

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

1. Lesson plan example text for the teacher

Students should write on a sheet of paper 3 situations of concern they have experienced in the month prior to the class date. These situations will be given to the teacher anonymously.

Later, a debate will be held in the classroom where all the teacher-oriented students will discuss the significance or not of the concerns described and give their opinions about how to solve them. The teacher should alert students that they feel they need professional help in certain situations. The teacher in advance, if he considers it necessary, can invite the discussion to a specialist in Psychology that will be of great help in the activity.

----- At the end of the presentation of the Power Point students should answer the following questionnaire:

1. What is the concern?
2. Can concern can overcome our physical state?
3. Depression for a concern that has effect on the immunological system?.

A.- The teacher must do 1 questionnaires and distribute them to the students.

B.- The objective of this activity is: To check students' understanding of the subject.

Power point Example

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DIFFERENT SCALES OF VALUES IN EVERY PERSON AS REGARDS THE CONCERN

Not all of us have the same scale of values
and it is precisely this that will determine
something to worry more or less.
Of the individual.



Each person according to their convictions
and experiences will develop their own
concerns that in some cases do not
happen to be coincident with those of
another, precisely because we are
individuals and we think differently.

ACCOMPANYING THE CONCERN APPEARS ANXIETY AND ANXIETY. If they
are not treated in time, many concerns can lead to highly complex psychological
problems, such as depression and angst. Especially in those cases where the
person does not find resolution to their concern with anything.

THE CONCERN IS A SOME THING ALMOST ALL PEOPLE EXPERIENCE IN OUR LIFE.

When this **AFFECTS THE HEALTH AND DEVELOPMENT OF THE PERSON BECOMES A PATHOLOGY** and should be approached from a therapeutic perspective through psychotherapy, in order to be able to solve it and overcome it.



CONCERN CAN CAUSE OUR PHYSICAL STATE

Sometimes we can feel strongly stunned, dizzy or with terrible headaches for something that worries us, **AND AS THE CASE IS SOLVED, WE ARE WONDERFUL!**

This is a clear example of how concerns can affect us, and how well we feel when we are not.



CONCERN AND ITS EFFECTS ON THE BODY

Usually, one tends to think that psychological illnesses only cause sadness, crying, feelings of inferiority and other symptoms that do not have to do with the body, but this idea is wrong.

**THE CONCERN NOT ONLY CONSUMING
YOUR MENTAL STATE, IT ALSO
AFFECTS YOUR PHYSICAL STATE**

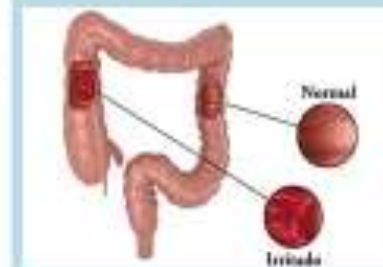


TO HEAL THE BODY IT IS TO HEAL THE MIND FIRST.

CURING THE MIND MEANS FREEING IT FROM LOADS AS THE CONCERN.

Many diseases are closely related to stress. It is necessary to understand the problems and calmly make decisions, but it happens that **the CONCERN CONSISTS OF GIVING BACK THROUGH AND WITHOUT ANYTHING.**

Studies have shown that CONCERNS AND STRESS IN SOME ADOLESCENTS CAUSES THE APPEARANCE OF IRRITABLE COLON SYNDROME.



[J Korean Med Sci. 2012 Nov; 27\(11\):](#)

Relationship between Irritable Bowel Syndrome, Worry and Stress in Adolescent Girls

[Sang-Wook Song](#), [Seo-Jin Park](#), [Se-Hong Kim](#), and [Sung-Goo Kang](#)