

Lesson Title

What is Normal?

Learning intention

- Assist pupils in understanding that our brain loves to make patterns.
- Educate pupils on the fact that we all have a different way of doing things.
- Show pupils how to create a new normal if the current pattern isn't working for them e.g. every time they get embarrassed it leads to anger.
- Empower pupils to think about spreading a message of positive mental health

Resources Required

Smart board/Projector and screen

Laptop with internet connection to Education Scotland site or resources downloaded Paper (A4 or A3)

Pens (*preferred but not essential: coloured/felt tips*)

Lesson Plan

Teachers require only minimal input to the lesson but are encouraged to participate with their own knowledge and use personal examples where possible.

Starter - 5 mins

Welcome pupils and ask the starter questions to encourage a discussion around mental health:

1. **What is Normal?** *Normal is your brain creating a pattern of the way you do things and our whole life becomes filled with these patterns*
2. **What is your Normal?** *The teacher is encouraged to start this discussion by revealing any normal routine they go through and if appropriate state why this doesn't always help them e.g. Saturday is the day for Chinese food regardless of the diet Mon-Fri. If they have a normal that helps them e.g. go to the gym every Wednesday at 5pm and state why this helps them*
3. **Why do you think your mind creates these normals?** *Our brains can be very lazy so it is simpler to create patterns even when they are not good for us. Allow the pupils to explore this question before giving the answer*

Video Content #1

Play video from beginning - video length 11m 17s

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Activity

This activity is an individual activity however conversation and collaboration should be encouraged.

Write down a diary of your ‘normal’ week with ‘normals’ that work and ‘normals’ that don’t work.

Pupils should be encouraged to be creative and notice small ‘normals’ such as;

- *regular meals e.g. same breakfast etc.*

- *bedtime*
- *wake up time*

- *Seeing the same people e.g. visit gran on a Sunday*
- *Regular arguments about activities e.g. playstations or making their bed*

Now, thinking about some of the ‘normals’ that don’t work, make a list of what could you do instead?

Once complete the teacher should take examples and feedback. Feel free to question their commitment to their goals and encourage them that anything is possible if they are willing to do what they need to do. As always, if there any exceptional examples that you would love to have up on the HeadStrong Social Media then email them to brian@headstrongminds.com and we will, of course, give full credit and acknowledgement to the school and the class.

Video Content #2

Play video from pause point (the small break is 20 seconds long and Mark will kick back in at 11m 38s). Second video length 1m 28s.

Lesson Close

Teachers should reaffirm the message that we all have a normal way of doing everything. If the way the pupils are doing certain things isn’t working for them then they are not stuck this way and they can make changes to make their life better (even if it feels weird at first.)

Success Criteria

- Pupils understand their brain loves to make patterns.
 - Pupils embrace the understanding that we all have a different way of doing things.
 - Pupils know how to create a new normal if the current pattern isn’t working for them
- Pupils feel empowered to think about spreading a message of positive mental health

Experiences & Outcomes

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave. **HWB 0-04a / HWB 1-04a / HWB 2-04a / HWB 3-04a / HWB 4-04a**

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I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others. **HWB 0-05a / HWB 1-05a / HWB 2-05a / HWB 3-05a / HWB 4-05a**

I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. **HWB 0-06a / HWB 1-06a / HWB 2-06a / HWB 3-06a / HWB 4-06a**

I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. **HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a**

This lesson was produced in partnership with HeadStrong

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