

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Lesson objective	Introduction	Main activity	Reflection	Success criteria
Why is your emotional health important? LO: To understand what is emotional health and why it is important.	Explain to children the significance of the emotional health to well-being by indicating the problems that arise in emotional health disorders or disturbances, such as stress, anxiety and depression.	Go over the power point slides/ or animation Make correlations between physical health and emotional health For example, stress is like falling down and hitting our knee Anxiety is like Depression is like having a physical disorder, such as	I understand how emotional health contributes to our well-being.	I can understand why emotional health is important.
How do stress and anxiety affect our well-being? LO: To understand the effect of anxiety, stress and depression on our well-being	Go over the power-point slides or animation about how anxiety affects your well-being. When you are anxious about something, you cannot enjoy what is happening at the moment. When you are stressed, all your energy is spent on being stressed and not on doing something positive	Have the children think and discuss what they do or what they cannot do when they feel anxious or are stressed.	Reflect on	I can understand that anxiety and stress can balance off my well-being.

Power point Example

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Emotional Health and Well-being

Emotional Health disorders

- Stress
- Depression
- Anxiety

The Role of emotional health

- Increasing Coping ability
- Self-esteem

How does emotional health affect

- Performance
- Productivity

What is self-esteem?

- Self-esteem refers to the opinion that a person has about himself/herself
- Your opinion about yourself might be different from the opinion other people have about you
- However, your opinion about yourself affects your actions and can affect the opinion of others about yourself

How can you have a positive self-esteem?

- Focus on the things that you have abilities at
- Identify your weaknesses and find ways to minimize them or reduce their importance to your everyday life
- Surround yourself with positive people, since other people's opinion affects your own self-esteem
- Avoid negative people
- Be yourself a positive person, for yourself and others
- Express gratitude for the positive things in your life

How can self-esteem affect your emotional health?

- A positive, good self-esteem allows you to decrease the negative effects that stressful situations have on you
- A positive, good self-esteem makes you feel in control of situations