

# Inside My Brain



45-minutes



## Students will be able to:

- Explore their skills, talents, hobbies, & passions
- Reflect on the relationship between emotions and passions
- Connect PLAY to creativity, collaboration & positive emotions



**Key Vocabulary:** personality | characteristics | collaboration | passions | self reflect

## mindful CHECK IN



5-minutes

### Encourage

- **Act** out how you are feeling. Leaders have 3 chances to guess.
- Each leader takes a turn **acting** out their emotions.

### Ask

- **Ask** each leader, "Why are you feeling this way?"

### Reflect

- **Discuss** the reasons leaders feel different ways. Guide them to see that doing things we enjoy with people we like helps us feel positive.



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

#### CQ Skills:

- Creativity
- Collaboration

#### SEL Skills:

- Emotional Awareness

#### Mental Wealth:

- Identity
- Behaviour

## PLAY

### Watch

- **Ask** "What characteristics make you, you?"
- **Discuss** the vocabulary & watch the [VIDEO](#)

### Ask

- **Share** your **passions & talents**. How did you become good at them?
- How does trying new things make you feel?

### Movement & Collaboration

- **Think** of an activity you enjoy. Mix it with a partner's passion.
- **example:** baseball + crafting = baseball crafting



15-minutes



#### CQ Skills:

- Communication
- Collaboration
- Critical Thinking

#### SEL Skills:

- Emotional Awareness

# Inside My Brain

## OTHERS

### Brainstorm

- **Invite** leaders to make a list of things they are good at or love to do.

### Share

- **Encourage** leaders to share with a partner to see if their talents & hobbies are similar or different?



**10-minutes**

**Put your students into pairs.**



**CQ Skills:**

- Communication
- Collaboration
- Critical Thinking

## DOWNTIME



### Reflect

- **Ask** "How do your hobbies and interests make you feel?"
- "How does knowing you are good at something help you to deal with challenges?"

### Create

- **Model** how to draw a heart in the middle of the paper & write "Me" inside it.
- Invite leaders to fill the page with drawings & words about their passions, talents, skills & hobbies.

### Celebrate

- **Encourage** each leader to explain how their "Me" poster allowed them to self reflect on what makes them SMART, STRONG & HAPPY!

**Discussion:** Use these questions to engage your leaders further...

- How does practising something new help you feel good about yourself?
- How do your passions & abilities make you SMART, STRONG & HAPPY?



**15-minutes**



**Brain Science Fact:**

**"Play** allows us to imagine, communicate, problem-solve, experiment, collaborate, try and fail, think outside the box, & create; it helps us develop the cognitive skills we need to survive & thrive in the twenty-first century."

**-Dr. Shimi Kang**

**USE THIS WORKSHEET WITH THIS LESSON PLAN**



# Inside My Brain

Guiding children towards resilience through play



**Key Concepts:**

- I learn about myself & the world through play
- The skills & strategies I learn from playing help me to be SMART, HAPPY & STRONG.



**Key Vocabulary:** passions | talents | creativity | collaboration | emotions



**Brain Science Fact**

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## Mindful Matching

What do I learn from my passions and hobbies?

- Art & crafts ...helps me understand shapes, patterns, & structures.
- Reading stories ...lets me explore relationships and ideas
- Sports ...helps me learn who I am and how to communicate.
- Role-playing with toys ...teaches me to cooperate and be healthy
- Building with blocks or Lego ...helps me be creative and solve problems



**Extension Activity for your Family: Make time for Play**

- Set aside time to play every day.
- Do things together that you enjoy. Try activities you haven't done before.
- Embrace the play mindset & see how you grow!