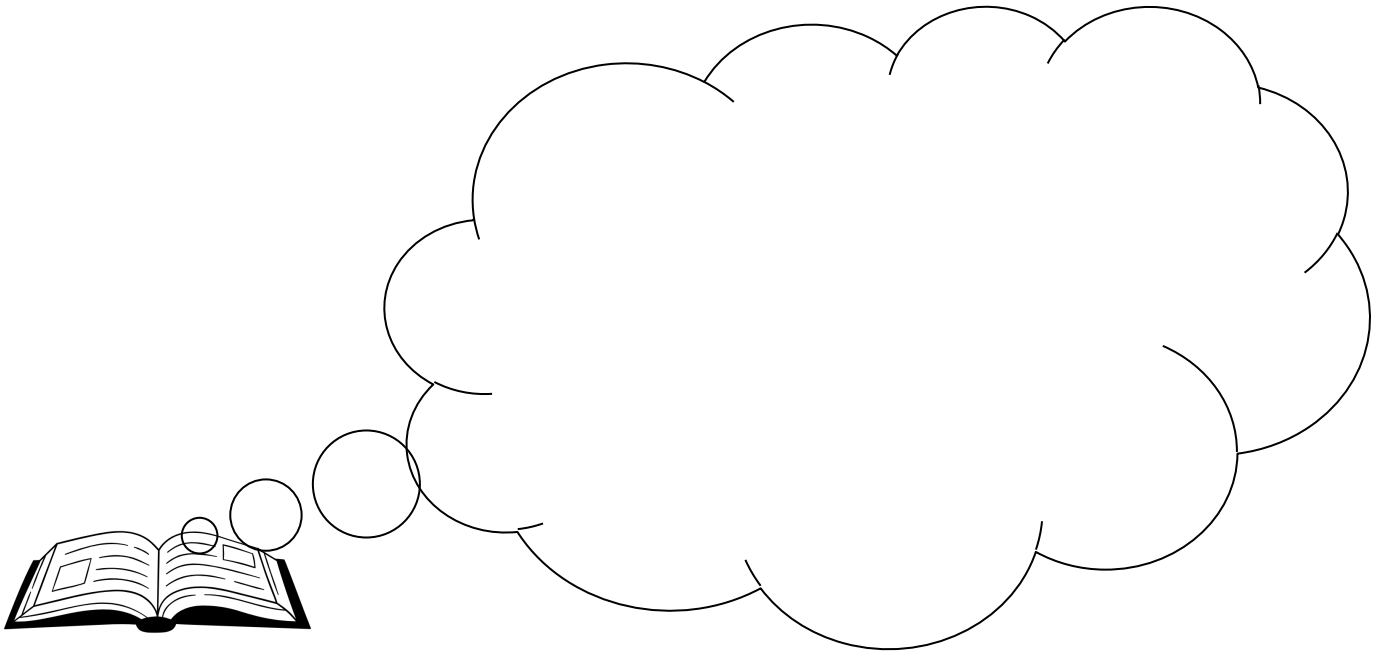
Push Lesson Plan…

WELLBEING

Exercise (10 mins):

STUDENTS: What things stress you out in life? (*if worksheets and words stress you out, TEACHERS please read out these instructions and go through this worksheet and write the student's answers*)

STUDENTS: What things stress you out when learning?



Exercise (25 mins):

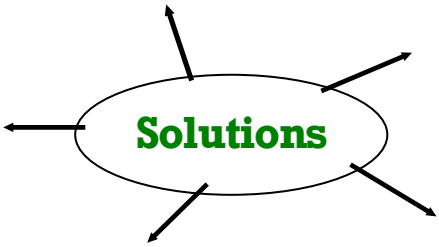
STUDENTS: Groups of three

1. In groups of three, delegate the following roles to each person:
    a. Speaker (expresses their feelings about their stresses openly & without interruption)
    b. Listener (actively listens, meaning no interrupting the speaker)
    c. Scribe (writes down list of key points the speaker says)

2. Scribe times three minutes for the speaker
3. After three minutes, the scribe repeats back to the speaker what their main points were
4. The speaker now has two minutes to see how they feel after hearing their own thoughts
5. Rotate the roles, repeating steps 1-4, to ensure that each person has had each role once
6. When everyone has had a go at being speaker, listener and scribe, collect all the scribed notes

STUDENTS: List the main findings from your group:

STUDENTS: Mind-map solutions to the main problems identified:



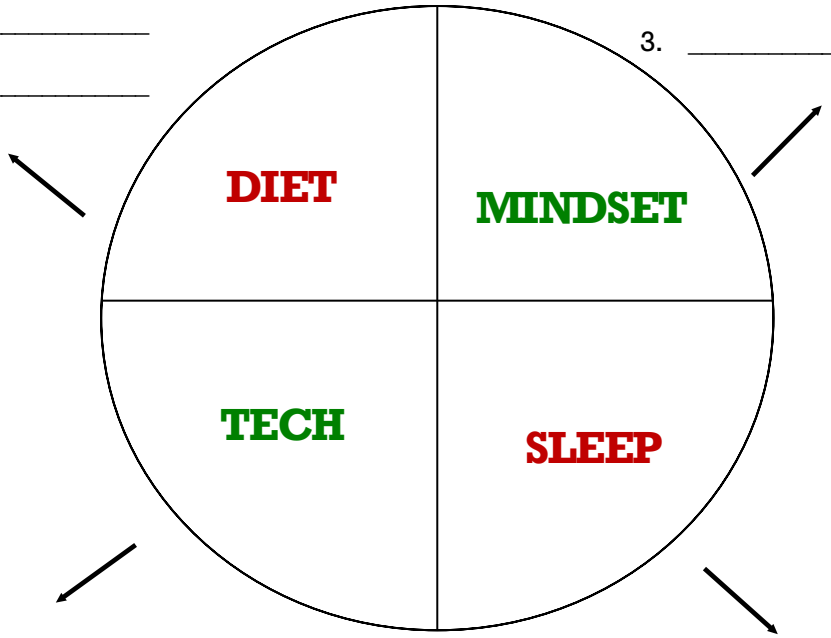
STUDENTS: **Marginal gains task**
Marginal gains are practiced by athletes and coaches: they are the wider daily things put in place to make the tiniest of advantages when it comes to performance. Can you research three marginal gains for each of the following elements of wellbeing?

Three marginal gains:

1. _____
2. _____
3. _____

Three marginal gains:

1. _____
2. _____
3. _____



Three marginal gains:

1. _____
2. _____
3. _____

Three marginal gains:

1. _____
2. _____
3. _____

Exercise (15-20 mins):
TEACHER: **show these 2 videos (how to handle nerves, how to handle stress) to students and generate a concluding discussion.**

Handling Stress

Handling Nerves