

DEVELOPING SELF-AWARENESS IN BODY-MIND CONNECTION



Grades 8-12

Arts Education & Physical and Health Education

Purpose of the Lesson:

Learning self-awareness and emotional literacy is very important in teens. Understanding the connection between their mental health and physical sensations will help them to know when and how they need help. If they can pinpoint their emotions and how they feel them in their body, they can find ways to reduce stress and improve how they feel. In this lesson plan, students will take an Online Distress quiz to determine their current situation and how they feel. This will be used as an example of being self-aware by using tools. To help them develop self-awareness, they will complete a worksheet about feelings. To deepen their understanding, they will create an art project to express their personal body-mind connections.

Curriculum Competencies:

Arts Education

- Take creative risks to express feelings, ideas, and experiences (Grade 8)
- Take creative risks to experience and express thoughts, emotions, ideas, and meaning (Grade 9)
- Explore artistic possibilities and take creative risks (Grade 10)
- Take creative risks to express thoughts and emotions through artistic works (Grade 11/12)
- Create artistic works collaboratively and as an individual using ideas inspired by imagination, inquiry, experimentation, and purposeful play (Grade 8/9)
- Create artistic works using sensory inspiration, imagination, and inquiry (Grade 10/11/12)

Physical and Health Education

- Describe and assess strategies for promoting mental well-being, for self and others (Grade 8)
- Analyze strategies for promoting mental well-being, for self and others (Grade 9)
- Evaluate and explain strategies for promoting mental well-being (Grade 10)

After Grade 10, Physical and Health Education divides into Active Living, Fitness and Conditioning, and Outdoor Education.

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First Peoples Principles of Learning:

- Learning requires exploration of one's identity.

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Step-by-Step Lesson Plan

Preparation: Print off Mind-Body Connection Worksheet

1) Students will start by completing the Online Distress Quiz that can be found [HERE](#). It would be beneficial to allow students to complete this prior to the day of the lesson on their own time, so they can keep their results private if they wish.

2) The questions in the Online Distress Quiz are used to determine the level of students' mental health and whether they are in a place where they need to reach out for help. This introduces students to the concept of awareness of their own emotions and bodily sensations. Ask students these reflection questions:

- *Without a test such as this one, are you able to determine your mental health level?*
- *What is the connection between our feelings and how our body feels?*
- *Is mental health only in your mind, or does it affect all aspects of your body?*
- *Were there any questions in the Distress Quiz that you were surprised were included? Which ones and why?*

3) Follow-up Activity 1: Get students to complete the "Mind-Body Connection Worksheet" below to reflect more on their mind-body connection. Provide them with a list of feelings/emotions to help them with their work. Here is a good example of one [HERE](#).

4) Follow-up Activity 2: One way to develop awareness of mind-body connection and emotional literacy is to create a visual representation of an overpowering emotion. As the final activity, students will choose an emotion that they feel strongly in their body. Using old magazines, have them make a collage that represents the emotion and how it makes their body feel.

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Mind-Body Connection Worksheet

Emotion	Bodily Sensation
Ex. Excited	Butterflies in stomach Increased sweat