

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

LESSON PLAN

Emotional Intelligence

Slide	Subject	Description	Timing
1	Introduction	Register pupils	2 min
2	Introduction to Emotional Intelligence	Read through introduction with the class comments or ideas could be collected on a white board. Make positive links; do not say they were wrong unless they have said something that may impact negatively on their health.	5 min
3	The Five – animation	View the animation. The animation introduces the 5 domains of Emotional intelligence, the later activities will emphasize these domains.	10 min
4	Activity 1 Emotive words	No right or wrong answers, note any ideas or comments on the white board which may be useful to the discussion.	5 min

Powerpoint Example

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Looking at Emotional Intelligence

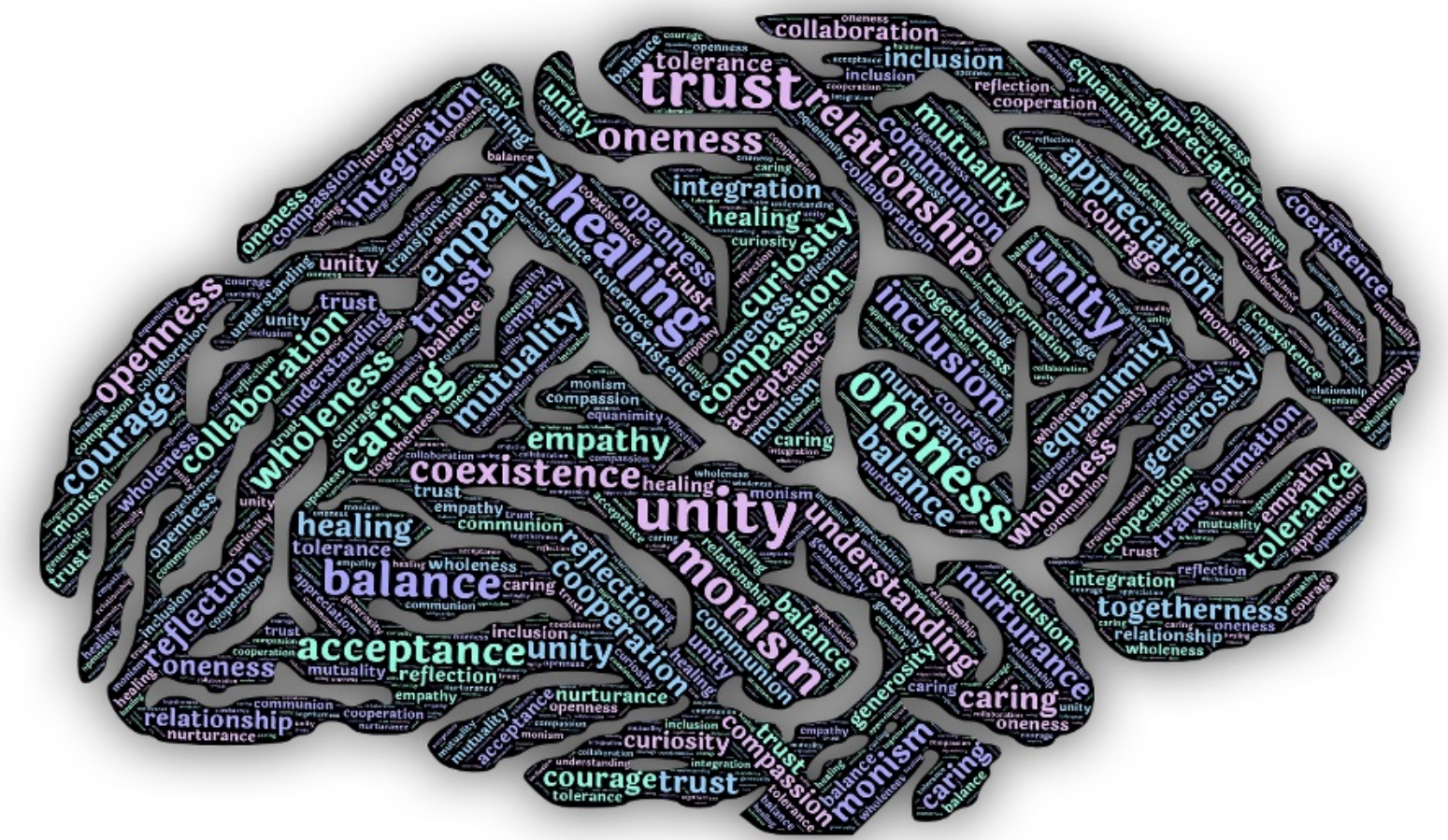
Emotional Intelligence...

is the ability to recognise and understand your emotions
and to realise how your emotions affect those around you.

Lets think ...

Being self aware is understanding our feelings and not letting our emotions rule us. Negative emotions can lead to more negative emotions.

Below is a list of words using the handout
organise the words into two columns.



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Enraged	confident	calm
Optimistic	irritated	fuming
Depressed	intrigued	peaceful
Ecstatic	anxious	ashamed
Inferior	energetic	determined
Encouraged	vulnerable	confused
Lonely	enthusiastic	empty
Dull	brave	humiliated

Teachers Worksheets and Guides

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Teacher Evaluation Assessments

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?