



**Growth
Mindset
Videos**

Growing Mathletes

Growth Mindset Overview

Growing Mathletes focuses on five growth mindset principles

- 1) *The value of collaboration*
- 2) *The power of effort and persistence*
- 3) *The value of mistakes in supporting learning*
- 4) *Malleability of the brain and the role of struggle in learning*
- 5) *Praise the process, not the person (model throughout entire curriculum)*

Lesson Title	The value of collaboration	The power of effort and persistence	The value of mistakes in learning	Malleability of the brain
Base Running				X
Baseball Field Geometry				X
Baseball Positions	X			
Broad Jump		X		
Elasticity				X
Fielding Percentage		X	X	
Introduction to Batting Average			X	X
Launch Angle		X	X	
Negro Leagues Road Trip	X			
Nutrition		X		
Measuring Heart Rate		X		
Modeling Batting Average			X	X
Strike Zone			X	
Sports Vision			X	
Stealing Bases				X
Throwing Speed and Distance	X			
Wingspan and Height		X		
Project: Build a Baseball Team Roster	X			
Project: Design a Baseball Stadium	X	X	X	X

Growth Mindset Videos (by principle)

About Growth Mindset

[Growth Mindset - UNC Learning Center \[2:09\]](#)

A general overview of growth versus fixed mindset, centered around success (not specific to sports or academics).

IN LESSON:

- Measuring Heart Rate

OTHER SUGGESTED LESSONS:

- Any, especially the first or last lesson implemented

[Neuroplasticity and Learning Explained](#)

[\[2:55\]](#)

A more scientific video that explains neuroplasticity and how the brain works, and introduces the A.G.E.S. learning model. Better for older youth.

IN LESSON:

- Baseball Field Geometry

OTHER SUGGESTED LESSONS:

- Any, especially the first or last lesson implemented

[Growth Mindset Animated Lesson \[2:28\]](#)

Animated video explaining what a growth mindset is versus a fixed mindset. Also features quotes from Michael Jordan and Thomas Edison showing the value of failure and mistakes.

IN LESSON:

- Measuring Heart Rate

OTHER SUGGESTED LESSONS:

- Any, especially the first or last lesson implemented

[Brain Jump with Ned the Neuron: Challenges Grow Your Brain \[1:51\]](#)

Short animated video that introduces kids to the powerful idea that taking on challenges can grow and strengthen our brains, and that we have the power to make our brains stronger every day. Compares the brain to a muscle that can grow and get stronger; introduces neuroplasticity term and explains how challenges help neurons to grow.

IN LESSON:

- Baseball Field Geometry
- Elasticity

OTHER SUGGESTED LESSONS:

- Any, especially the first or last lesson implemented

[Billy Wagner on HOF chances \[6:33\]](#)

A general overview of growth versus fixed mindset, centered around athletic skills. Also discusses some of the science behind growth mindset (at a very basic level) and concrete tips (power of yet, past does not predict future, think about how you can improve, effort is good, and focusing on the process).

IN LESSON:

- Measuring Heart Rate

OTHER SUGGESTED LESSONS:

- Any, especially the first or last lesson implemented

Growth Mindset Videos (by principle)

The Value of Collaboration

[Joe Maddon On Teamwork - Every Play Is Connected \[1:21\]](#)

Joe Maddon explains how every game and every play is connected. He emphasizes the importance of every teammate doing their job in order to help the team be successful, not only for today but for tomorrow. He says, "Yesterday's game is linked to today's game and today's game is linked to tomorrow's."

IN LESSON:

- Throwing Speed and Distance

OTHER SUGGESTED LESSONS:

- Baseball Positions
- Project: Build a Baseball Team Roster

[Inspiring Teamwork - Teamwork Motivational Video \[5:24\]](#)

Motivational video by Tyler Waye, Work Strategist and Media Entrepreneur. Includes the story of story of the Danish soccer team who game together to support one another when one of their players collapsed on the field. The strength of the team is each individual member. The strength of each member is the team.

SUGGESTED LESSONS:

- Baseball Positions
- Negro Leagues Road Trip
- Throwing Speed and Distance

[The All Blacks and teamwork \[1:04\]](#)

The All Blacks rugby team talk about the New Zealand ethos towards teamwork.

SUGGESTED LESSONS:

- Baseball Positions
- Negro Leagues Road Trip
- Throwing Speed and Distance

[4 Things We Learn From TeamWork \[4:52\]](#)

Being a great team member is one of the greatest skills we can have. It can be used in almost any situation. It teaches us to get along, respect others, and accomplish our goals together. Here are four things we can learn from teamwork.

SUGGESTED LESSONS:

- Baseball Positions
- Negro Leagues Road Trip
- Throwing Speed and Distance

[Brewers, Red Sox turn triple plays on consecutive days \[1:29\]](#)

The Brewers and Red Sox turn triple plays on consecutive days; shows collaboration to produce back to back triple plays in baseball.

SUGGESTED LESSONS:

- Baseball Positions
- Negro Leagues Road Trip
- Throwing Speed and Distance

Growth Mindset Videos (by principle)

The Power of Effort & Persistence

[Jim Abbott - The one handed pitcher \[3:37\]](#)

Presents “the life of one hand pitcher Jim Abbott, focusing on his famous no hitter game of September 4 1999 against the Cleveland Indians. This video contains extracts from Jim Abbott’s games and from his 2016 TED Talk.”

IN LESSON:

- Wingspan & Height

OTHER SUGGESTED LESSONS:

- Strike Zone

[The Unbelievable True Story of Baseball's Oldest Rookie \[8:12\]](#)

Jim Morris took over a losing team making a bet with them that if they won the district he would try out for the majors. He tried to back out of the deal but the kids wouldn’t let him. Ended up pitching for Tampa Bay at the age of 35.

SUGGESTED LESSONS:

- Launch Angles
- Fielding Percentages

[The Cat Comeback: Softball Olympian \[1:40\]](#)

Olympic gold (2004) and silver (2008) medalist softball pitcher talks about the pain of losing to Japan in 2008 and then having the sport removed from the next two Olympics. Came out of retirement because she wanted to play again. Highlights importance of life outside of sport and the support that comes with it.

SUGGESTED LESSONS:

- Intro to Batting Average
- Strike Zone

[Marcus Semien Motivational Video \[3:30\]](#)

Marcus was the worst defensive shortstop from 2015-2016 but bounced back to be a golden glove finalist in 2018.

SUGGESTED LESSONS:

- Strike Zone
- Fielding Percentage
- Launch Angles

Growth Mindset Videos (by principle)

The Value of Mistakes

Failing One Time Doesn't Make You A Failure

[\[0:45\]](#)

Tom Herman, University of Texas football head coach, explains how he helps his players overcome mistakes.

IN LESSON:

- Fielding Percentage

OTHER SUGGESTED LESSONS:

- Introduction to Batting Average
- Strike Zone

Michael Jordan Shares his Story on Growth

Mindset [\[1:54\]](#)

Michael Jordan explains how repeated failure and mistakes have helped him become great. He stresses the importance of effort and persistence and not just raw talent.

IN LESSON:

- Fielding Percentage

OTHER SUGGESTED LESSONS:

- Introduction to Batting Average
- Strike Zone
- Sports Vision

Growth Mindset Animated Lesson [\[2:28\]](#)

Animated video explaining what a growth mindset is versus a fixed mindset. Also features quotes from Michael Jordan and Thomas Edison showing the value of failure and mistakes.

IN LESSON:

- Measuring Heart Rate

OTHER SUGGESTED LESSONS:

- Launch Angle

Shakira - Try Everything (Official Video)

[\[3:22\]](#)

Try Everything song by Shakira. Talks about not giving up in the face of failure. Chorus is "won't give up, won't give in, want to try everything even though I just failed." The message here is don't give up, keep going, even if you fail. "I'll keep on making those new mistakes."

IN LESSON:

- Modeling Batting Average

OTHER SUGGESTED LESSONS:

- Fielding Percentage
- Stealing Bases

Cal Ripken Jr.: 'Baseball Is A Game Of Frustration & Failure' [\[2:42\]](#)

Cal Ripken, Jr. shares how he deal with failures and create the long term success in both baseball and business world. He also talks about loving what you do and finding people who work well with you.

IN LESSON:

- Strike Zone

OTHER SUGGESTED LESSONS:

- Fielding Percentage
- Launch Angle
- Modeling Batting Average

Growth Mindset Videos (by principle)

Malleability of the Brain

Brain Jump with Ned the Neuron: Challenges Grow Your Brain [1:51]

Short animated video that introduces kids to the powerful idea that taking on challenges can grow and strengthen our brains, and that we have the power to make our brains stronger every day. Compares the brain to a muscle that can grow and get stronger; introduces neuroplasticity term and explains how challenges help neurons to grow.

IN LESSON:

- Baseball Field Geometry
- Elasticity

OTHER SUGGESTED LESSONS:

- Any, especially the first or last lesson implemented

Billy Wagner on Hall of Fame Chances [6:33]

Wagner talks about how he broke his right arm twice and then just started throwing with his left arm. Says that he would not be here today if he pitched with his right arm.

IN LESSON:

- Sports Vision

OTHER SUGGESTED LESSONS:

- Elasticity

Neuroplasticity and Learning Explained [2:55]

A more scientific video that explains neuroplasticity and how the brain works, and introduces the A.G.E.S. learning model. Better for older youth.

IN LESSON:

- Baseball Field Geometry

OTHER SUGGESTED LESSONS:

- Base Running
- Stealing Bases

The Neuroscience of Learning [3:00]

Discusses how the brain has to activate neural pathways when you learn new things and how learning new things requires making new pathways. New learning involves carving out pathways in your brain, once you practice and learn concepts you have smooth highways in your brain. Connection made between practice and building new neural pathways.

IN LESSON:

- Base Running

OTHER SUGGESTED LESSONS:

- Baseball Field Geometry
- Elasticity
- Stealing Bases