

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

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LESSON PLAN

OPTIMISM

Aims:

- To explore what is meant by 'optimism' and the brain areas involved in Optimistic thinking
- To consider positive and negative thinking
- To consider the skills required to think optimistically

Resources:

- ❖ Optimism lesson 1 PowerPoint
- ❖ A4 paper
- ❖ Work through the PowerPoint – all student tasks are on the PowerPoint presentation

Activity 1: Let's think Key Vocabulary List (5 mins)

Write down on the white board ideas and thoughts from the class discussion, start to build a key vocabulary list for optimism

Powerpoint Example

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Looking at Optimism

What is Optimism?

Optimism is an attitude linked to the emotional part of the brain.

Optimists are people who are generally happy.

An optimistic outlook on life can help keep us healthy.



Let's Think... Activity

Can you think of any
other words which
could describe
optimism?



Let's Discuss... Activity

- On a piece of paper, write down ONE thing which makes you optimistic. Don't put your name on the paper. Put it in the basket.
- Then, in pairs each of you pick a piece of paper out of the basket.
- Discuss what is on each piece of paper, are they good examples of optimism, what would be the negative of the example and how would you deal with it?



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?