

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

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LESSON PLAN

Looking at Emotional Health and Wellbeing

Slide	Subject	Description	Timing
1	Introduction	Register pupils	2 min
	Introduction to Emotional Health and Wellbeing	'What do you think emotional health and wellbeing are?' As the students suggest ideas...write them on the whiteboard. Do not suggest any ideas are wrong unless a student has said something that may impact negatively on their health.	5 min
2, 3	Activity	To separate these topics out, ask the students what they think 'Health' is based on their own observations and experience. Show the bullet points on the PowerPoint and ask students to get together in pairs to think about whether health is one or all of these points.	3 min
4	Research on Health	Show the PowerPoint slide. Explain that wellbeing does not appear to correlate (which means to occur at the same time) with physical health because the oldest and youngest in society have the highest rates of wellbeing. But older people also have the highest rates of physical ill health. If you have more time available or wish to run this module over more than one hours, please see Bite Size activities for working deeper into this subject.	2 min

Powerpoint Example

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Emotional Health and Wellbeing

What do you
think emotional
health and
wellbeing are?



Is Health.....

- A general sense of wellbeing?
- The absence of symptoms of illness?
- To be able to do things that most people do?
- Does it involve feelings, symptoms, performance?



Health

- The World Health Organisation (WHO) says Health involves
- Feelings
- Symptoms
- Performance



Research on Health...

- The oldest and youngest in our society have the highest rates of wellbeing
- They also have the highest rates of physical ill health
- So Health and Wellbeing do not necessarily occur at the same time in the same person.



Teachers Worksheets and Guides

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Teacher Evaluation Assessments

EMOTIONAL HEALTH AND WELL-BEING

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. Did any student lose interest at any point?