

GIRL POWER ONLINE WORKSHOPS SERIES – POWER BOUNCE (growth mindset, embracing challenges, resilience)

TIME	ACTIVITY	POWERPOINT SLIDE	PROPS/WORKSHEET GIRLS NEED
Log in 10 minutes early to check your connection, mic etc is working ok		1	Something colourful to wave (optional)
5 mins	<ul style="list-style-type: none"> • Check girls have printed the worksheet (if they haven't, they could grab a blank piece of paper) • Introduce yourself and the workshop topic • Explain that everyone will be on mute unless you ask them something or they want to say something – in this case they can wave their hand or something colourful (practice doing this) 	2	
10 mins	<p><u>War Up Game: Would You Rather?</u> 'Roll' the ball to each girl and ask them to say how old they are and answer the question. Each girl could have a couple of turns!</p>	3 - 16	
5 mins	<p><u>Growth vs Fixed Mindset</u> Introduce the concepts Use the slime and marble examples to help explain</p>	17 - 20	
5 mins	<p><u>Growth Or Fixed Mindset Game</u> One at a time, girls choose a picture. Click on the picture – girls answer whether it's a fixed or growth mindset. Girls could answer individually or you could get them to answer altogether by putting their thumbs up or down, Discuss some of the scenarios.</p>	21	
10 mins	<p><u>Activity Booklet – Exercises 1, 2 and 3</u> Talk the girls through the activities as they complete them.</p>	22 - 24	

5 mins	<u>J.K Rowling Story</u> Read the story	25 - 38	
	<u>Brainstorm – What Did J.K Have To Keep Going?</u> Write on the PowerPoint Eg Persistence Growth mindset Positive attitude Belief in herself Resilience	39	
	<u>Brainstorm – What would she have said to herself?</u> Write on the PowerPoint Eg Keep going I can do this I'll keep trying I won't give up	40	
5 mins	<u>Brainstorm – What would someone without resilience say to themselves?</u> Write on the PowerPoint Eg I give up I can't do this I'm hopeless I must be a bad writer	41	
	Explain that J.K Rowling had resilience and that we can choose to bounce or splat	42 - 44	
	Introduce the Game: Bounce or Splat!	45	
10 mins	<u>Play the Game</u> Ask participants to read the scenarios. Everyone else responds with either a big fist punch in the air (bounce) or a splat action/noise (splat)	46-61	

5 mins	<u>Something to do at home – Kindness Hearts!</u> Explain the activity (show one if you have made one!)	62	
	Ask the girls what they enjoyed or learnt today	63	
	Thank the girls for coming!	64	