

# Facilitator's Guide: Wise Mind Lesson Plan

Pass out the “Wise Mind Mini Schedules” to the students. Explain that as each activity is completed, students can check off the box for that activity. Once all activities are complete, the lesson will be all done. Ensure that students know what will happen after the lesson is complete (i.e. first wise mind lesson, then lunch).

Use the “Wise Mind Presentation” pdf to introduce the concepts of Reasonable Mind, Emotion Mind, and Wise mind to the students. Read the slides to the students. Notes for each slide are included under the “Wise Mind Presentation Notes” pdf.

Pass out the worksheet, “Wise Mind, Reasonable Mind, or Emotion Mind?” to the students. Model problems 1-3 for the students; think out loud to explain the answers. Next, have students call out the answers to problems 4-6. Save problems 7-10 for students to complete on their own. Call on volunteers to share their answers and discuss.

Collect the worksheets. Go over the directions for the “Wise Mind: Don't Spill the Beans” game. After giving directions, break the students into groups of 4 with 2 teams of 2 in each group. Pass out materials, and give students time to play the game. This should take 10-15 minutes. Circulate the room as students play and provide feedback.

Once the game is complete, return to the “Wise Mind Presentation” pdf slides for discussion questions on the game.

Organize students to clean up the materials. Pass out the Exit Ticket sheets to students. Read the exit ticket outloud, and have students work on completing this before leaving the group.

# Resources

Linehan, M. M. (2015). DBT skills training manual (2nd ed.). Guilford Press.

Siegel, D. J., & Bryson, T. P. (2012). The Whole-Brain Child: 12 Revolutionary Strategies to Nurture your Child's Developing Mind. Random House.

Collaborative for Academic, Social, and Emotional Learning. (n.d.). What is the CASEL framework?  
<https://casel.org/fundamentals-of-sel/>

