club. It may not be copied, sold, or transferred to a third party or used by the school after membership ceases. Until such time it may be freely used within the member school.

The Author Matthew Syed has the right to sell this teaching guide. It may not be copied, sold, or transferred to or by a third party. Matthew Syed takes full responsibility for all commercial activity thereof.

All opinions and contributions are those of the author. The contents of this resource are not connected with, or endorsed by, any other company, organisation or institution. Any additional images are from getty.co.uk, unless otherwise stated. 'You Are Awesome' illustrations copyright © Toby Triumph.

Endeavours have been made to trace and contact copyright owners. If there are any inadvertent omissions or errors in the acknowledgements or usage, this is unintended and PiXL will be remedy these on written notification.



Matthew Syed

PiXL
Partners in excellence