

**YOUR CHOICE:
CHOOSE WISELY**

PERFECT TIMING



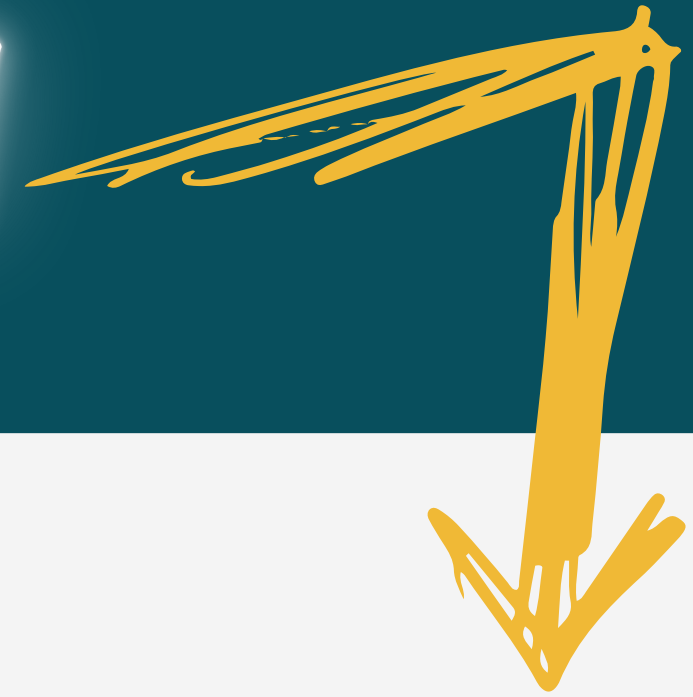
INTRODUCTION

Today, we will:

- * Analyze Flau'jae's song "Perfect Timing" to identify themes of perseverance, mindset, and personal growth, drawing connections to your experiences and understanding how these concepts can impact your life positively.
- * Understand how to distinguish between a growth and fixed mindset.
- * Engage in reflective activities and discussions inspired by Flau'jae's message in "Perfect Timing."



SEL CONNECTION



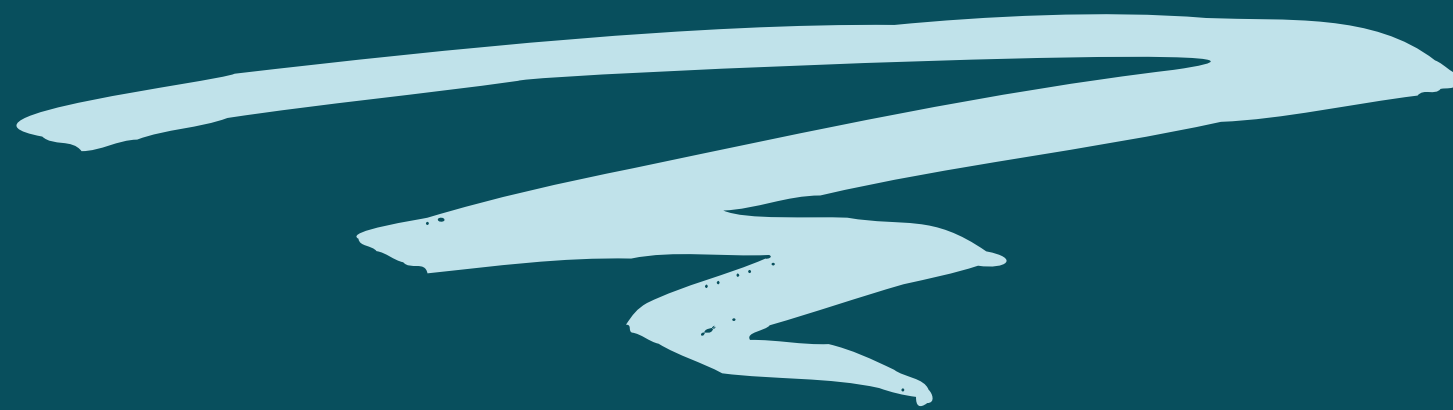
Self-management is necessary when dreaming big and recognizing how to develop a growth mindset to overcome obstacles.





ICEBREAKER

BIG GOALS CHARADES



BIG GOALS CHARADES

- 1) Reflect on a big dream you have.
- 2) In your small groups, each member will have a maximum of 2 minutes to silently act out their big dream.
- 3) The rest of your group will try to guess your classmate's big dream.



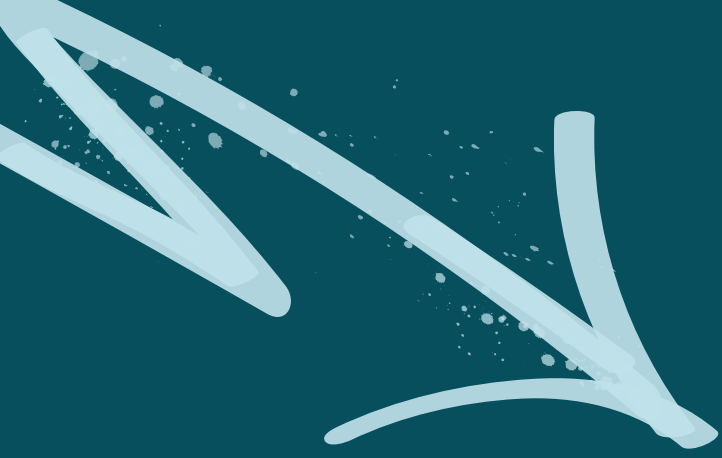


BIG GOALS CHARADES

WHOLE CLASS SHARE

- What are some of the big dreams that were acted out?
- How were the goals represented during the game?

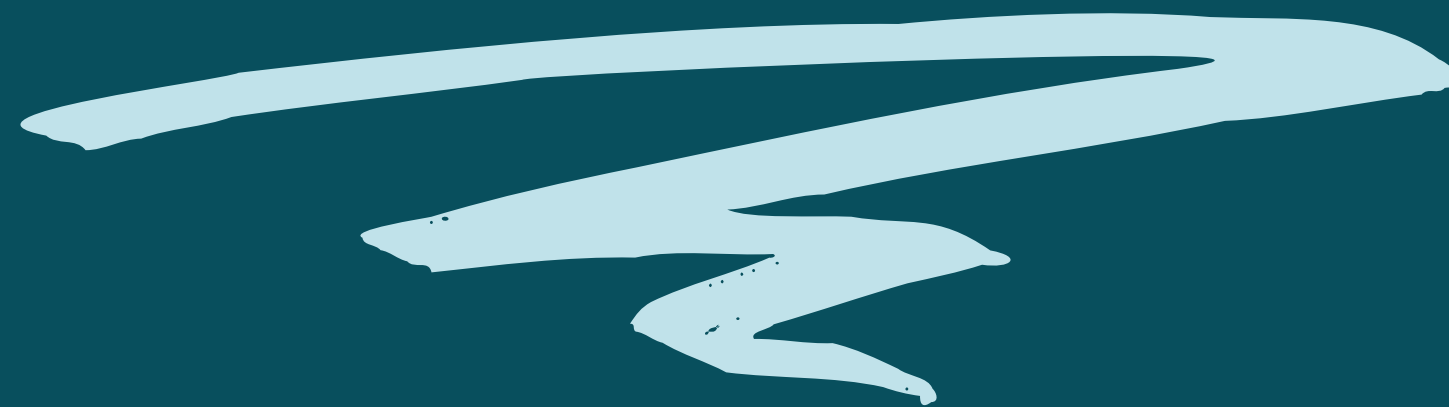




LESSON

PART ONE

LYRIC ANALYSIS





MINDSETS

CAN YOU DEFINE GROWTH MINDSET AND FIXED MINDSET?





MINDSETS

GROWTH MINDSET

The belief that abilities and intelligence can be developed through effort, learning, and perseverance. Individuals with a growth mindset see challenges as opportunities to learn and improve, embrace feedback, and are resilient in the face of setbacks.





MINDSETS

FIXED MINDSET

The belief that abilities and intelligence are fixed traits that cannot be changed significantly. People with a fixed mindset may avoid challenges, fear failure, and view feedback as criticism. They may also believe that talent alone determines success, leading to a reluctance to try new things or take risks.



LESSON: PART ONE



WATCH A VIDEO

LYRIC ANALYSIS

Watch "Perfect Timing" by Flau'Jae.



LESSON: PART ONE



TALK ABOUT IT

LYRIC ANALYSIS



PAIR-SHARE

- What is the message that Flau'Jae is attempting to deliver with her lyrics to "Perfect Timing"?
- What resonates with you personally?
- How are these lyrics representative of a fixed or growth mindset?

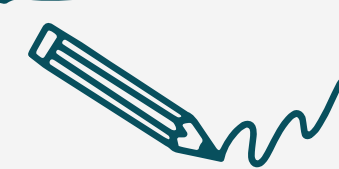


LYRICS

*I just gotta keep on grinding/
And it's gonna come with perfect timing/
And in the end I'm gon be shinin/
I won't quit because I'm on my way/*



LESSON: PART ONE



WRITING

LYRIC ANALYSIS

- 1) Write a short reflection (paragraph or poem) on how you interpret the song's message in your own life, focusing on themes like perseverance, determination, and embracing challenges.
- 2) Come together for a Whole Group Cypher.





LESSON

PART TWO

UNDERSTANDING MINDSETS





UNDERSTANDING MINDSETS

Share a time in your life when you applied a fixed or growth mindset to a challenge.

What impact did it have on the situation?



LESSON: PART TWO



WORK TOGETHER



UNDERSTANDING MINDSETS

Each small group will receive a scenario to analyze.

Discuss how someone with a **growth mindset** would approach the situation compared to someone with a **fixed mindset**.





ACADEMIC CHALLENGE

SCENARIO

A student has been struggling with a particular subject and has received a low grade on their latest test.





SPORTS COMPETITION

SCENARIO

A student is part of a sports team and faces tough competition from other schools. Their team loses a crucial match, and the student feels disheartened.

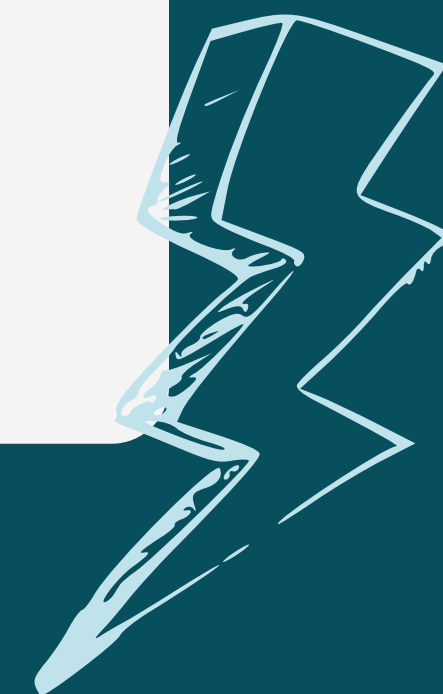




SOCIAL CONFLICT

SCENARIO

A student experiences a conflict with a friend or peer, leading to misunderstandings and hurt feelings.





CREATIVE PROJECT DEADLINE

SCENARIO

A student is working on a creative project with a tight deadline. They encounter challenges such as writer's block, technical issues, or lack of resources.

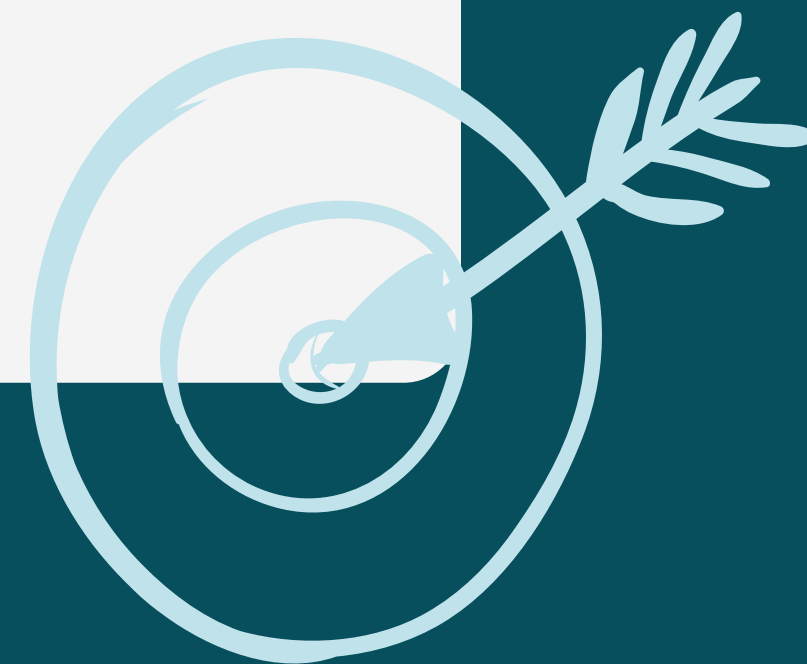




PERSONAL GOAL ACHIEVEMENT

SCENARIO

A student sets a personal goal, such as improving their physical fitness, learning a new skill, or overcoming a fear.



LESSON: PART TWO



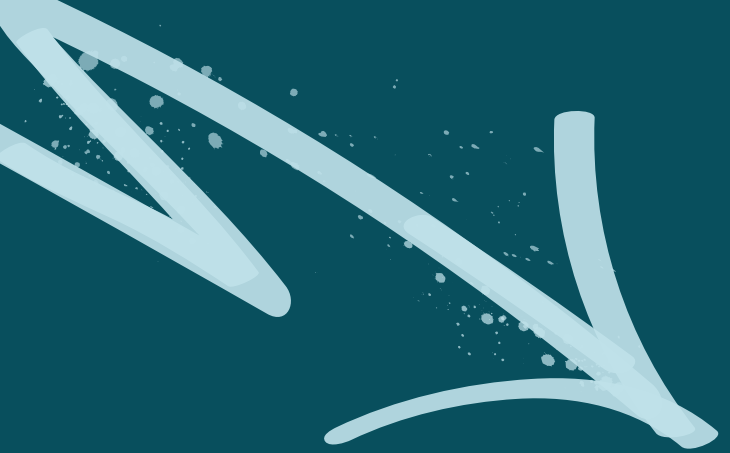
TALK ABOUT IT

UNDERSTANDING MINDSETS

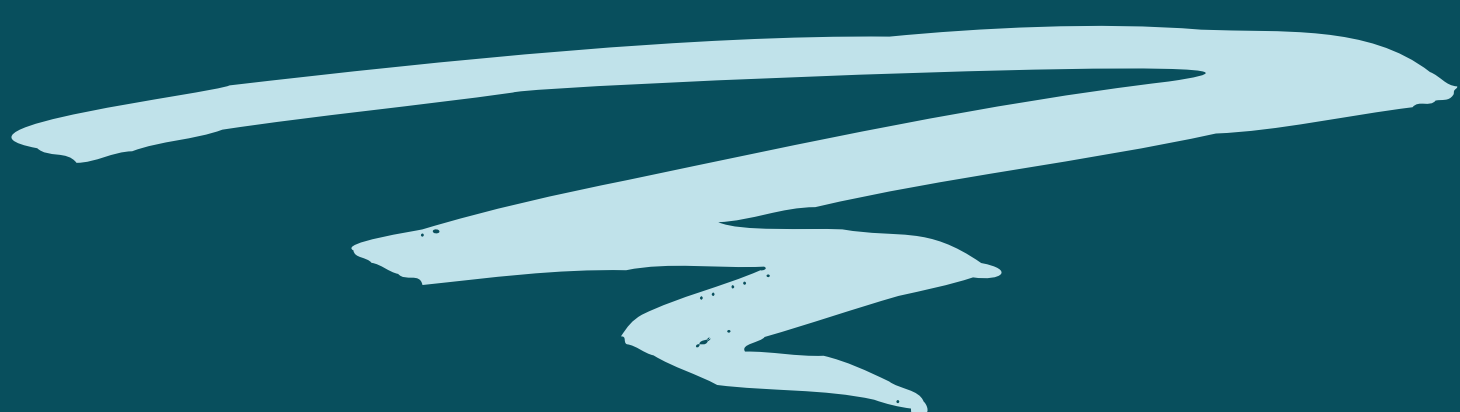
CLOSING ACTIVITY

What is your main takeaway from this lesson?





DEBRIEF / EXTENSION



PERFECT TIMING

Create a motivational poster to inspire others to achieve their goals.

