

Wise Mind Outline

LESSON: Wise Mind

OUTLINE

I. Introduce the topics of Reasonable Mind, Emotion Mind, and Wise Mind. Go over examples for each one.

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

III. Break students into groups for the “Don’t Spill the Beans: wise mind activity”.

IV. Complete the discussion questions as a group before, during, and at the end of the game.

V. Have students complete the Exit Ticket and discuss.

VI. Pass out the homework.

VII. Pass out the magnets.

Materials Needed:

- Facilitator’s Guide
- Computer and projector or interactive whiteboard
- Presentation
- Activity Sheets
- “Don’t Spill the Beans” game
- 1 game per group of 4 students
- Magnet cards

