

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Aims:

- Understanding that shyness is normal but can make you feel anxious or inhibited in unfamiliar situations or when interacting with others
- To realise that by encouraging brave social behaviour and knowing how to act in social situations shyness can be overcome

Resources:

- - PowerPoint
- - A4 paper, worksheets
- - Please note: Work through the PowerPoint – all student tasks are on power point.

There are no right or wrong answers.

Activity 1: Role Play (10 mins)

Work in pairs following the on screen instructions, share your role play ideas with the class.

Activity 2: Setting goals (10 mins)

Ask students to complete the exercise on the slide, writing down something you would like to do and how you are going to achieve it. Compare thoughts and ideas in class discussion

Activity 3: Key Vocabulary List (5 mins)

Follow the on screen instructions finding words and phrases meaning shyness. Compare your thoughts with the class. Add additional vocabulary on the white board.

Activity 4: Overcoming Shyness (10 mins)

Describe in writing a time when you felt shy and what happened. Share your experience with the class.

Activity 5: What have we learnt today? Class Discussion (10mins)

As a class discuss Shyness.

Optional/additional activity using the Reflection worksheet describe in writing, shyness and how to overcome shyness.

Power point Example

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LET'S DISCUSS SHYNESS

It is normal to feel shy from time to time particularly in unfamiliar situations or meeting new people, but the lives of some are curtailed by their shyness.

Shyness can limit the social development in daily lives. Shy people may prefer to sit and watch while others run around the playground.



ACTIVITY 1

Role Play

Timid people know that they are shy, because they experience a certain fear of being with people.

Work in pairs one person to be the shy person, the other a new friend who approaches and wants to get to know you. Then swap over!

HINT keep it simple, give each other eye contact, have a clear friendly voice, smile
And ask questions.

Share your ideas with the class.



ACTIVITY 2

SETTING GOALS

Imagine you are a shy person, you have many interests but you are not brave enough to have a go. Write down something you would like to do and how you are going to overcome your shyness in order to achieve that goal.

HINT You like athletics, start by watching athletics, familiarise yourself with the stadium and track, then join a club and become a supporter or go training.

Share your goals with the class.



Teachers Evaluation and Handouts

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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?
6. Which point do you think the lessons are age relevant?
7. Was the pace of the lesson suitable for the students?
8. Would the Teacher like more Animation / more Activities introduced?

9. Key Metrics, for Teachers to monitor in each child, over a set number of weeks

- Growth Mind-set
- Perseverance
- Empathy
- Gratitude
- Active Listening
- Participating in Class
- Working Hard
- Helping Others
- Leadership
- Grit