



The National
Theatre for Children

Mind Masters Junior Power Play **Classroom Game**

Teachers: When the Power Play classroom game concludes, we encourage the use of the following questions to act as a prompt for discussion with your students to help solidify the learning that took place. We recommend spending at least five minutes asking your students what they learned and talk about what else they need to know. Feel free to ask your students as many follow up questions as you'd like.

Reflection Questions

1. What is the difference between a fixed and growth mindset?
2. Can stress be good for us sometimes?
3. What are the cells in our brain that create pathways called?
4. Name at least one way physical health impacts mental health?
5. How would you describe resilience?
6. What are some of the ways to release stress?
7. Why is mindset so important?