

Lesson Plan

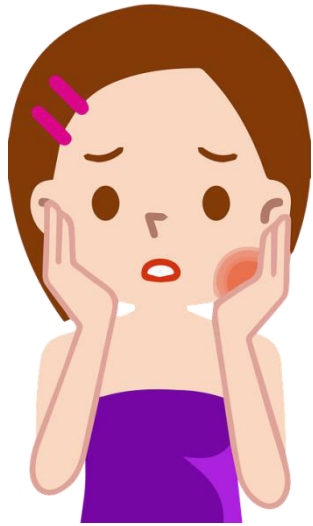
NEUROHEADWAY

Neuroscience Into Education

VANTAGE EDUCATION

Developing Lives. Accelerating Potential

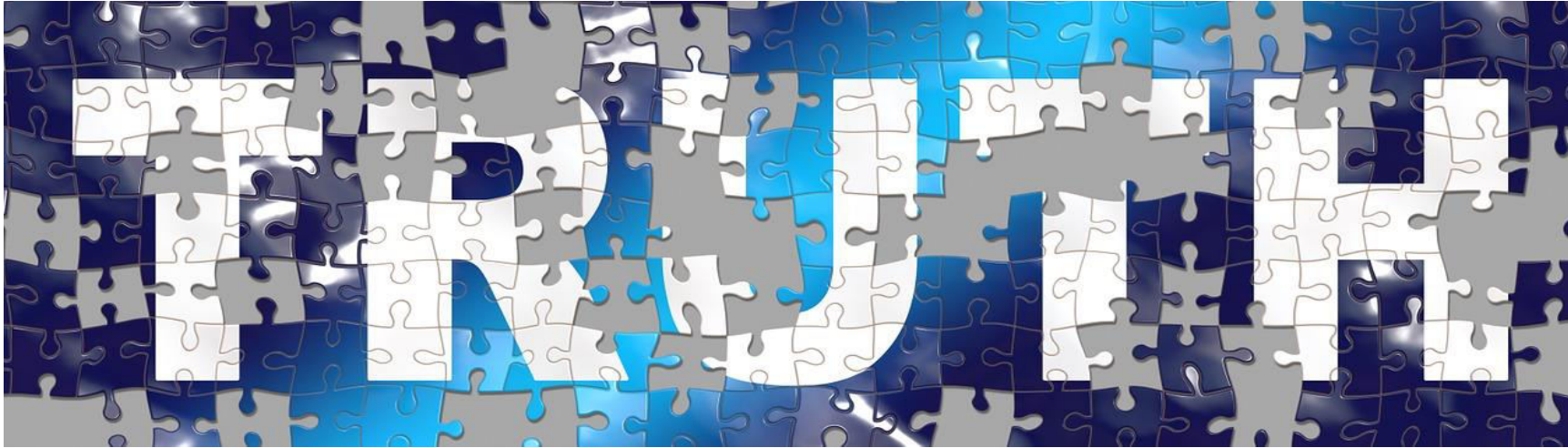
Consciousness



Consciousness

- Consciousness is everything you experience, from the tune you can't get out of your head, to the throbbing pain of a toothache. We all experience those things, so how can we become even more conscious?
- The thing is that when we start to think about being more conscious, we actually become even more conscious!

ACTIVITY 1 – TELLING THE TRUTH



- Think about a time when you weren't honest with someone – why was that? Was it because you had done something wrong and didn't want to admit it? Or was it to spare someone's feelings as you didn't want to hurt them?
- Whatever the reason, it means you were afraid of something – what were you afraid of? Was it that you would lose someone as a friend? Or is it that you would be found out?



ACTIVITY 2 – FACING YOUR FEARS

- Facing your fears makes you more conscious.
- Working in pairs, tell your partner what frightens you.
- Then tell them what it is that frightens you and why it makes you feel like that



ACTIVITY 3 - KINDNESS

- One way to become more conscious is to become more connected to others, including animals and all living things.
- Still working in pairs, discuss when you were last kind to someone or something. Then think about when you weren't kind – perhaps by not doing something you could have done. Why was that?

PLENARY

- What is Consciousness?
- We have to practice our skills regularly in order to improve at anything we do in life. What will you do each day to become more conscious?

