

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Lesson Objective

1. Introduce possible behaviors when something negative happens.
2. Identify situations that are difficult for nearly everyone.
3. Learn what assertiveness is.
4. What is non-assertive behavior? What are the results of non-assertive behavior?
5. What is aggressive behavior? What are the results of aggressive behavior?

Introduction

Every day, we are confronted with situations that can make us feel happy, sad, angry, annoyed, or frustrated.... Even if we have strong feelings about the situation, it is possible to control our reaction.

Present this slide: Typical Situations

Present the assertiveness slide.

Show the three slides on non-assertive behavior.

Show the three slides on aggressive behavior.

Main Activity

Use the PowerPoint slides to introduce these topics. (Last slide is the list of explanations for scenarios 1-3.)

Have the students talk about what they typically do.

Discuss to be sure that they understand it.

Have the students stand up and act out the non-verbal non-assertive behavior.

Have the students stand up and act out the non-verbal aggressive behavior

Reflection

Ask the students to make a list of things that happened to them that made them feel angry, sad, annoyed, and/or frustrated.

Have the students look at their list. What did they do? Were they non-assertive, aggressive or assertive in the situation?

Do any of the students have an example of when they acted assertively?

How do they feel? Weak? Strong? Effective? Fair?

How do they feel? Weak? Strong? Effective? Fair?

Success Criteria

Recognize that there is a moment when we can decide about how we will behave.

Recognize that there are uncomfortable moments in life – for everyone. Identify their own behavior with the correct vocabulary.

Explain why assertive behavior is a better way to respond.

Explain what non-assertive behavior is, what it looks like and what are the effects.

Explain what aggressive behavior is, what it looks like and what are the effects.

Power point Example

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We have a choice of how to behave

- We can lower our head, say nothing, get taken advantage of and feel like a loser.
- We can get really mad. We can start an argument and perhaps get into trouble or hurt the relationships. We make the other person look wrong or stupid.
- We can stand our ground, ask for what we want in a calm manner, and convince the other of what is fair or right or find a better solution together. We feel strong and empowered.

Typical situations that are not easy to deal with

- Someone took something without asking.
- Something you recently bought broke and you want to return it.
- The teacher counted up the points wrong on test, so your grade was lower than it should have been.
- A friend borrowed something that you need back.
- Your friends are meeting at someone's house, but you did not get invited.

Non-assertive behavior

By not standing up for ourselves:

- Our feelings, thoughts, beliefs or opinions do not get expressed.
- In trying to avoid conflict, we ignore our own needs and wants.
- Other people take advantage of us or ignore our needs.
- We are the losers. This is unhealthy and makes us feel bad.



What does non-assertive behavior look like?

Non-verbal behavior

- Avoiding eye contact
- Staring at the floor
- Standing with a lowered head
- Using a fake smile when angry
- Biting lips or nails
- Nervously keeping fingers and hands busy
- Trembling



Aggressive behavior

By getting mad and aggressive:

- We can harm others or the relationship.
- If we insist on winning that means the others lose.
- They lose and feel low, bad, wrong, stupid...
- Only our own needs are respected and not the needs of others.
That is a „you don't count” attitude.



What does aggressive behavior look like?

Non-verbal behavior

- Staring at the person
- Standing too close
- Scowling
- Pointing or balling the fist
- Clinching the jaw
- Standing with hands on the hips
- Holding the head up too high with the chin pushed forward