

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Lesson objective	Introduction	Main activity	Reflection	Success criteria
Self-awareness LO: To understand the concept of self-awareness	Watch animated video: "Self-awareness". Discuss what they saw in the video that they found interesting or surprising. Answer on the questions from the video Go over power point slides	Create mind map about self-awareness Complete a self-awareness worksheet Working class: Create your own affirmation cube from the template Children to reflect on their school work and everyday life. When have they recently been faced with self-awareness?	How has it helped understanding the concept of self-awareness	I can infer what the self-awareness is I can recognize the relationship between the mind and self-awareness I can identify ways to be more self-aware I can explain why this is important for my wellbeing

Power point Example

NEUROHEADWAY

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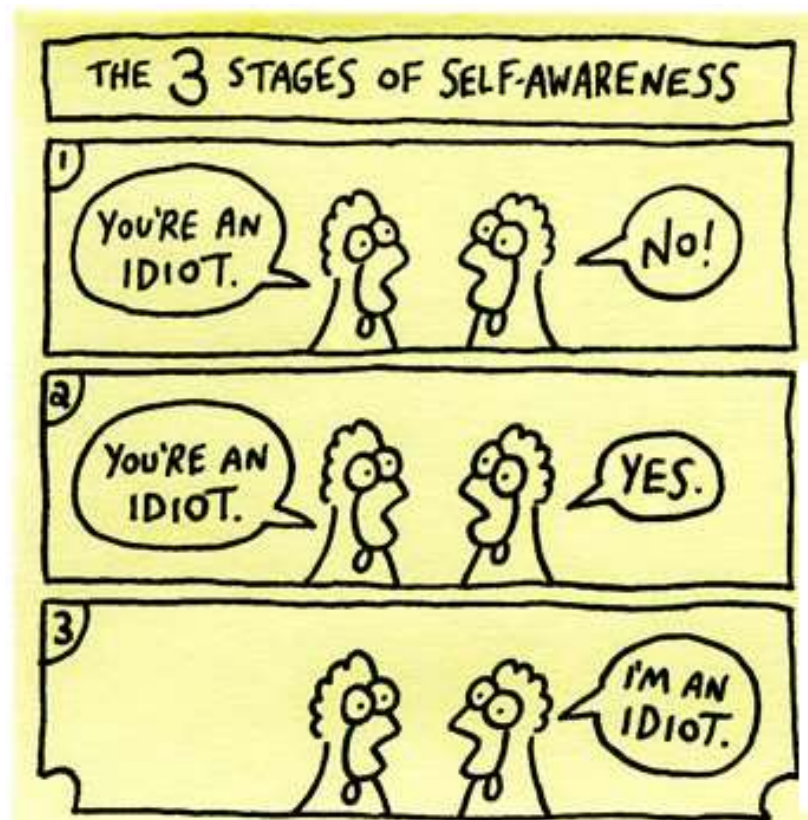
Key areas of self-awareness:

- Personality traits
- Personal values
- Habits
- Emotions
- Psychological needs

SELF - AWARENESS



- Seeking feedback from others
- Reflecting on one's own feelings and behaviours
- Taking self scoring test



Teachers Evaluation and Handouts

NEUROHEADWAY

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SELF-AWARENESS WORKSHEET

NAME _____

DEFINE SELF-AWARENESS

List 10 adjectives, positive or negative that YOU think describe you. Ex. I am creative. I am stubborn.

1. _____	6. _____
2. _____	7. _____
3. _____	8. _____
4. _____	9. _____
5. _____	10. _____

List 4 of your strengths:

1. _____
2. _____
3. _____
4. _____

List 4 of your weaknesses/challenges:

1. _____
2. _____
3. _____
4. _____

List 5 "put downs" (sarcastic statements) you tell yourself or hear others say about you.

1. _____
2. _____

Worksheet objective	Introduction	Main activity	Reflection	Success criteria
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