

# Lesson 1: Training Our Brains

Grade 9 | Unit 1

## GUIDING QUESTION:

What is Neuroplasticity?

## Lesson Objectives

Students will complete the following exercises to answer the lesson's guiding question.

- ✓ **Learn:** Training Our Brains Video Lesson
- ✓ **Discuss:** Neuroplasticity (noun): The ability of the brain to form and reorganize synaptic connections, especially in response to learning or experience or following injury. Describe what the meaning of “neuroplasticity” is in your own words.
- ✓ **Reflect:** Training Our Brains Interactive Activity

## Student Objectives

After completing Unit 1, students should be able to:

- ✓ Define neuroplasticity
- ✓ Practice positive self-talk
- ✓ Understand their identity
- ✓ Identify their interests, strengths, and areas of improvement

## Competency and Standard

### CASEL Competency

- Self-Awareness - The ability to understand one's emotions, thoughts, and values and how they influence behavior across contexts.

### Learning Standard and Benchmarks

- Identify and manage one's emotions and behavior.
- Analyze how thoughts and emotions affect decision making and responsible behavior
- Generate ways to develop more positive attitudes

## Key Terms

Neurons

Plasticity

Neuroplasticity

## Community Engagement

### Unit Theme: Self-Care

Self-care is crucial for mental health and overall wellbeing.

- ✓ Have your students take some time to brainstorm 5-10 ways they can practice self-care.
- ✓ Lead a class discussion about the resources that are available in your community that your students can utilize as forms of self-care.