

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

LESSON PLAN – KS2 HA Keeping Our Mind & Body Healthy

Slide	Subject	Description	Timing
1	Introduction	Register pupils & briefly introduce today's lesson	2 min
2-3	Discussion	Ask around the class if anybody knows what 'Stress' is. Make a note of any answers on the board, for refering back to.	5 min
4-5	Activity	Go through slides 3-6, then ask the students to think about the past week and write down at least one time when they felt stressed. What caused it? How did they handle it?	5 min

Powerpoint Example

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A woman is shown in profile, sitting in a meditative pose (lotus or similar) on a rocky surface. She is facing right, looking towards a bright sunset or sunrise. The sun is low on the horizon, creating a strong orange and yellow glow that fills the sky and reflects on the water in the background. The woman's silhouette is dark against the bright light. The overall mood is peaceful and contemplative.

1

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Keeping Our Mind Healthy

Keeping our

Mind & Body Healthy



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What does the word...



Mean to **YOU**?

Well, it can mean different things to different people....

But basically it's the physiological response of a person to an internal or external stimulus that triggers **THE FIGHT OR FLIGHT REACTION**.



Teachers Worksheets and Guides

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Teacher Evaluation Assessment

KEEPING OUR MIND & BODY HEALTHY

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 points 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
 - Helping Others
 - Leadership
 - Grit
10. Did the lesson flag up any particular student who displayed signs of being uncomfortable with the subject matter, or showed signs of being overly anxious or depressed?