

Ready Steady Go! - Session 2 - Healthy Mind

Introduction

These discussion questions are provided as suggestions to assist teachers to deepen the students comprehension of the content that has been taught as part of your schools Life Ed visit. The Booster Session discussions integrate a variety of question styles to engage learners; by activating prior knowledge, revisiting new knowledge and extending understanding by posing open-ended questions. The booster sessions can be used in a couple of ways after the Life Ed visit. Teachers may like to watch the video in full and use the discussion points as a summing up activity. Teachers may also like to stop the video throughout to pose questions, or respond to student ideas and questions.

Note:

Life Ed is committed to child safety, health and wellbeing. We want all children to be safe, happy and empowered. When learning about these important ideas and topics, teachers are reminded to follow your school's Child Protection Policy to ensure that classrooms are a safe learning space.

What are some early warning signs of nervousness?

(Tummy butterflies, goose bumps, sweating, increased heart rate and rapid breathing.)

How can we calm down and relax?

(Look at a favourite book, listen to music, have some quiet time, cuddle a soft toy, talk to a trusted adult.) (open ended)

What are some unhelpful/negative thoughts?

(What if I don't win?, what if I fall over?, what if people laugh at me?, I can't do this, etc.) (open ended)

What are some helpful positive thoughts you can use to PUSH AWAY the negative thoughts?

(This is fun, I've trained for this, it'll be alright, I'll feel good after I do it, I CAN do this, I've GOT this! Etc.)

What are some real-life situations that might make someone feel nervous?

(speeches, singing in front of a crowd, reading aloud in front of your class, heights, the dark, doing something new for the first time, visiting a new place) (open ended)