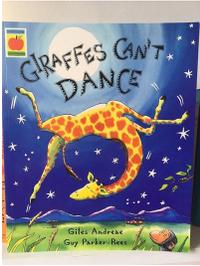


KS1 PSHC



I can't do that... YET! An activity based upon the book *Giraffes Can't Dance* (read/sang on Youtube), that helps pupils to know the value of having a **growth mindset**, rather than a **fixed mindset**.

Notes for adults

Resources you will need:

Access to the internet, pens/pencils, a copy of **How I feel when I can't do something** and **The power of YET**.

- Begin this session by logging onto https://www.youtube.com/watch?v=4UNRduYI_04.
- Stop the video at the part where Gerald leaves the dancefloor (2.05sec)
- Ask your child, what can't you do YET? You might want to talk about some things you found difficult as a child but also what you find hard now. Talk about how it makes you feel and ask your child how it makes them feel when they find they can't do something (they may mention feeling cross, wanting to give up, not wanting to try new things).
- Move onto asking how your child feels when they know they can do something well? Give examples of when you can do something well and how you feel. Ask your child to complete the form '**How I feel when I can't do something**'. They can draw how they feel, instead of write, if they would like. You could do one for yourself, too!
- Return to the video. Ask your child what they think Gerald might do? What might they do if they were Gerald? Listen to the end of book. Discuss with your child what Gerald did to become a dancer? Talk to your child about having a growth mindset (one where you believe 'I can do it, I will keep trying' as opposed to a fixed mindset ('I can't do it, I give up')).
- Ask your child to select one thing they wrote/drew that they can't do yet and, using the form '**The power of YET**', ask them to write/draw ways to move to a growth mindset in order to achieve their goal.
- You could finish by watching the book being read to song in this fun video: [Giraffes Can't Dance - Giles Andreae](#)

