

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

LESSON PLAN/OUTLINE

Name:			Age group: KS 2 minutes		Time: 1*20 and 1*40		
Field: Neuroscience							
Title: Depression							
Aims: The aims of the lesson are to provide with the basics of depression, its symptoms and how to prevent it. Thereby, children should come clear with how our brain works and how neuronal activation and deactivation is reflected in feelings and vice versa.							
DETAILED LESSON PLAN							
Steps/Activities*	Emphasized skills	Possibilities for differentiation	Form		Required tools	Time (minutes)	Notice
			Method	Form			
First 20 minutes							
1. Introduction	communication		Teacher speech			2	Articulating the aims of the lesson for the pupils
2. Presentation (2 nd slide)	observation		Teacher explanation	Present the neurons		4	Aim: to understand that our brain is made of neurons and is working through sending and receiving signals. They also

							determine how we feel and think
3. Neuronal network game	communication, cognitive skills, cooperation, social skills		Game – see handout	Play the game		14	Aim: to define and present neurons and their networks
Second 40 minutes							
4. Presentation (based on the 3 rd and 4 th slides)	observation, communication					6	Aim: to understand what is depression and which neuronal pattern is behind it, try to let children find situations and articulate feelings of sadness and loss of interests and other symptoms
5. Main game	communication, cognitive skills, cooperation, social skills		Game – see handout			20	Aim: To understand that we have a depression network and to be able to reflect normal neuronal functions and patterns behind different feelings/situations related to feelings and

							altered neuronal patterns
5. Animation	observation			Play the animation		4	
6. Reflection game (what have we learned today)	communication, reflection, drawing		Drawing – see handout			10	Aim: To find possibilities to prevent depression. It has to be articulated by the teacher that there are common situations that are able to compensate and thus can be used for prevention

Power point Example

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Depression

Symptoms

- Bad mood – What is bad mood?
- Loss of interest – Can you think about a situation where you were not interested?

Often:

- Memory is not functioning
- Fatigue
- Eating problems

Longer than 2 weeks

Depression

- In our brains
 - Positive neurons: switch off
 - Negative thoughts: switch on
 - Commanding neurons: switch off
 - Memory: switch off

What are the consequences?