

Healthy & Helpful Thoughts

5th Grade
Unit 1.2 - Neuroscience
Lesson 3

5TH GRADE



Class Connect



**Say the colour
not the word**

Review

wellness

👏 well·ness 👏

synonyms-
health, wellbeing

antonyms-
sickness, weak, unhealthy

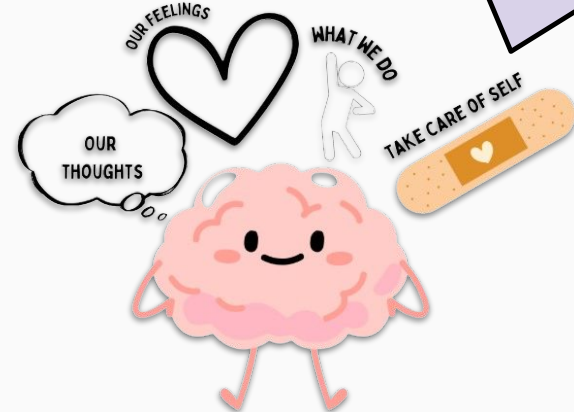


mental health

👏 men·tal · health 👏

synonym- wellbeing

antonym- other people's
thoughts/opinions



Today's Lesson

Healthy & Helpful Thoughts

5th Grade
Unit 1.2 - Neuroscience
Lesson 3



Why are we learning this?

Regulation



Adaptability



Perseverance

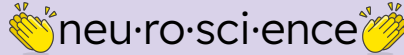


definition

- 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

Video Part 1

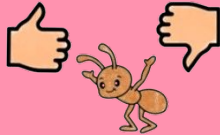
COGNITIVE DISTORTIONS FOR KIDS



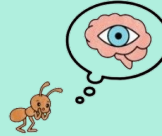
AUTOMATIC NEGATIVE THOUGHTS (ANTS)

Automatic Negative Thoughts

all or nothing thinking ants



mind reading ants



jumping to conclusion ants



catastrophizing ants



How do these A.N.T.s impact our emotions? How does that influence our behaviors?

Movement Break

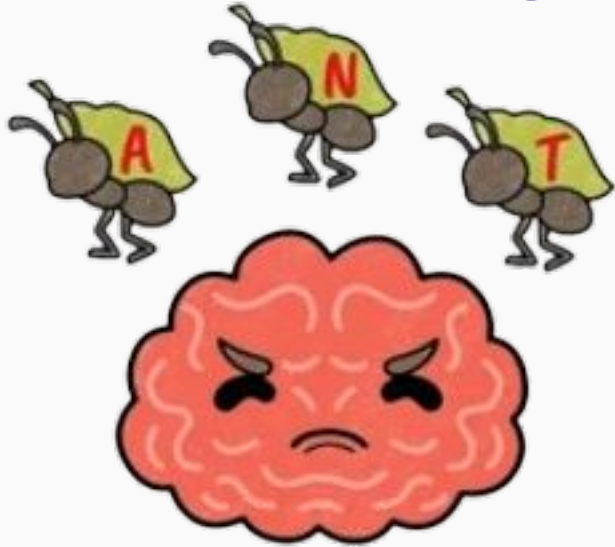


Video Part 2

COGNITIVE DISTORTIONS FOR KIDS



Reframing A.N.T.s



1) Catch.

- "I notice..."
- "I am having a [all or nothing] thought..."
- "That thought sounded like an A.N.T."

Reframing A.N.T.s



2) Check.

- "Is this really true?"
- "Will I/anyone still remember this tomorrow?"
- "Does this really mean..."
- "Am I the only person this has ever happened to?"

Reframing A.N.T.s



3) Change.

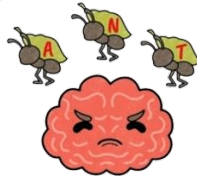
- *Positive self-talk*
 - "I can use this to grow"
 - "I am smarter/better/stronger than one mistake."
 - "...yet"
- *Acceptance statement*
 - "If this is the worst thing that happens, I will be okay."
 - "I cannot change what has already happened, but I can work to do better moving forward."

Activity Time



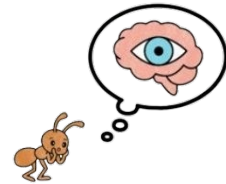


"My friends at the other table are laughing because they are making fun of me."



1) Catch.

- "I am **mind reading** right now."



2) Check.

- "How do I really know what they are talking about?"
- "There are a lot of things to laugh about-why am I assuming it be about me?"

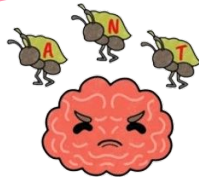


3) Change.

- "I bet my friends are having fun and laughing about something funny."



"If I mess up on this project, I will fail 5th grade."



1) Catch.

- "I think I am **catastrophizing**."



2) Check.

- "Is this true? Does this project hold that much weight?"
- "Does failing one project really mean someone would fail 5th grade?"

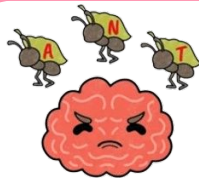


3) Change.

- "I am smart and will do my very best on this project.
If I need help, I will ask."

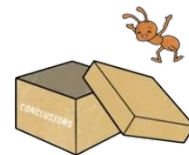


"My friend hasn't messaged me back yet.
They must be mad at me."



1) Catch.

- "I am *jumping to conclusions*."



2) Check.

- "Are there other reasons my friend may not have messaged me yet?"
- "Do messages indicate how much someone likes me?"

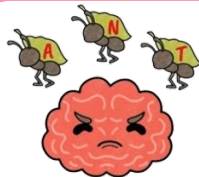


3) Change.

- "I know my friendship is strong. My friend will message me when they are able."

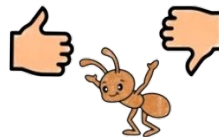


"My drawing isn't perfect. It's awful."



1) Catch.

- "That is an **all or nothing** A.N.T."



2) Check.

- "Can anyone else even tell I made what I see as a mistake?"
- "Does that one mistake really ruin my whole drawing?"



3) Change.

- "Art isn't about perfection, art is about creating. My drawing still looks great!"

Guardian

Extension



- Listen to the [ABCs of Positivity - Positive Affirmation Song](#).
- With your child(ren), decide on 1-5 affirmations they feel best boost their confidence or speak to areas they want to grow in.
- Write these affirmations down and put them somewhere they will be seen every day.
- BONUS: Say your identified affirmations each morning before school!

Teacher

Extension



- Listen to [Morning Affirmations for Students](#).
- Discuss with your students how it feels to give yourself affirmation.
- Talk about the importance of our words, not just to others, but towards ourselves.
- Ask students to write one affirmation that can help them during their school day and place it somewhere they will see at school.

THANKS!

1 + 3



Please keep this slide for attribution



CREDITS: This presentation template was created by **Slidesgo**,
including icons by **Flaticon** and infographics & images by **Freepik**

