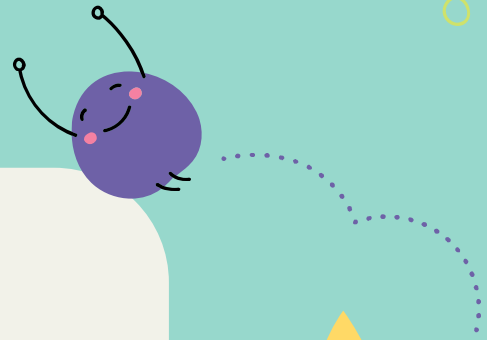
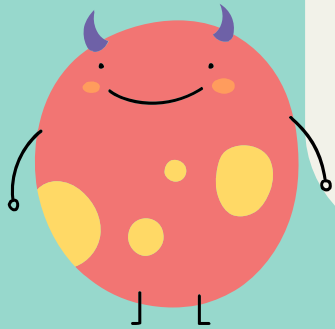


MY BRAIN IS THE BOSS OF MY EMOTIONS

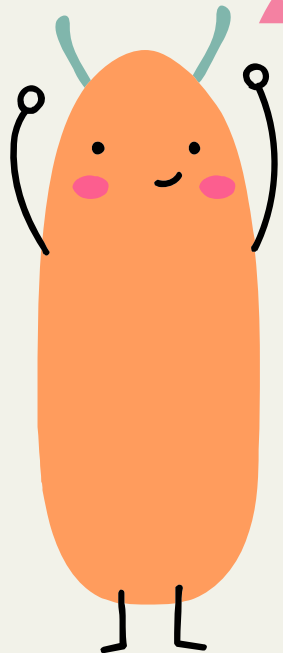
1st Grade
Unit 1.1 Neuroscience
Lesson 2



Class Connect



Review



routine



rou·tine



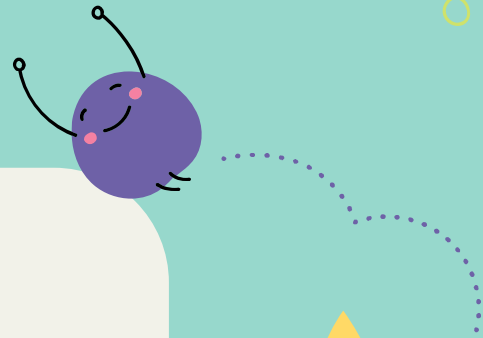
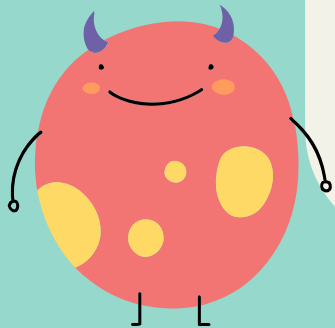
synonyms-
pattern, usual

antonyms-
irregular, different, unusual

**TODAY'S
LESSON**

MY BRAIN IS THE BOSS OF MY EMOTIONS

1st Grade
Unit 1.1 Neuroscience
Lesson 2



Why are we learning this?

Regulation



Adaptability



Perseverance



definition

- being in good health
- making choices to help our brain and body

wellness



synonyms-
health, wellbeing

antonyms-
sickness, weak, unhealthy

examples

- exercising regularly
- talking about feelings
- eating fruits and vegetables



question

- What are two things you do to help your personal **wellness**?

non-examples

- staying up late to play video games
- bottling up feelings
- eating lots of sugar

definition

- wellness of our emotions and brain
- how we think, feel, act, learn, talk, play, and work

mental health

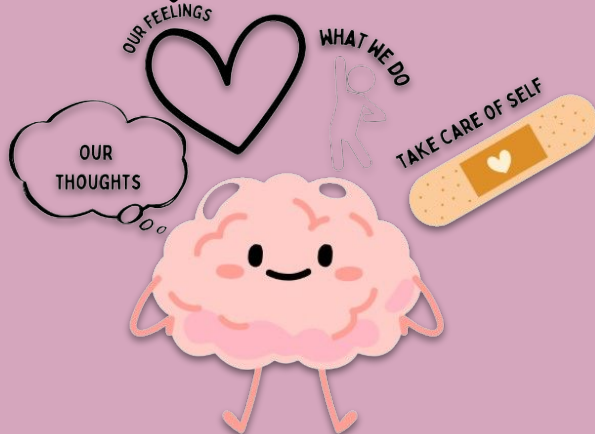
👏men·tal·health👏

synonym- wellbeing

antonym- other people's thoughts/opinions

examples

- your thoughts and feelings
- seeing the glass half full or half empty



question

- When I am having a tough time, I can take care of my **mental health** by:

non-examples

- having no cavities
- how tall you are





or



?





THE COGNITIVE (CBT) TRIANGLE



THOUGHTS



ACTIONS



FEELINGS



Movement Break



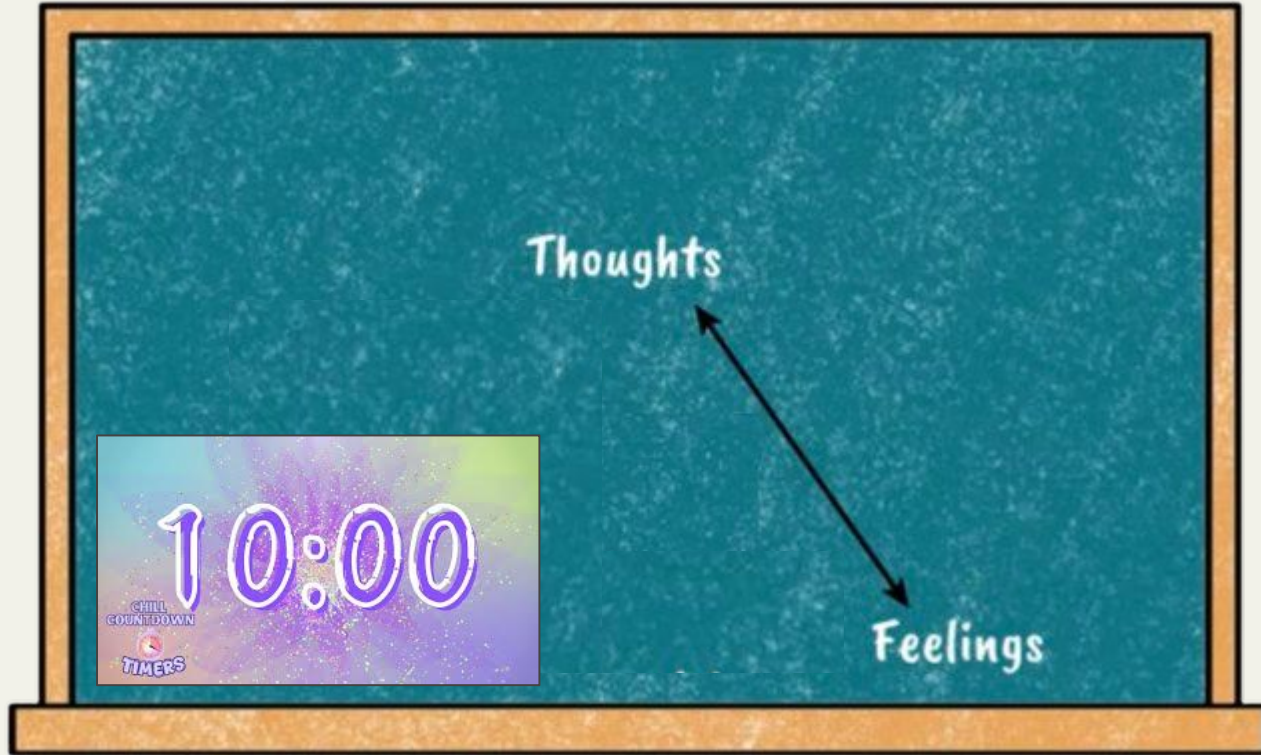
I made a mistake on my math paper...



Everyone is playing tag without you...



Activity Time

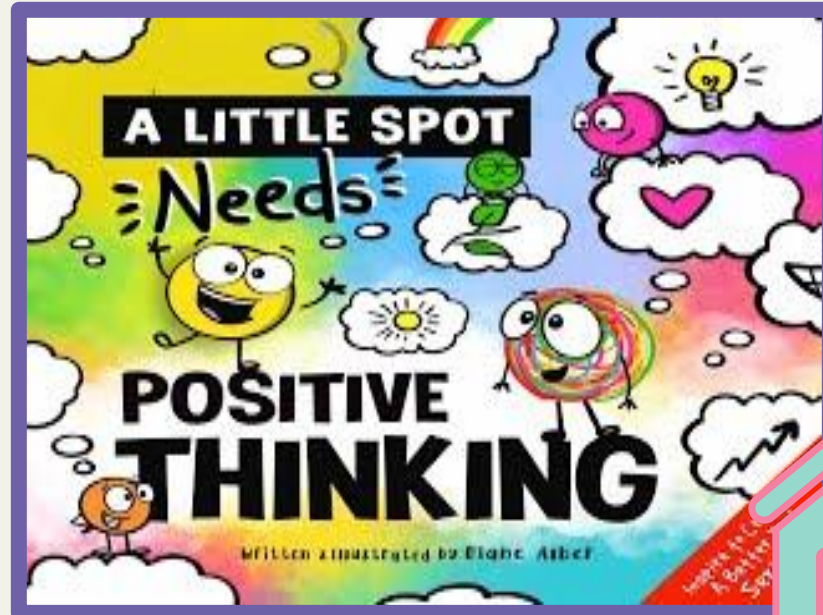


Peace Out



Guardian Extension

- Watch the [read aloud](#) with your child(ren).
- Discuss times that our brain may first have a negative thought. How can it be shifted to a positive thought to positively affect our emotions?



Teacher Extension



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