

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

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LESSON PLAN

GRATITUDE

Aims:

To understand and recognise gratitude as a positive emotion.

To consider gratitude as a social emotion that signals recognition of the things others have done for us.

The part our brain plays in gratitude.

Resources:

PowerPoint presentation

A4 paper, worksheets

Please note: Work through the PowerPoint – all student tasks are on power point.

Activity 1: I am grateful (10 mins)

On paper with a title of 'What I am grateful for', list 5 things that you are grateful for today.

In pairs share and compare your list with your partner.

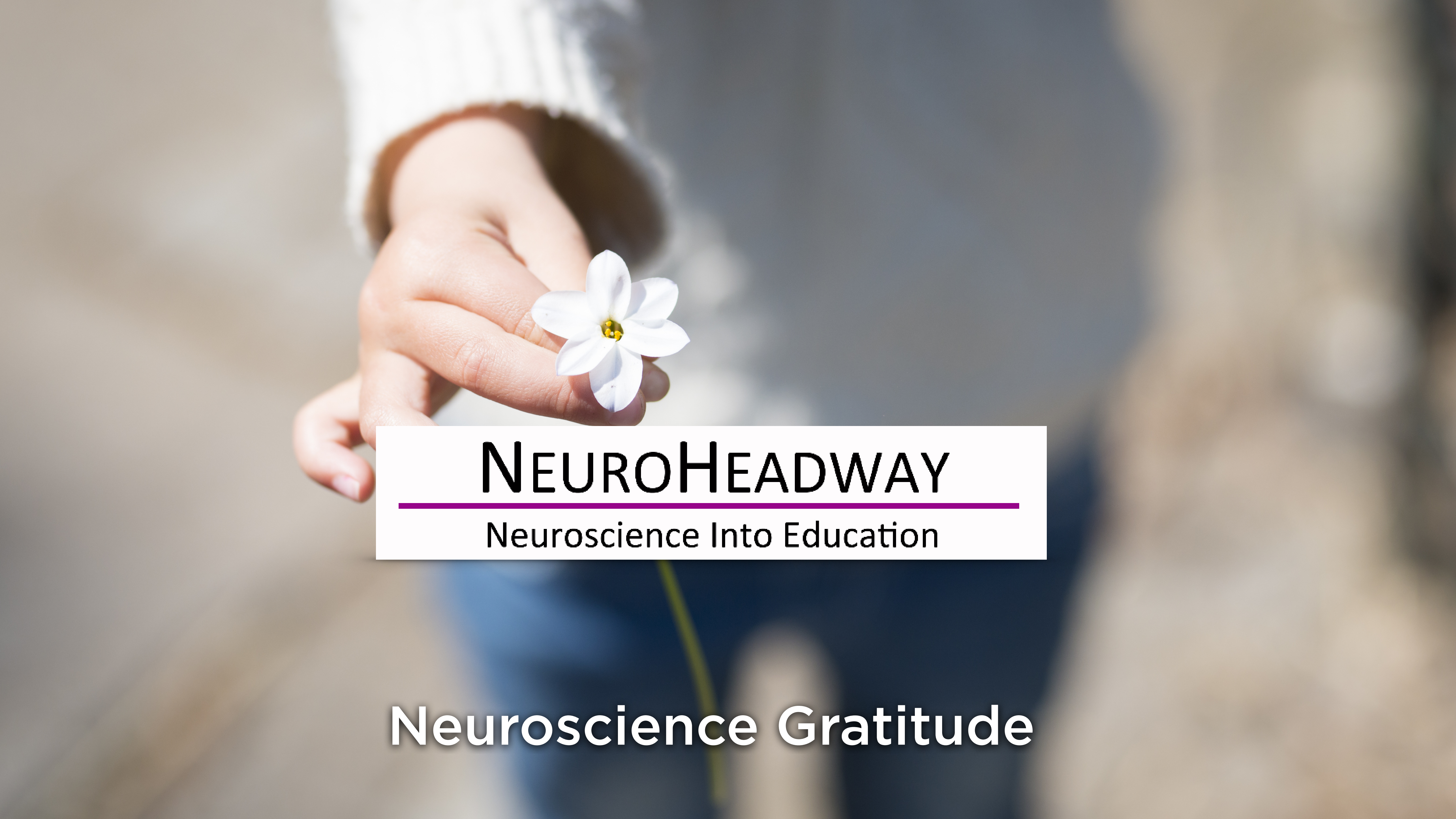
How did it make you feel when you were being grateful?

Why do you think you felt positive feelings?

Powerpoint Example

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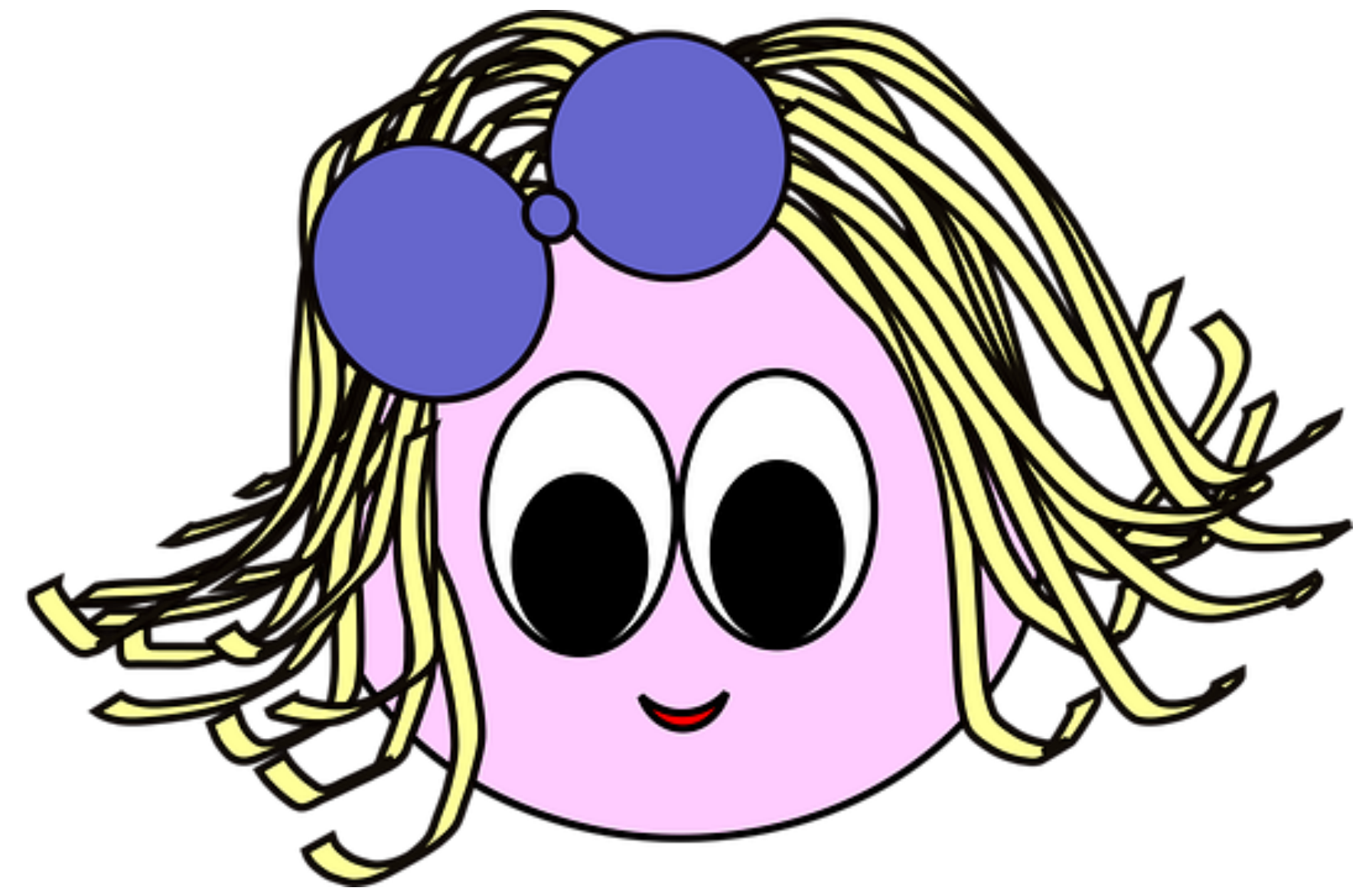


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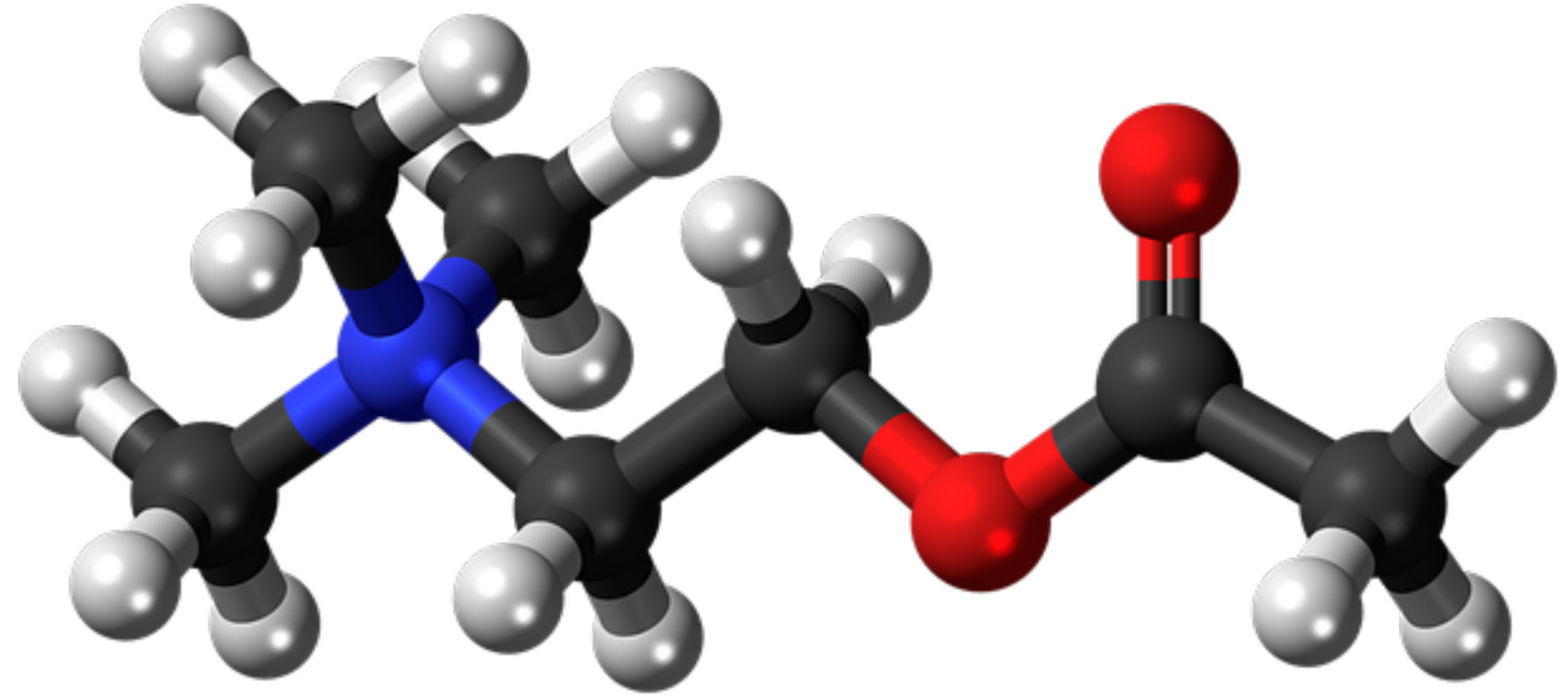
Neuroscience Gratitude

Why be grateful every day?



- It makes common sense....
- If we spent our day only noticing everything that went wrong, of course we will feel demotivated and low in energy. We will most likely feel anxious and depressed
- However, if we took the time to notice things that we should be grateful for, then that will automatically put a smile on your face
- Try it, have a think about something that you are grateful for today and notice how you feel.

Neurotransmitters



- Neurotransmitters transmit chemical signals between chemical synapses (when neurons fire together, they wire together!)
- Neurotransmitters are chemical messengers which communicate information between neurons
- These communications affect every part of your body including every cell, tissue and system!
- There are many different types of neurotransmitters.

Teachers Worksheets and Guides

NEUROHEADWAY

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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?