

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

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LESSON PLAN HAPPINESS AT SCHOOL

Aims:

- To know the meaning of happiness.
- To know the characteristics of happy people
- To understand optimism

Resources:

- ❖ Happiness lesson PowerPoint
- ❖ A4 paper, worksheets
- ❖ **Please note: Work through the PowerPoint – all student tasks are on power point.**

Activity 1: Observation of Thoughts (10 mins)

Over 2 minutes pay attention to your thoughts. Notice whether they are positive or negative answer the questions. In a class discussion write any ideas and thoughts on the white board and make a link with the bitesize topic and animation.

Powerpoint Example

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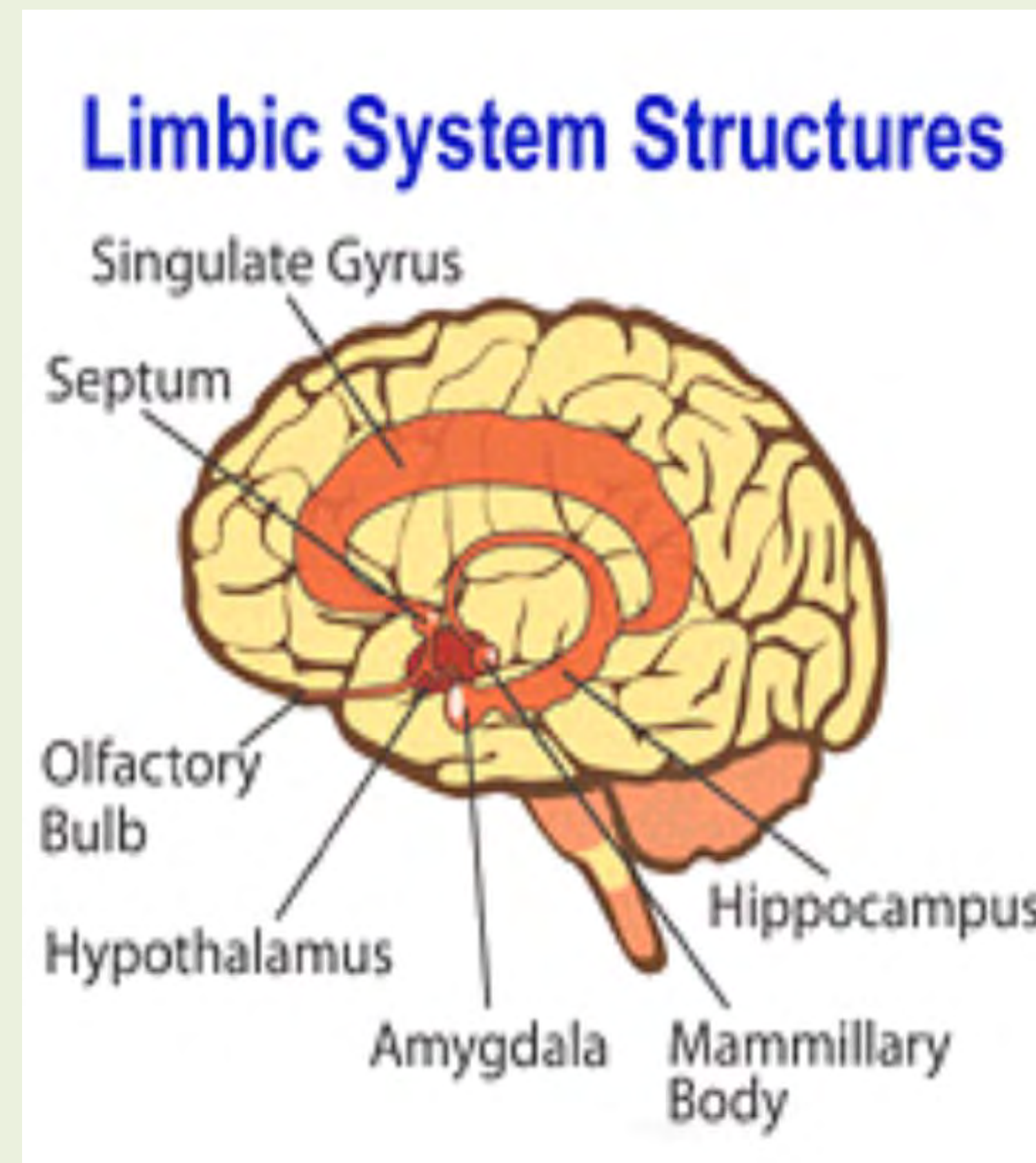
Happiness at School

HAPPINESS IN THE PRESENT, OPTIMISM IN THE FUTURE



The Brain and Happiness

The limbic system, which is very important to **happiness because it controls the emotional part of our brain**, it helps us to approach those things that are gratifying and reject or avoid those things that are negative.



Everyone feels happy at different points of their lives

Happiness normal, it can make us think of solutions to problems,
or we can share happiness with others

Optimistic people look forward to better times.



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?