

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

NEUROHEADWAY

Neuroscience Into Education

LESSON PLAN

Looking at Anxiety and Depression

Slide	Subject	Description	Timing
1	Registration and brief introduction to lesson.	Today we are going to talk about 'worries and low moods'...also known as anxiety and depression. We all feel down sometimes, which is a perfectly normal part of being a human being. We are going to look into what might cause these feelings and what we might do to deal with them.	2 min
2	Discussion	Can you think of any other words which could describe worry or anxiety? (Ask around the class, making sure most, if not all students get a chance to speak, if they want to. Positive reinforcement of any answers given). Comment that even speaking up in class, or public, can make many people anxious. Why do we think this might be?	5 min
3	Activity	Give out blank slips of paper and ask the students to anonymously write down one thing which makes them worry. Then, working in pairs, ask the students to randomly draw two papers out and discuss how they would deal with the worry, using examples about what happens when they or their friends worry. (Collect the papers afterwards as the information the students give here will be useful). This will reinforce that everyone worries, especially their peers, and reassure them that many of the worries are the same.	15 min

Powerpoint Example

NEUROHEADWAY

Neuroscience Into Education



NEUROHEADWAY

Neuroscience Into Education

Anxiety and Depression

Anxiety Problems

(Worries and Fears)

- Everyone worries at different points of their lives
- Worries are, therefore, normal, as they make us think of solution to problems or to avoid difficult situations
- Worries do become a problem when they affect our everyday life

Lets think...

- Can you think of any other words which could describe worry or anxiety?

Lets discuss...

- On a piece of paper, write down ONE thing which makes you worry. Don't put your name on the paper. Put it in the basket.
- Then, choose a partner and each of you pick a piece of paper out of the basket.
- Discuss how YOU would deal with the worries you've chosen, using examples about what happens when you or your friends worry.

Teachers Worksheets and Guides

NEUROHEADWAY

Neuroscience Into Education

Teacher Evaluation Assessments

ANXIETY AND DEPRESSION

1. How challenged by the work did the pupils appear to be?
2. Did pupils ask any questions?
3. Were those questions covered in the materials?
4. Did the pupils engage enthusiastically in the activities?
- 5.