

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Understanding Emotional Health and Wellbeing				
Lesson Objectives	Introduction	Main Activity	Reflection	Success Criteria
To understand emotions and why we have them.	“What are emotions?” And “how do you recognize them?” “What does happiness and sadness feel like?”	Teacher asks students about how they feel at the beginning of the lesson. Students can also be asked to draw faces displaying various emotions.	This activity is important because students may perceive emotions differently.	Students should be able to recognize all six basic types of emotions.
To identify emotional triggers and strategies that help them maintain positive emotions	“What makes someone laugh or happy?” “what makes someone sad or angry?”	Students can be divided into small groups. Each student needs to trigger two types of emotion in his peers; to make them laugh, or to make them sad.		Students are able to discover their emotional triggers and identify strategies that help them stay emotionally healthy and happy.
To understand how emotions can affect learning and behavior	Describe the link between emotions and learning. Explain the negative role that stress plays in learning and memory.		Constructive management of feelings helps maintain positive relationships with others and improves mood and learning.	Positive classroom environment affects the way students pay attention in class, and their ability to move from one activity to another.
To highlight the importance of emotional wellbeing	“What are positive emotions?” “what are negative emotions”	Students are divided into 2 groups. Students in one group display positive emotions, while students in the 2 nd group display negative emotions. Teacher can record a video of the two groups and have them watch their reactions.		Students are able to know the difference between healthy and destructive emotions

Method of delivery

- The teacher has to ensure a positive classroom environment where kids can feel happy and enjoy learning. It is very important that the teacher sets a good example and be a positive role model for all students.
- Classroom activities help students deepen their learning and understanding of emotions. Students can be divided into small groups or remain as one large group depending on their total number.
- Teacher has to give clear step-by-step instructions on how to conduct the small group activities. All ground rules have to be established before starting the activities and have students repeat them.
- During activities, positive feedback by the teacher should be given on their progress.
- After the completion of activities, the teacher has to summarize what they did and discuss the outcome of those activities.

Lesson main objectives:

1. Describe emotions ^[L]_[SEP]
2. Identify positive and negative emotions
3. Recognize their own emotions and those displayed by others and understand the cause of these emotions ^[L]_[SEP]
4. Identify the various triggers of emotions
5. Identify strategies that they can use to maintain good emotional health.

Classroom Activity:

^[L]_[SEP]1. Young learners are asked to draw the following:

- a. A happy face
- b. A sad face
- c. A scared face
- d. An angry face

To observe how students perceive those specific emotions.

2. Students are divided into small groups

- a. Each student triggers two types of emotion in his peers; e.g. to make them laugh, or to make them sad.
- b. Students in each group describe the way they feel to their

peers in the group, and express clearly why they feel the way they do.

- c. Each group identifies a new method to help them cope with a sad, angry or scared friend.
- d. Each group suggests a way to help them stay emotionally healthy.

3. After the completion of all activities, the teacher summarizes the group's understanding of positive and negative emotions and clarifies any misunderstanding.

Power point Example

NEUROHEADWAY

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HOW ARE YOU FEELING TODAY?

POSITIVE

- HAPPY
 - CALM
 - RELAXED
 - CAREFREE
- FEARLESS



NEGATIVE

SAD
ANGRY
STRESSED
ANXIOUS
FRIGHTENED

What are emotions?

Emotions are physiological bodily responses generated unconsciously in response to certain external or internal events.

Emotions occur at a subconscious level. The brain receives information from your sensory organs (what you see, hear, taste, touch) and generates a physical reaction, to help keep your body in a state of balance and help you stay alive.

Our body reacts first to a stimulus, then the brain responds with emotion. i.e. you run from danger and then you feel fear.

Understanding emotions

Fight or flight response

- Imagine the following scenario:
- A giant monster is running toward you, how does this make you feel? Happy or frightened?
- The monster is approaching, so your brain perceives it as a threat, and starts releasing chemicals in your brain to trigger your body to move and flee this dangerous situation.
- Are you getting ready to run because you are afraid of the monster or because your body is preparing itself to run?
- what does your body automatically do?
 - Your muscles become tense and you are ready to run fast
 - Your heart rate starts racing
 - The blood drains from your face and flow to your muscles to give your body strength and energy to flee this dangerous situation.
 - You no longer think of anything else except to get away from the monster
- We call this response" the fight or flight response"

How do we express emotions?

- Our face has forty-two small muscles on each side. Contraction and relaxation of those muscles generate the different facial expressions that we all display.
- When you frown or smile, a combination of facial muscles contract and relax, causing the skin overlying the muscles to move and produce visible changes.
- Neuroscientists are beginning to understand their importance.