

## Unit 4: Equations and Expressions

### Family Resources for Math 6/7A Unit 4: Equations and Expressions

#### The Power of a Growth Mindset in Learning

A student's success is shaped not only by what they learn, but also by how they think about learning. A **growth mindset** is the belief that abilities can develop through effort, practice, and persistence. Students with this mindset view challenges as opportunities to grow, see mistakes as learning opportunities, and understand that improvement comes with time and effort.

When students believe their abilities are fixed, they may avoid challenges or become discouraged when learning is difficult. In contrast, a growth mindset encourages the belief:

*"I may not understand this yet, but I can learn it."*

| Students with a Growth Mindset...                                                                                    |                                                                                    | Families Can Help By...                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
|  Embrace challenges                 |  |  Praising effort, not just results            |
|  Learn from mistakes                |                                                                                    |  Normalizing challenges                       |
|  Keep trying                        |                                                                                    |  Reflecting on mistakes                       |
|  Use different strategies           |                                                                                    |  Encouraging problem-solving                  |
|  Build confidence through progress |                                                                                    |  Modeling lifelong learning                   |
|                                                                                                                      |                                                                                    |  Celebrating persistence                    |
|                                                                                                                      |                                                                                    |  Creating a supportive learning environment |

#### A Lasting Foundation for Success

A growth mindset is more than a classroom idea—it is a life skill. When students believe they can grow and improve, they become more confident, independent, and willing to take on new challenges. This mindset supports not only academic success, but also perseverance and adaptability in all areas of life. By reinforcing these ideas at home and in school, we help students build a strong foundation: one where learning is seen as an ongoing journey, and every challenge is an opportunity to grow.

# Brains Grow and Change



For additional information and resources to support at home, please visit the [Office of Mathematics website](#).

## **Big Ideas in Unit 4**

Within this unit, students will learn these big ideas:

- Equations in One Variable
- Equal and Equivalent
- Expressions with Exponents
- Relationships Between Quantities

For more details about this unit, see [Unit 4 Family Resources](#).

## **Lesson Specific Resources**

Use the links below to learn about the learning from each lesson.

| <b>Lesson Link</b>                                                |
|-------------------------------------------------------------------|
| <a href="#"><u>4.1 Tape Diagrams and Equations</u></a>            |
| <a href="#"><u>4.2 Truth and Equations</u></a>                    |
| <a href="#"><u>4.3 Staying in Balance</u></a>                     |
| <a href="#"><u>4.4 Practice Solving Equations</u></a>             |
| <a href="#"><u>4.5 Represent Situations with Equations</u></a>    |
| <a href="#"><u>4.6 Write Expressions with Variables</u></a>       |
| <a href="#"><u>4.7 Equal and Equivalent</u></a>                   |
| <a href="#"><u>4.8 The Distributive Property, Part 1</u></a>      |
| <a href="#"><u>4.9 The Distributive Property, Part 2</u></a>      |
| <a href="#"><u>4.10 The Distributive Property, Part 3</u></a>     |
| <a href="#"><u>4.11 Squares and Cubes</u></a>                     |
| <a href="#"><u>4.12 Meaning of Exponents</u></a>                  |
| <a href="#"><u>4.13 Expressions with Exponents</u></a>            |
| <a href="#"><u>4.14 Evaluating Expressions with Exponents</u></a> |
| <a href="#"><u>4.15 Equivalent Exponential Expressions</u></a>    |
| <a href="#"><u>4.16 Two Related Quantities, Part 1</u></a>        |
| <a href="#"><u>4.17 Two Related Quantities, Part 2</u></a>        |