

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

LESSON PLAN – KS2 STD

Psychological Health & Wellbeing

Slide	Subject	Description	Timing
1	Introduction	Register pupils & briefly introduce today's lesson	2 min
2	Discussion	Ask around the class if anybody knows what 'Psychological Health & Wellbeing' is. Make a note of any answers on the board for referring back to.	5 min
3-4	Psychological Wellbeing	Explain the next two slides – what the main factors are in Psychological Wellbeing. Did any student match any of the answers?	5 min
5-9	Activity	Explain 'mind Maps' to the students. Then split the class into four – each group to draw a different mind map on a large piece of paper. Use colours/illustrations and imagination!	15min

Powerpoint Example

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A person with long dark hair, wearing a green and white patterned top and blue jeans, is sitting in a meditative pose on a wooden dock. They are facing away from the camera, looking out over a calm lake. The sky is filled with soft, golden light from a setting or rising sun, with scattered clouds. The far shore is lined with dense green trees. A small white boat is visible on the water to the left.

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Psychological Health and Wellbeing

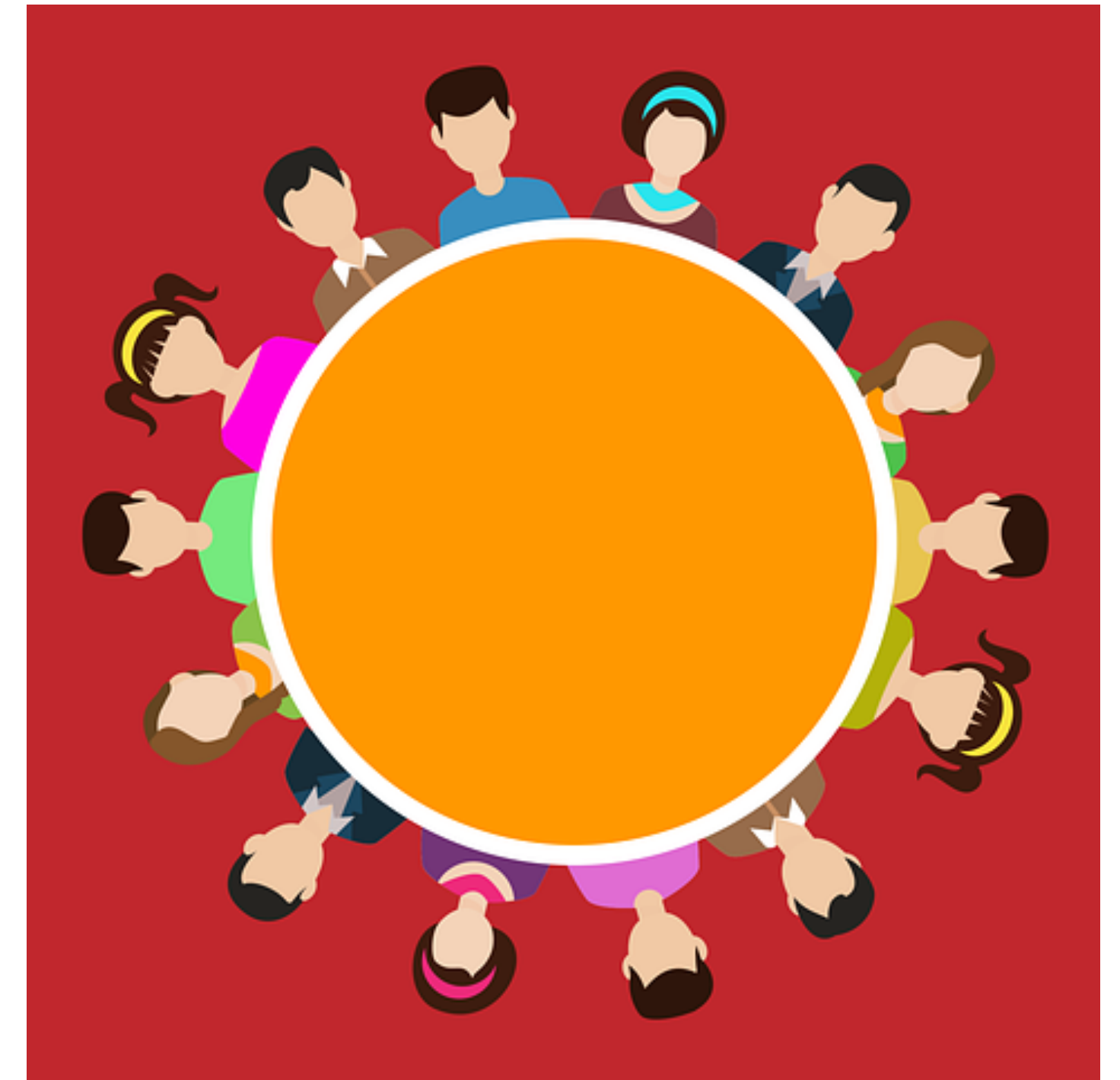


What do YOU think when
somebody says
“Psychological Wellbeing”?



Psychological Wellbeing

consists of positive relationships
with others, personal control,
independence, a feeling of
purpose and meaning in life and
personal growth and
development.



Psychological well-being is attained by achieving a state of balance - affected by both challenging and rewarding life events.



Teachers Worksheets and Guides

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Teacher Evaluation Assessment
PSYCHOLOGICAL HEALTH & WELLBEING

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?