

## THIS LESSON CORRESPONDS WITH THE CORE LIFE SURVIVAL NEWSLETTER.

**15-20 MINUTES**

### SUGGESTED SUPPLIES/TECHNOLOGY:

White board, dry erase markers, balloon or a geo-expander toy

### ESSENTIAL QUESTION:

How can I use my body's survival instinct wisely?

**LEARNING TARGETS:** I understand why my body and mind react the way they do to certain situations. I can use mindfulness techniques to reduce stress.

**BELL RINGER/ICE BREAKER:** Teachers will tell students to read the front of the newsletter and then reflect on a time when they felt scared, shocked, or surprised.

Ask: "Could you tell me how you felt when you were afraid? What did your body do?"

Teacher will lead a brief discussion about our body's built-in mechanism for survival and how mindfulness can help us calm down when the scare is over. Discuss the parts of the brain that contribute to our body's physical response (use page two in the student's newsletter). Note the importance of the prefrontal cortex as the manager of the brain.

Teacher will summarize: We are so fortunate as humans to have a mind and a body that work in sync to keep us safe from harm. The important thing is to help our bodies calm down when the threat has passed, because it is unhealthy to stay in a heightened state of stress (called distress). We can be healthier if we use mindfulness techniques to calm our bodies down when our mind's thoughts may be causing us too much stress.

**Practice:** Ask students to do the exercise on the last page of the newsletter. Ask them why they think it is important to take a step back and look at situations from a different perspective or "birds-eye view?"

**EXIT SLIP:** Students will write down the importance of their survival mechanism and how they will practice using it to their advantage.

