

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Positive Mental State

The teacher must give the students before class, a sheet of paper where they should respond if they consider that surrounded by friends, sleep well and play sports, can contribute to their physical and psychological well-being and justify their response.

What is called Psychological Well-Being?

Mention 5 Habits Needed to Achieve Psychological Well-Being.

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

Power point Example

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PSYCHOLOGICAL WELL-BEING: DEFINITION

It is a broad concept that includes social, subjective and psychological dimensions as well as behaviors related to health in general that lead people to function in a positive way.



PSYCHOLOGICAL WELFARE

When you think that someone is "healthy" or "in good health" you may think that you are physically fit.

But the concept of health encompasses: physical health, but also mental and emotional health, including dimensions such as self-acceptance, social skills or the perception of control over what happens around us.



PSYCHOLOGICAL WELFARE

The concept of Psychological Wellbeing has emerged in the United States and was defined by the development of industrialized societies and interest in living conditions.

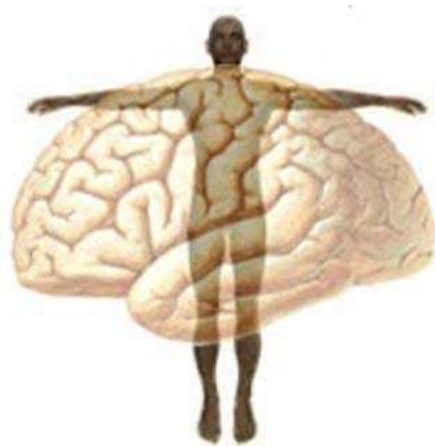
Initially, it was associated with feeling good about physical appearance, intelligence or money, but currently, as a result of various investigations, on the subject, it is known that Psychological Well-Being is not only related to these variables but also to personal subjectivity.



PSYCHOLOGICAL WELLNESS AND HEALTH

The body not only needs a good functioning of the organs to feel good, but also the good mental functioning so that it can develop in full.

It is said that if a person is well physically can achieve many things, but what happens if this person is exhausted mentally, due, for example, to not sleeping the necessary hours; definitely the activities they do will be half done.



Teachers Evaluation and Handouts

NEUROHEADWAY

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

1. How is trust defined?

2. What is the value of trust?

3. How to build trust in children?

4. What do you think encourages Trust in a relationship?

5. In what ways do you think Trust is built between one child and another?

The teacher will evaluate the answers and these will be discussed in a debate led by the teacher.

This activity aims to check if the students managed to understand the contents of the class.

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.