

## Brain Plasticity ... The Mind is a Muscle



- How can you relate Brain Plasticity to other activities you do?
- What would you change in your life relating to Fixed Mindset and Brain?

### **The 16 Habits of Mind identified by Costa and Kallick include:**

1. Persisting
2. Thinking and communicating with clarity and precision
3. Managing impulsivity
4. Gathering data through all senses
5. Listening with understanding and empathy
6. Creating, imagining, innovating
7. Thinking flexibly
8. Responding with wonderment and awe
9. Thinking about thinking (metacognition)
10. Taking responsible risks
11. Striving for accuracy

12. Finding humor
13. Questioning and posing problems
14. Thinking interdependently
15. Applying past knowledge to new situations
16. Remaining open to continuous learning

## **Strengths of character ... From The KIPP School**

### [Challenge! Zest](#)

Zest: Actively participates. Shows enthusiasm. Approaches new situations with excitement and energy.

### [Challenge! Grit](#)

Grit: Finishes what is begun. Sticks with a project or activity for more than a few weeks. Tries very hard even after experiencing failure. Stays committed to goals. Keeps working hard even when feeling like quitting

### [Challenge! Self Control \(School Work\)](#)

Self Control (school work) - Comes to class prepared. Remembers and follows directions. Gets work done right away instead of waiting until the last minute. Pays attention and resists distractions. Works independently with focus

### [Challenge! Self Control \(Interpersonal\)](#)

Self Control (interpersonal) - Remains calm even when criticized or otherwise provoked. Allows others to speak without interruption. Is polite to adults and peers. Keeps temper in check.

### [Challenge! Optimism](#)

Optimism - Believes that effort will improve the future. When bad things happen, thinks about what could make it better next time. Stays motivated, even when things don't go well. Believes that you can improve on things you're not good at

[Challenge! Gratitude](#)

Gratitude - Notices when other people help. Shows appreciation for the good things in their life. Expresses appreciation by saying "thank you." Does something nice for someone else as a way of saying "thank you."

[Challenge! Social Intelligence](#)

Social Intelligence - Able to find solutions during conflicts with others. Shows that they care about other people's feelings. Adapts to different social situations

[Challenge! Curiosity](#)

Curiosity - Eager to explore new things. Asks questions to help learning. Takes an active interest in learning

**Can you relate the 16 Habits of Mind to the Strength of Characters?**

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**Exercise: The Seven Day Challenge ... Strengths From Kipp Schools**



For the next seven days, pick a daily strength on which to focus. Memorize the behaviors (or create a cheat sheet that you can take with you). Then get out in the world and weave the associated behaviors into your micro moment



MLW Workbook      Habits of Mind and Character  
interactions with your students or kids. **Build the muscle  
memory, and come back and then share the experience.**