

It's Okay to Change Your Mind: Classroom Lesson Plan

Lesson Topic:

It's Okay to Change Your Mind

Lesson Objective:

Students will be able to list some benefits to changing your mind.

Materials:

- Writing utensils
- It's Okay to Change Your Mind worksheets, one per student
- Projector or other method to watch the movie

Advanced Preparation:

- Preview the [video](#) before sharing it with your students [3:34].
- Make copies of *It's Okay to Change Your Mind*, one per student.

Warm-up Activity:

1. Say, "Raise your hand if you've ever changed your mind about something."
2. Allow any students that want to share their experiences a few moments to do so.
3. Ask, "How can changing your mind be beneficial?"

4. Direct students to turn and talk to a partner. Then, call the class back together to share their ideas.
5. Pass out copies of **It's Okay to Change Your Mind** worksheets.

View the Video: "It's Okay to Change Your Mind"

1. Tell students they will be watching the video titled, "It's Okay to Change Your Mind".
2. Explain that the video shows role models discussing the benefits of changing your mind.
3. View the video together and have students listen for the role models to share personal stories about changing their minds.
4. While viewing, direct students to complete the second column of the table on the **It's Okay to Change Your Mind** worksheet.
5. As needed, the video can be viewed a second time for students to check their work or allow students that need some additional time to complete the table on their worksheet.

Video Follow-up:

1. Ask students to offer their questions, comments, reactions, and responses to the video.
2. Review student answers for the second column of the table on the **It's Okay to Change Your Mind** worksheet.
3. Direct students to work independently to complete the remaining questions at the bottom of the worksheet.
4. Discuss student answers.
5. Use some or all of the following questions to close the lesson:
 - How might you know when it's the right time to change your mind about something important?



- Can changing your mind help you learn new things? How?
 - What would happen if you never allowed yourself to change your mind?
 - How can listening to others help you decide whether to change your mind?
 - Have you ever felt unsure about a choice you made? What did you do next?
 - Why is it important to stay open to new ideas and possibilities?
 - How can changing your mind help you become the best version of yourself?
6. Close the lesson by reminding students that being open to changing your mind can lead to amazing new opportunities and a more authentic life. Encourage students to discuss the importance of changing your mind with friends and family.



It's Okay to Change Your Mind

Watch the video “It’s Okay to Change Your Mind”. Many of the role models in the video share a personal story about a time they changed their mind. Using the chart below, list the examples given by the role models. Then, when directed by your teacher, answer the questions that follow.

Role Model’s Name	A Time They Changed Their Mind

1. Why do people change their minds? _____

2. What benefits to changing your mind do the role models discuss?

3. Think of a time that you’ve changed your mind. Why did you change it? What happened? _____

Extension Activities:

1. Have students explore stories of famous inventors or scientists who changed their minds during their course of their work. Some interesting options include Ada Lovelace and Marie Curie. Students can then be asked to create a timeline showing how changing their approach or focus led to success.
2. Encourage students to participate in a debate where they must switch sides halfway through the discussion. Afterward, ask students to reflect on how changing their perspective affected their arguments.
3. Use the “Related Questions to Explore” as discussion springboards or writing prompts to help students further explore possible benefits of changing your mind.

Related Questions to Explore:

- Can you think of a time when you changed your mind about something important? What made you change your mind?
- Why do you think it’s sometimes hard to change your mind even when you learn new information?
- How can changing your mind help you grow and learn?
- Is it better to stick with a decision or to change your mind if you feel differently? Why?
- Can changing your mind be a sign of strength? Why or why not?
- What are some positive things that can happen when you allow yourself to change your mind?
- How can you help a friend feel good about changing their mind if they’re unsure about their decision?



Ideas for Future Lessons/Activities Related to Changing Your Mind:

1. Flexible Thinking: How to Embrace Change
2. From Doubt to Clarity: The Power of Reassessing Decisions
3. What If I Change My Mind? Exploring the Possibilities of New Choices
4. Listening to Yourself: Mindfulness Practices for Navigating Change
5. What If the Job Doesn't Fit? Reevaluating Possible Career Choices
6. The Editing Process: Why It's Okay to Rethink and Revise Your Work
7. Math Connection: Embracing Different Approaches to Problem Solving
8. Scientific Shifts: When New Evidence Calls for a New Perspective