Lesson Plan

Year: Primary

Duration: 1hr

Topic: power of our minds

Lesson Objectives:

- To think about and begin to understand the power of their minds.
- To use the power they have within their minds to live healthier and understand their thoughts and actions

Resources Needed:

- Worksheets
- Powerpoint
- White-Board/Smart Board
- Pen/Pencil

Starter:

Go over ground rules as a class.

What is our mind? – Brainstorm as a class.
Suggested duration: 5mins

What does our mind do? – Brainstorm as a class.
Suggested duration: 5mins

How much power do you think your mind has? – Brainstorm as a class.
Suggested duration: 5mins

Lesson created by Think Health in partnership with Spark UK
www.sparkuk.co.uk

Activity 1

Think about something that made you feel frustrated or annoyed. Write or draw a picture about it.

Give students 5-10 minutes to complete task 1 on the worksheet

Activity 2:

Think about something that made you feel excited, happy or thankful. Write or draw about it.

Give students 5-10 minutes to complete task 2 on the worksheet.

Activity 3:

Ask students to complete Task 3. This is self-reflection and should be done independently

Give students 10-15 minutes to complete

Consolidation Task:

How do you feel after that lesson?

Discuss as a class what they have learnt during that lesson and how they feel after it

Philippians 4:8 – Brothers, continue to think about the things that are good and worthy of praise. Think about the things that are true and honourable and right and pure and beautiful and respected.

Prayer – Jesus, thank you so much for the minds that you have given all these incredible students and teachers. Thank you that our minds are all unique, that you've made us to be different to each other, to learn from each other, accept each other and love each other. Please help us all when we are struggling in a difficult time, let us feel the biggest hug from you and to know we're going to be okay, and please give us the strength to then focus on all the goodness you've given us every single day. Your power is mind-blowing, thank you for giving us a little bit of that power in ourselves! Amen