

Level Up Your Mind Game

From the practice of Elliott McCray, Ed.S., The McCray Learning Lab

What this builds (transformative SEL): Agency (“I can do it”).

Use this as a short SEL, advisory, counseling, or mentoring activity. Students may pass, write privately, draw, or answer out loud. Kai’s three-week tryout arc gives every move a story to hang on.

15-minute mini-lesson

1. Read the Hero panel so students know Kai’s goal, then let Bloom introduce the three Word Power words.
2. Open **Part 1: The Brick**. Ask what “the Doubt” sounds like when work gets hard.
3. Do **Flip It with YET** as a group and talk through what the word changes.
4. Invite one private “yet” statement (Part 3: Flip It with YET).
5. Close with one voluntary share-out.

Trauma-sensitive facilitation

Don’t require personal sharing. Let students pass. Validate feelings before pushing positivity. Never frame struggle as a character flaw.

This is a practice tool for rehearsing skills, not therapy, counseling, or a clinical service.

[For Parents & Caregivers](#) · [Privacy Note](#)



For grown-ups: a companion practice for the adults in this child’s corner: [The Voice in Their Head](#).

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