

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Lesson plan text for the teacher

The teacher will distribute a sheet of paper to each student where the description of what is the **COURAGE** will appear. This is the description: Courage is a human virtue, which can be defined as the willpower that a person can possess to carry out an action despite the impediments.

On the same sheet of paper, explain the meaning of the following sentence> **BRAVE IS THAT PERSON WHO RECOGNIZES THEIR FEARS AND OVERCOMES THEM.** Also say if among your schoolmates, there are students who are usually afraid and if that attitude is related to the way they are educated by their family.

When finalizing in a debate directed by the professor, the students will expose the different points of view of each one.

The teacher will give the students a sheet of paper with the following questions:

1. What is the meaning of the word Courage?
 2. Why is bravery considered an important value from the first years of life?
 3. Why should overprotection be avoided in children?
 4. You could comment on a situation in which you have performed an act of courage as a student in the school setting.
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- A. The teacher will evaluate the answers and these will be discussed in a debate led by the teacher.
 - B. This activity aims to check if the students managed to understand the contents of the class.
 - C. It is suggested to carry out a methodological meeting before the realization of the class. In these meetings teachers can work with a teacher responsible for the quality control of the classes. In that meeting, it is reviewed if the class meets the objectives that have been described for its development. The objective of these meetings is to improve the quality of the classes.

Power point Example

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COURAGE: MEANING

Courage or valentia is a human virtue, which can be defined as the willpower that a person can possess to carry out an action despite the impediments.

Courage is the ability to overcome these impediments and persevere probably with the action that was intended ...



COURAGE IS ASSOCIATED WITH HEROISM, GALLARDY AND VALUE

When a person is brave, he manages to overcome his fears or doubts and acts decisively and firmly

Courage is demonstrated in great acts (such as in a war or emergency), but also in small daily actions (by telling a painful truth to a loved one).



EDUCATE IN VALUE

Sometimes a child wants to do something but we are afraid, or embarrassed and we prevent it, transferring our problem.

It does not mean that we let them do things that are reckless, but there are others that, without being so, cause **WE FEAR AND TRY THAT THEY DO NOT DO IT.**



VALUITY HELPS US FACE HARD THINGS

Courage helps us to face the hard difficult things of life, which always come: the death of a loved one, a disease, a misfortune are examples of tremendously difficult moments.

Bravery is the difference between sinking or moving on. We do not have to fear giving bad news to our children, sometimes it is difficult to make them suffer, but to avoid them is not to teach them to face life as it is.

We will take care of the way to tell them and we will take into account their age, but we must help them mature.



GUIDELINES TO EDUCATE IN THE VALENTINE FOR CHILDREN THE OVERPROTECTION

Avoid **OVERPROTECTION**. Increasingly we find ourselves with overprotected children and, therefore, limited in their own growth and development.



Overprotection is difficult to recognize parents since it is the result of an inadequate interpretation of affectivity towards children and arises precisely because of wanting to give them the best.

However, we fall into the error that what we think is the best becomes just the opposite.

GUIDELINES TO EDUCATE IN THE VALENTINE FOR CHILDREN NOT DECIDE FOR THEM

DO NOT DECIDE FOR THEM. There are many occasions in which we are going to find ourselves in situations where we know that the decision they are making is probably not the most appropriate, but in spite of that, we **HAVE TO LET THEM BE THE THOSE WHO REALIZE THEIR LIFE I LET THEMSELVES THAT THEY HAVE NOT MADE THE BEST DECISION.**

This attitude is positive for two reasons: for the learning it entails and because although we think it is not a good decision it is important that they try ...



Teachers Evaluation and Handouts

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GUIDELINES TO EDUCATE IN THE VALENTINE FOR CHILDREN

PREPARE THEM FOR WHAT CAN COME

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What we can help them with is preparing them for the consequences of trying to be brave.

This means that if they do, they have to be happy and proud to have achieved it and if not, happy to have tried it.

If we believe that it may cost them to get it, prepare them for the difficulties that can be encountered. For example, if they are excited to enter a drawing competition, make them aware that you can not always win the first place.

