

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Slide	Subject	Description	Timing
1	Introduction	Register pupils	2 min
2	Introduction to Emotions & Feelings	‘What are emotions?’ Ask the students for ideas of what they think emotions are and ask for some examples. Make a note of them on the board.	2 min
3 - 4	Discussion	Look at the facial expressions and ask the students to call out which emotion belongs to each face. Then pose the football question and get feedback.	5 min
5-32	Emotions & The Brain	Explain how the brain affects emotions.	15 min
8	Activity	Ask the students to think how productivity affects them and others around them.	10 min
9-12	Educational & Economic Productivity	Explain both these in more detail. Discuss with the students and ask if they can think of where the actions of school productivity could affect the majority – and how it affects expansion.	7 mins
33-43	Naming feelings	Talk about feelings and giving them names. Discuss and involve the students and ask if they can think of any more examples. important to the economy.	10 min
44 - 46	Activity	Students to draw a picture of an emotion – make an emoticon character or any character. Then, think of and draw ideas of how to cope with that emotion if it is an unhappy one, or how to show and spread it if it is a happy one. Then elaborate on how feelings can be fleeting and the importance of exercising the ‘cool brain’.	10 min
47	Discussion	Which emotions do the students feel are best for learning? Discuss how many different emotions can be experienced in just one day at school.	10 min

48-60	Others & Empathy	Discuss the importance of empathy and how to read other people's feelings.	10 min
61 - 62	Loving Yourself	Talk about the importance of loving and being kind to yourself, as well as others. To treat yourself with the same kindness you would show a best friend.	5 min
63-65	Summary Review	What have we learned today?	5 min

Power point Example

NEUROHEADWAY

Neuroscience Into Education

What are **Emotions**?

emotion

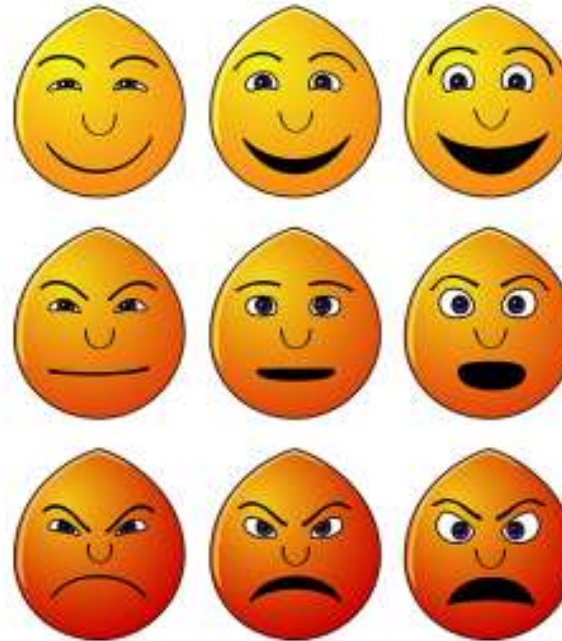
ɪ'məʊʃ(ə)n/

noun

plural noun: **emotions**

a strong feeling deriving from one's circumstances, mood, or relationships with others.

"she was attempting to control her emotions"



Take a look at these facial expressions – match the emotion to the face.



SURPRISED

SCARED

ANGRY

HAPPY

DISGUSTED

SAD



Let's Think...

Put simply, it means how you are feeling – usually in response to an action or event.

For example...

You are a goalkeeper in your football team and the opposing team score.

How do you **feel**?

Think of some words.



How are you feeling?

- What about your **own** feelings - how can you figure out how you feel right now?
- This class is all about **how we can figure out feelings or emotions** (another word for feelings).
- By learning how to identify, name, understand, and express our feelings in healthy ways, we are developing *Emotional Literacy* or *Emotional Intelligence*.
- When we build our Emotional Literacy, we can learn better at school and be *more resilient* (do better with life's stresses).



Teachers Evaluation and Handouts

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?
6. Which point do you think the lessons are age relevant?
7. Was the pace of the lesson suitable for the students?
8. Would the Teacher like more Animation / more Activities introduced?
9. Key Metrics, for Teachers to monitor in each child, over a set number of weeks
 - Growth Mind-set
 - Perseverance
 - Empathy
 - Gratitude
 - Active Listening
 - Participating in Class

- Working Hard

Vocabulary – EMOTIONS & FEELINGS

Choose ten of these words and write the meaning from what you remember from the lesson.

Feeling	Mood	Control
Surprise	Scared	Angry
Happy	Disgust	Sadness
Emotion	Resilience	Amygdala
Brain	Balance	Understand
Reflect	Empathy	Tense
Frustrated	Engaged	Focus

WORDSEARCH – EMOTIONS & FEELINGS

Y	D	D	Y	U	U	B	E	Y	C	S	D	L	T	K
U	M	E	L	I	L	N	R	M	U	K	F	O	E	M
F	H	R	G	T	D	G	D	R	O	O	M	R	N	Y
L	E	A	F	A	N	M	P	E	C	T	F	T	S	Y
B	T	C	P	A	G	R	S	U	R	D	I	N	E	F
A	F	S	I	Q	I	N	S	H	M	S	V	O	H	X
L	R	D	N	S	K	K	E	H	G	C	T	C	N	R
A	U	B	E	A	L	A	D	G	Y	M	A	A	E	O
N	S	A	D	N	E	S	S	T	N	A	D	F	N	A

C T H A P P Y S R V I L M Y D
E R D O O M U B P C E L R M Q
W A B S E G W H R C J F E Z K
W T O Q S T Y H T A P M E E G
R E S I L I E N C E I E R G F
I D D T U H Z P B L Z N P N A

AMYGDALA

BRAIN

EMOTION

FEELING

HAPPY

RESILIENCE

SURPRISE

ANGRY

CONTROL

EMPATHY

FOCUS

MOOD

SADNESS

TENSE

BALANCE

DISGUST

ENGAGED

FRUSTRATED

REFLECT

SCARED

UNDERSTAND

