

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

KS2	PSHCE – Positive Feelings About Life	

Aims:

- To understand the importance of emotional health
- To identify our abilities
- To understand our strengths and weakness and give ourselves a purpose

Resources:

- ❖ Positive Feelings About Life lesson PowerPoint
- ❖ A4 paper, worksheets
- ❖ Please note: Work through the PowerPoint and animation – all student tasks are on power point

Activity 1: Worksheet tasks, yellow, green, blue (15 mins)

Work through the questions on the screen and complete the worksheet.

Bitesize Topic: Let's discuss how we can realise our abilities.

Powerpoint Example

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A silhouette of a person's head and hand against a bright sunset over the ocean. The person is making a peace sign with their right hand, and the sun is positioned directly behind the hand, creating a lens flare effect. The ocean is visible in the background, with waves reflecting the golden light of the setting sun.

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Positive feelings about life

Introduction

Physical Health vs Emotional Health

Everyone feels stress at different points of their lives.

Stress is like falling down and hitting our knee, we just can't see it.

All our energy is spent on being stressed and not doing something positive.

When we hurt our knee we can see everyday it gets better.

Watch the Animation.

Let's Think....

What can we do to keep in good Physical Health?

- Eat Well
- Exercise



Good Emotional Health?

1. Realising our abilities
2. Live a Life with Purpose

Lets Discuss...How Can We Realise Our Abilities

- We must first think about our abilities, know our weakness and decide to maximise our strengths and minimise our weakness.
- What behavior/action do you think you are good at?
- school, sports, friendships
- What behavior/action do you think other people (teachers/parents) tell you that you are good at?
- How can you identify your strengths?

What do you most like to do during the day?

Teachers Worksheets and Guides

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Teacher Evaluation Assessments

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?