

# GROWTH MINDSET

*A growth mindset transforms setbacks into opportunities. Instead of seeing mistakes as failures, we can use them as stepping stones toward improvement. Every challenge is a chance to adapt, learn, and strengthen our skills. Whether in event planning, leadership, or everyday life, success comes from embracing change, staying flexible, and finding new ways to move forward. This lesson will help you shift your perspective—so instead of fearing failure, you'll learn to use it as fuel for growth.*



**Conversation Starter:** What was a time you failed, but really learned from it?

## REVERSE MUSICAL CHAIRS

### KEY OBJECTIVES

- Develop a growth mindset by seeing mistakes as opportunities to learn.
- Practice flexibility and adaptability when facing challenges.

### WHAT YOU'LL NEED

- Chairs

### Setup:

- Arrange all the chairs in a circle. The number of participants should match the number of chairs.
- Select one person to start in the middle, leaving one chair empty. That person tries to sit in the empty chair while the rest of the group works together to keep the seat occupied.
- Players may only move to sit in the empty chair—no using hands to block.

### Game Progression:

- If the person in the middle successfully sits in a chair, the player who let them sit moves to the middle now.
- If the person in the middle struggles to sit after multiple attempts, announce that anyone in the circle can now try to steal the empty chair.
- This creates a new challenge—now two people will be racing for empty chairs, making the game more dynamic.

### FACILITATION TIPS

- For younger groups, simplify the rules of Reverse Musical Chairs or give the person in the middle more chances to succeed.
- For advanced groups, increase the challenge by adding more people in the middle or speeding up the rounds.



## REFLECTION

- How did you feel when you were blocked from sitting in the chair?
- After being blocked, did you try a different strategy? What did you learn from that experience?
- Did anyone else try to jump up and steal a seat? What made you (or them) take that risk? Were they successful? Why or why not?

## APPLICATION

- Why can failure be a good thing?
- Instead of seeing setbacks in event planning as problems, how can we turn them into learning opportunities?
- How does a growth mindset help you stay flexible when unexpected problems come up in event planning or service work?
- **Dive Deeper:** Mistakes are part of learning, but why do some people see them as failures while others see them as stepping stones? How can shifting your mindset about mistakes change the way you approach challenges in life, school, or leadership?

## CHECK UNDERSTANDING

- Did the participants recognize how mistakes and failures in the game helped them develop new strategies?
- Can they apply the same reflective process to real-life situations, like service events, and view mistakes as opportunities for learning and growth rather than failure?

**KEY TAKEAWAY:** Success often comes from learning through failure and trying new approaches. A growth mindset helps us see challenges as opportunities to improve and adapt. Mistakes aren't roadblocks—they're stepping stones to better solutions.

