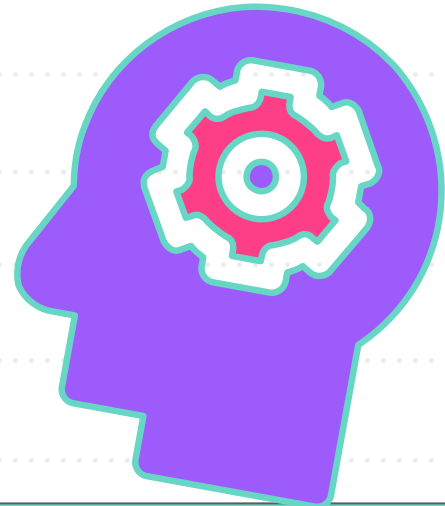


My Brain Under Stress

2nd Grade
Unit 1.2 Neuroscience
Lesson 3



Class Connect



Review

mental health

👏 men·tal · health 👏

synonym- wellbeing

antonym- other people's
thoughts/opinions

wellness

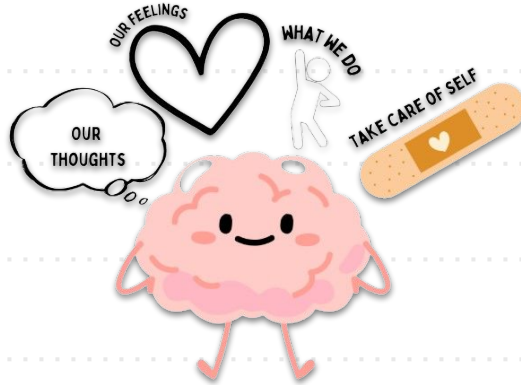
👏 well·ness 👏

synonyms-

health, wellbeing

antonyms-

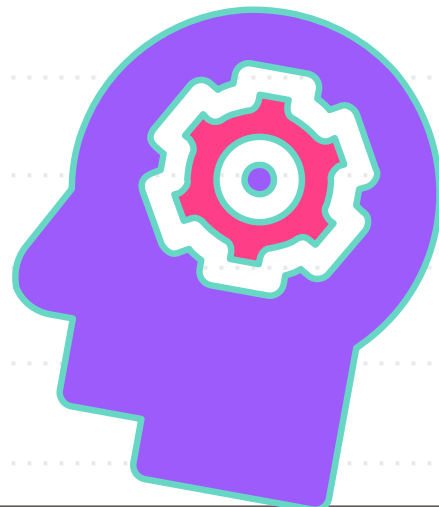
sickness, weak, unhealthy



**Today's
Lesson**

My Brain Under Stress

2nd Grade
Unit 1.2 Neuroscience
Lesson 3



Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- The study of our nerves, nervous tissue, and their relation to our behavior and learning
- how our brain and body connect



neuroscience



synonyms- brain science, nervous system

antonyms - astronomy, geology, mathematics

question

- What is one part of our body or brain that is studied in **neuroscience**?

examples

- deep breaths helping to control our heartbeat and calm
- reflexes-like catching something that falls near you

non-examples

- plant life cycles
- meteorology
- paleontology

definition

- when big feelings set off the alarm system in our brain, making it difficult to make the best choices

flipping your lid

👏 flip·ping · your · lid 👏

synonym-
fight/flight/freeze

antonym- calm, regulated

examples

- getting angry and screaming at someone
- running away when scared
- stage fright



question

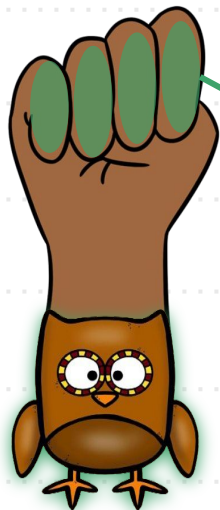
- What zone/emotion might someone be in when they **flip their lid**?

non-examples

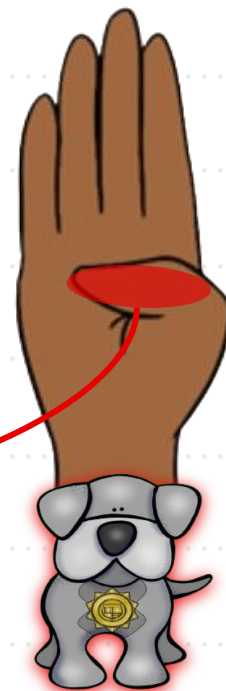
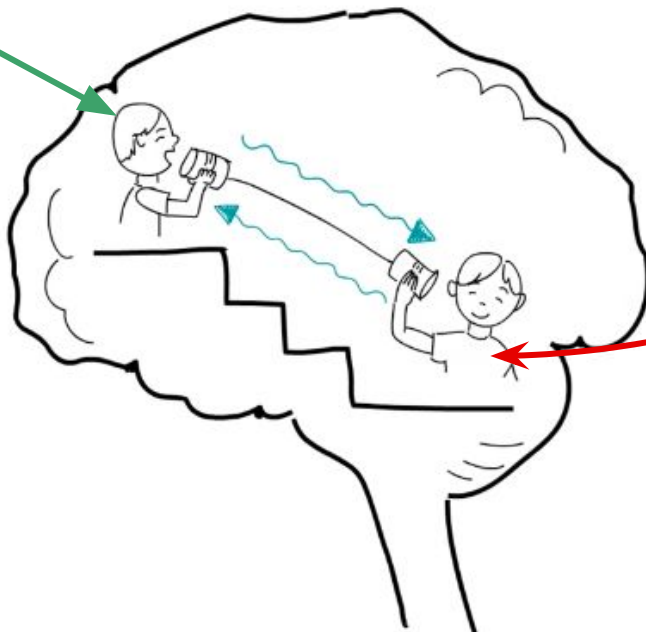
- using conflict resolution strategies
- taking deep breaths

Why do we lose
CONTROL
of our
emotions?





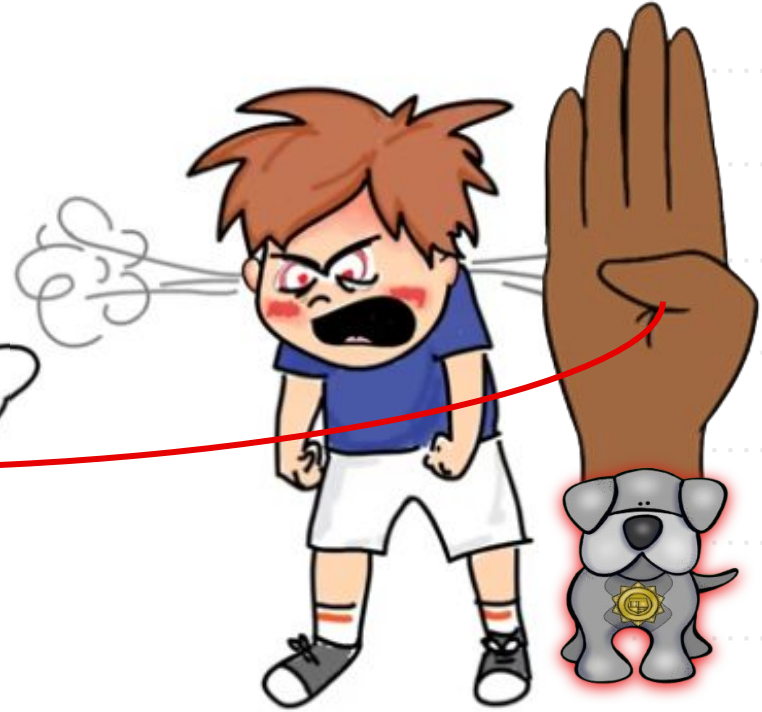
Prefrontal
Cortex



Amygdala



Prefrontal
Cortex



Amygdala

Movement Break



Same Situation, Different Reaction

- Neighbor's dog runs up to you in your yard
 - One person may be excited to play with it
 - Another may fear scared and cry or run away
- Losing at a game
 - One person may shrug and say "good game"
 - Another may get upset and yells
- Someone wins a \$100 gift card to Chuck E. Cheese
 - One person is super excited
 - One feels disappointed
- Teacher gives feedback
 - A student may feel motivated to do better
 - Another may feel sad and discouraged

Self-Awareness

- self = you
- awareness = knowledge of
- self-awareness = **Knowing yourself!**

Self-Awareness

What brings out your guard dog?

- Your friend plays with someone else instead of you.
- The teacher calls on you when you don't know the answer.
- You find out your family is going to Disney World.
- You lost your favorite item that is special to you.
- Your team is about to play in the championship game.
- Someone stole something from your desk.



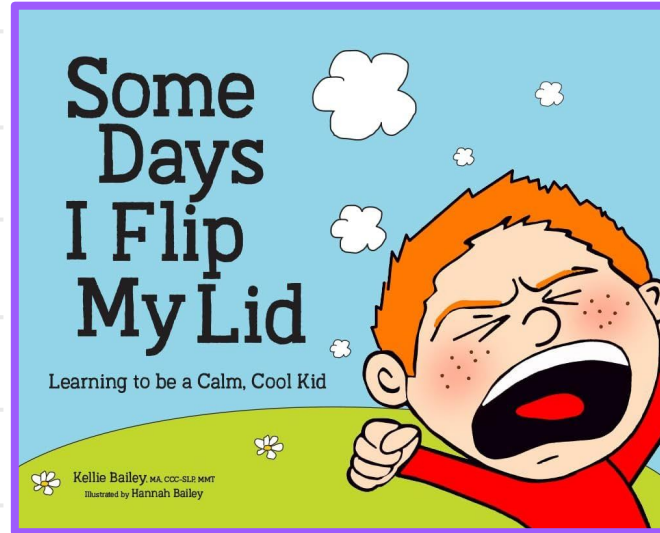
Activity Time

Peace Out



Guardian Extension

- Watch the read aloud with your student.
- Discuss things that may cause each of you to flip your lid.
- Discuss what skills may help to close your lid again.
- Practice taking deep slow breaths.
 - In your nose...2...3...4...
 - Hold...2...3...4...
 - Out your mouth...2...3...4.



Teacher Extension

