

Anxious Brain, Focused Brain



45-minutes



Students will be able to:

- understand that different moods have different energy levels
- identify their current emotional energy levels
- use strategies to change their mood so they can focus their brain



Key Vocabulary: anxious | focused | mood | stress management tools | nervous system

mindful CHECK IN

Model

Animal Charades

- **Act** like an animal that shows how you feel. Leaders guess.
- **Say** "I feel like a (ex. rabbit) because (I'm bouncing with energy)."

Encourage

- **Invite** leaders to take turns acting, guessing & explaining

Reflect

- **Ask** "Which animals & feelings were more active? Which were calm?"



5-minutes

Check-in's help gauge emotions & knowledge; they help develop:



CQ Skills:

- Creativity
- Critical Thinking

SEL Skills:

- Emotional Awareness

Mental Wealth:

- Identity
- Behaviour

PLAY

Movement: Musical Animals

- **Everyone listen** to music clips & act like the animal you think of
- **Reveal** the title of each song after they share their guesses.

Watch

- **VIDEO**

Discuss

- Ask "Have you ever felt anxious? What kind of energy does an anxious brain have? What kind does a focused brain have?"
- "How can we change our mood so we can focus our brain?"



10-minutes



Flight of the Bumblebee

Baby Elephant Walk

The March (of the Penguins)

Promenade (Walking the Dog)

Jaws

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OTHERS

Interview

- **Encourage** leaders to interview their partner by asking:
 - "Which strategies work to calm you & focus your energy?"
- **Remind** leaders to record the answers.

Share

- **Invite** leaders to share their partner's success story.



15-minutes

Put your leaders into pairs.



CQ Skills:

- Communication
- Collaboration
- Critical Thinking

SEL Skills:

- Emotional Awareness

DOWNTIME



Breathe: Rainbow Breathing

- **Everyone stand** with your hands at your sides.
- **Inhale** through your nose & raise your arms into a rainbow
- **Exhale** slowly & and lower your arms. Repeat.

Brainstorm

- **Ask** leaders to share activities that would help them relax while sitting in their seats.
- **Invite** them to choose one activity to do while watching the YouTube video

Relax & Watch

- Draw, breathe deeply, or do another relaxing activity while watching "**Butterflies, Birds & Flowers.**"



Discussion: Use these questions to engage your students further...

- How does relaxing help to focus your brain?
- Why do your favourite downtime activities help you focus?



15-minutes



Brain Science Fact:

Play, Others, Downtime
They let us manage stress:

PLAY

- sports
- arts & crafts
- board games

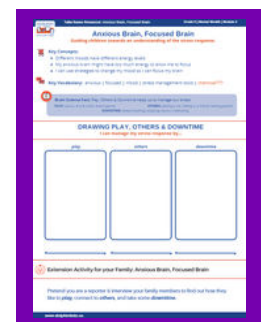
OTHERS

- petting a cat
- talking to a friend
- feeling grateful

DOWNTIME

- deep breathing
- enjoying nature
- meditating

USE THIS WORKSHEET WITH THIS LESSON PLAN



Anxious Brain, Focused Brain

Guiding children towards an understanding of the stress response.



Key Concepts:

- Different moods have different energy levels
- My anxious brain might have too much energy to allow me to focus
- I can use strategies to change my mood so I can focus my brain



Key Vocabulary: anxious | focused | mood | stress management tools | **chemical????**



Brain Science Fact: Play, Others & Downtime helps us to manage our stress

PLAY: sports, arts & crafts, board games **DOWNTIME:** deep breathing, enjoying nature, meditating
OTHERS: petting a cat, talking to a friend, feeling grateful



DRAWING: PLAY, OTHERS & DOWNTIME

I can manage my stress response by...

Play

Others

Downtime



Extension Activity for your Family: Anxious Brain, Focused Brain

Pretend you are a reporter & interview your family members to find out how they like to play, connect to others, and take some downtime.