

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

[illegible]

Powerpoint Example

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A silhouette of a person with long, curly hair, standing with their back to the camera and arms raised in a 'V' shape. They are positioned in the upper center of the frame. The background is a vibrant sunset sky with a bright sun low on the horizon, creating a warm orange and yellow glow. The foreground shows the dark silhouettes of tall grass or reeds. A white rectangular box with a purple underline is centered over the middle of the image.

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Our Attitude Towards Ourselves

What IS Self-Esteem?

- ◇ The way we see and think about ourselves
- ◇ Feeling good about yourself
- ◇ Putting a high value on your worth, thoughts about yourself, which can vary depending on circumstances and relationships
- ◇ A strong and deeply-felt belief that you, as a person, have value in the world

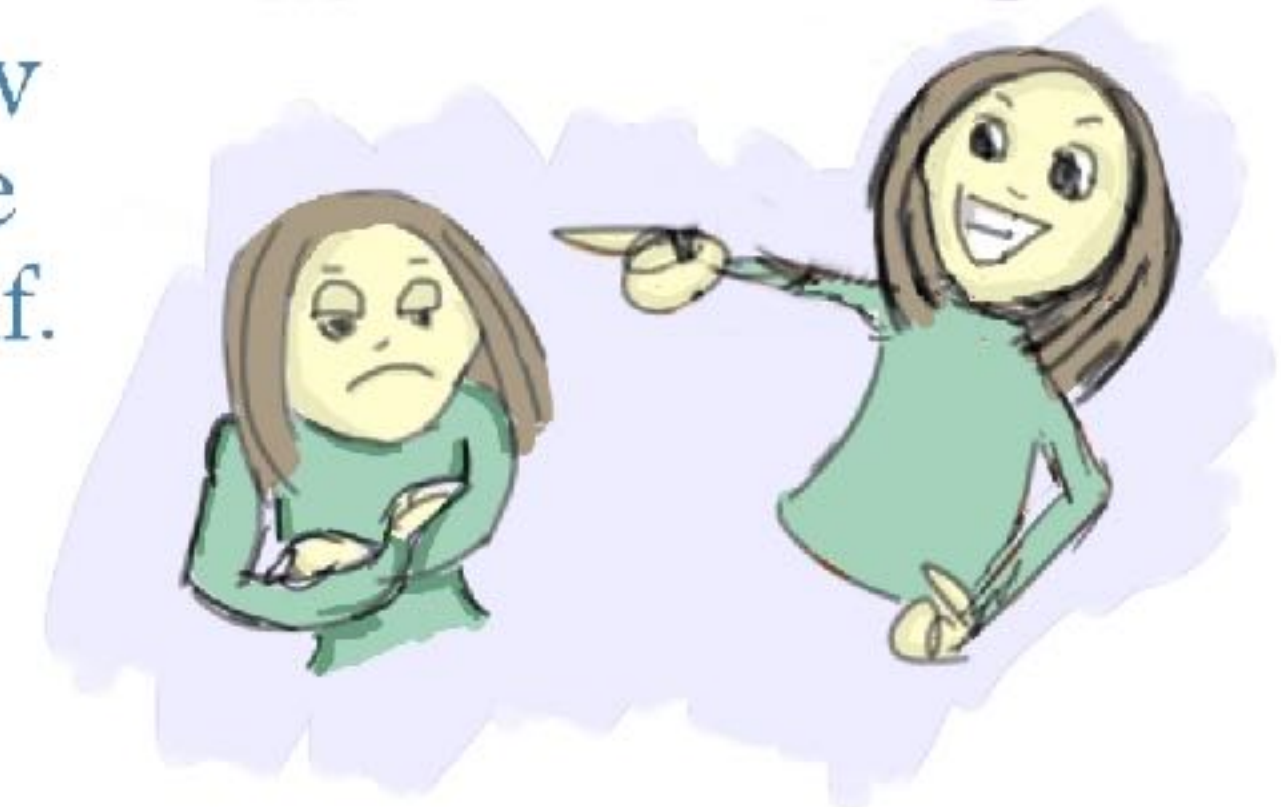
Self Esteem

People forget...

It isn't how
other people
see you.



It's how
you see
yourself.



...and that's what makes it hard...

- ◇ **Self-Esteem** is made up of all the experiences and relationships you have had in your life. Everyone you have ever met, has added to, or taken away from how you see yourself!
- ◇ A person develops self-esteem throughout life through **experiences**
- ◇ Childhood experiences play an important role in shaping self-esteem



Teachers Worksheets and Guides

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Teacher Evaluation Assessments

OUR ATTITUDES TOWARDS OURSELVES

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 point do you think the lessons are age relevant?