

Lesson Plan

NEUROHEADWAY

Neuroscience Into Education

Aims:

- Understanding Sensitivity and Alertness
- To consider the experience of consciousness

Sources:

- 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: Being more sensitive and alert to your surroundings (10 mins)

Write down 5 words or phrases that indicate your sensitivity and alertness to your surroundings, think about the meaning of consciousness and compare with the class.

Activity 2: Breathing exercise (10 mins)

Ask students to complete the exercise on the slide. Compare thoughts and ideas in class discussion

Activity 3: Considerations (10 mins)

Follow the on screen instructions, after working in a group of three share your thoughts and ideas with the class.

Activity 4: Emotive words (10 mins)

Follow the instructions on the screen and work through the activity.

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

As a class discuss the power point.

Power point Example

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Sensitivity and Alertness

Look around you, listen to the sounds you can hear, feel the hardness of the chair you are sitting on, or the smoothness of the table in front of you. Perhaps you feel a slight pain, or pins and needles, or mild hunger.

All of these experiences are *sensory experiences*, experiences that you have via your senses—sight, hearing, touch, taste, smell—your inner sensations (pain, hunger), or your emotions (happiness, fear).



Activity 1

- Write down 5 words or phrases that help you be more sensitive and alert to your surroundings.
- Then ask 5 of your classmates to give different ways the word consciousness can be used.
- Compare your findings with the class.
- Hint a consciousness practice that can be used to help deal with stress.

Activity 2

- One of the big questions that philosophers ask is what consciousness really is.
- This activity requires intentional breathing by counting at least 30 breathes out loud during the exhale. Then repeat the activity this time counting in reverse.
- Discuss your experience with your class was it a physical experience or something else?

Activity 4

Emotive Words

Here is a list of emotive words. Organise the words into the correct column of the table.

Enraged	Confident	Calm
Optimistic	Irritated	Fuming
Depressed	Intrigued	Peaceful
Ecstatic	Anxious	Ashamed
Inferior	Energetic	Determined
Encouragement	Vulnerable	Confused
Lonely	Enthusiastic	Empty
Dull	Brave	Humiliated
POSITIVE		NEGATIVE

Teachers Evaluation and Handouts

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