

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Slide	Subject	Description	Timing
1	Introduction	Register pupils	3 min
2	What is Happiness?	Discuss how pupils would describe happiness - take suggestions and write them up - positive reinforcement. Then show definition and discuss with the group how that matches their suggestions	7 mins
3	What makes us happy	Take suggestions from the pupils as to what things, events etc might make them happy - use suggestions to start discussion - why do they feel those events make us happy?	7 mins
4	Behaviours of Happy people	Discuss the ways we behave when we are happy - what do pupils associate with being happy - use suggestions to aid discussion	5 mins
5	Do we need to be made to be happy or can we be happy alone?	Discuss what pupils think on this - possible discussion point consider reclusive people, monks - are they happy?	4 mins

6	Different outlooks on life	look at the three main outlooks	1 min
7	Pessimism	Ask for any ideas on what this is before explaining	3 mins
8	Limited	Explain the definition of this	2 mins
9	Optimism	Ask for ideas on this from pupils and then explain definition	3 mins
10	Optimism vs Pessimism	Optimism and pessimism are often seen as opposites and Limited is somewhere in the middle leaning toward pessimism - look at examples and discuss how the outlook of each impacts on the happiness felt from those perspectives	8 mins
11	The 'other'	Ask pupils if they feel what people think of them would change if they were happy or not. Why? Does it matter which people? Discuss the idea that happiness - as discussed earlier is something you have yourself and therefore other people can only affect that if you allow it	6 mins
12	Happiness and the Brain location	Explain the part of the Brain happiness is located in - the left prefrontal cortex - This area has been found to have high activity when people are happy - this has	3 mins

		been seen in various scans of Brains such as FMRI which can see the activity of a Brain 'live' as it happens	
13	Happiness in the Brain Chemicals	Go over the chemicals released in the Brain and how they work in interacting with the Brain function to 'create' happiness - look at how the receptors for Dopamine and serotonin work slightly differently in their functions	3 mins
14	Summary of Learning	Go back over the main point of the lesson reiterating and asking for feedback from students to evidence they understood	5 mins

Power point Example

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Happiness in the Present

Behaviours of Happy People
How do you act when you're happy?
If you're happy and you know it - what do you do

- High Self Esteem
- Optimistic
- Satisfied

Happiness in the Present

Can we be made to be happy only by something else? Or can we be happy by ourselves?

Happiness is something we can chose to feel - external events have an impact but we CAN be happy without them

Happiness in the Present

Limited

The belief that there is happiness but that it exists only in happy moments and not in a general state.

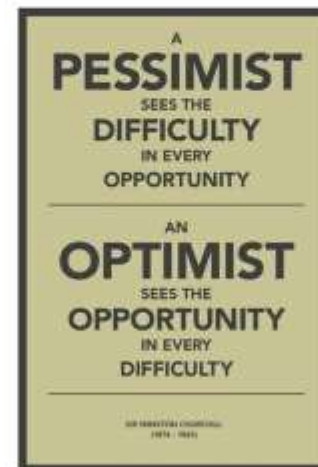
Happiness in the Present

Optimist

A disposition or tendency to look on the more favourable side of events or conditions and to expect the most favourable outcome

Happiness in the Present

Optimism vs Pessimism



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