

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

One module – one hour lesson plan (3 x 20 minute activities)

Module 1: Conscious knowledge (Johari Window)

Lesson Objective	Introduction	Main Activity	Reflection	Success Criteria
What are the different parts of personality?				
Why do we feel and behave differently in different situations/with different people?				
What is the Johari Window?		Pupils discuss the four regions of the Johari Window in relation to a character from a story/book Think about that character and discuss: Public self: how do they present themselves to others? Hidden self: what aspects of themselves do they hide from others? Blind spots: what might other people observe about them that they are not aware of? Unconscious self: what aspects of that character might be unknown to		

		them and unknown to others around them?		
How can we learn more about ourselves?				
How does knowing myself help me to be kind to other people?				

Power point Example

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What is Self-awareness?

When we recognise/notice the different aspects of ourselves

When we notice how our feelings, sensations, thoughts and behaviours change in response to both internal and external stressors

Internal stressors – for example when we feel sick, tired, overwhelmed

External stressors – for example changes in our environment i.e. where we are, who we are with

It is not always easy to be self-aware, it can very very difficult when we are faced with situations that are too challenging or too demanding

Building our self-awareness takes practice, it is about learning to listen to ourselves

The Value of Self-awareness

- Being self-aware helps to protect us from feeling stressed and overwhelmed
- When we are self-aware, we recognise early warning signs that we are feeling stressed or overwhelmed
- Also, we know what we need to do to help ourselves

Discuss these examples:

- When I try something new I feel nervous/afraid . . .
- When I meet new people I feel (____)
- When someone hurts me I feel (____)
- When someone hurts someone I love I feel (____)
- I feel happiest when I am (____)

- Now think about the messages that our feelings are sending to us in these situations:
- For example, I feel nervous when I try something new (in case I get it wrong and people laugh at me) – what else might be happening??