

Objectives

I will identify wise mind, reasonable mind, and emotion mind.

I will practice wise mind during a game.

CASEL SEL Competencies

Self Awareness:

- Identifying one's emotions

Self Management:

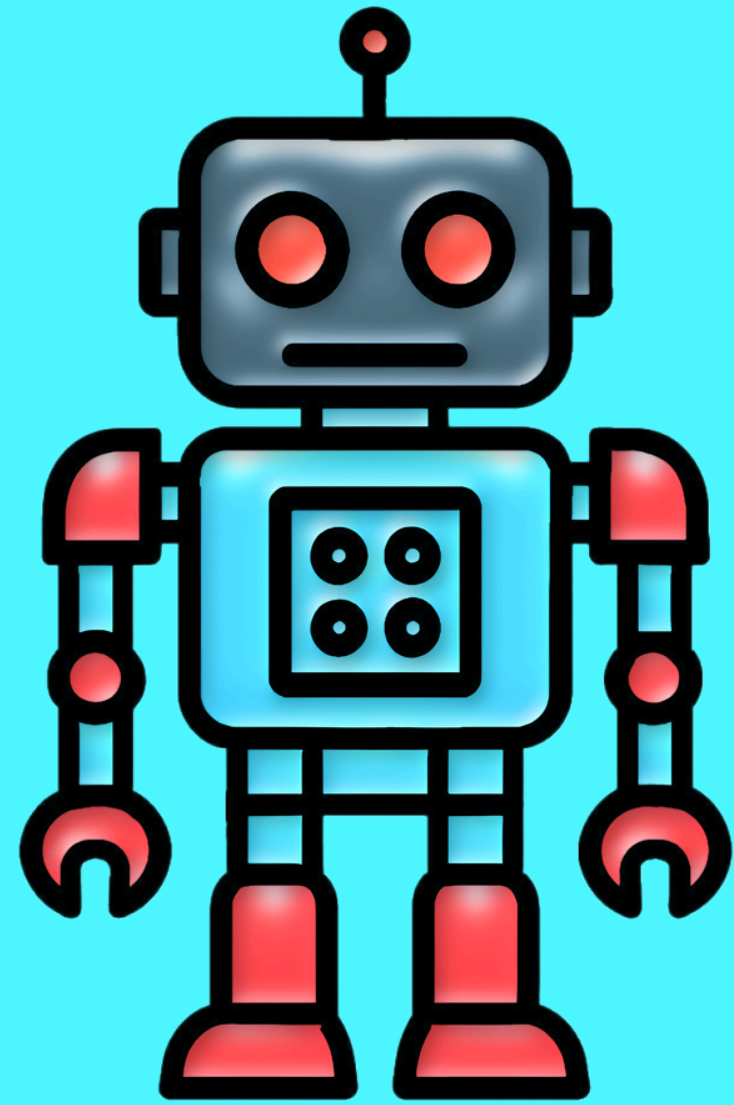
- Exhibiting self-discipline and self-motivation
- Setting personal and collective goals
- Managing one's emotions
- Demonstrating personal and collective agency (taking initiative to achieve goals)

Social Awareness:

- Taking others' perspectives

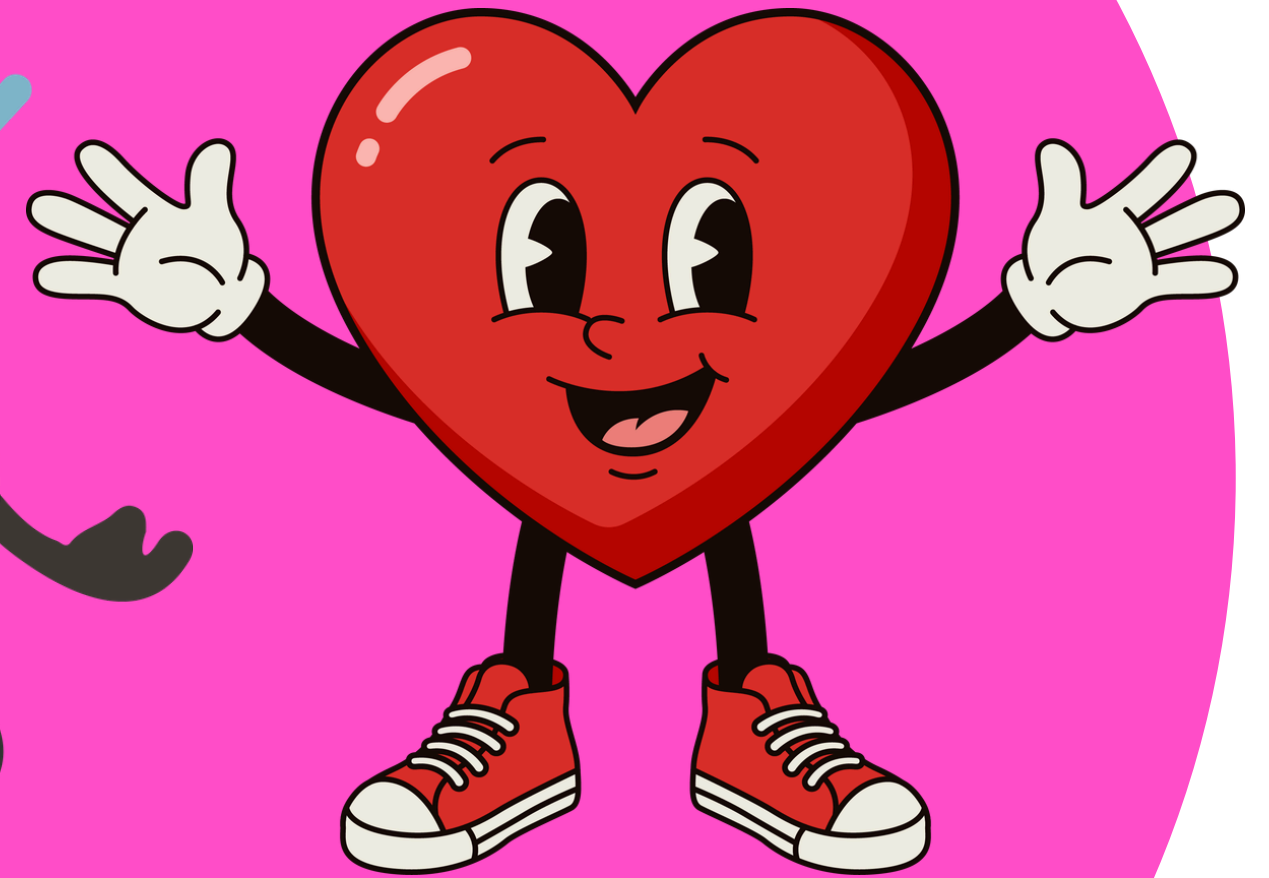
Relationship Skills:

- Communicating effectively
- Practicing teamwork and collaborative problem-solving
- Resolving conflicts constructively



**Reasonable
Mind**

Wise Mind



**Emotion
Mind**

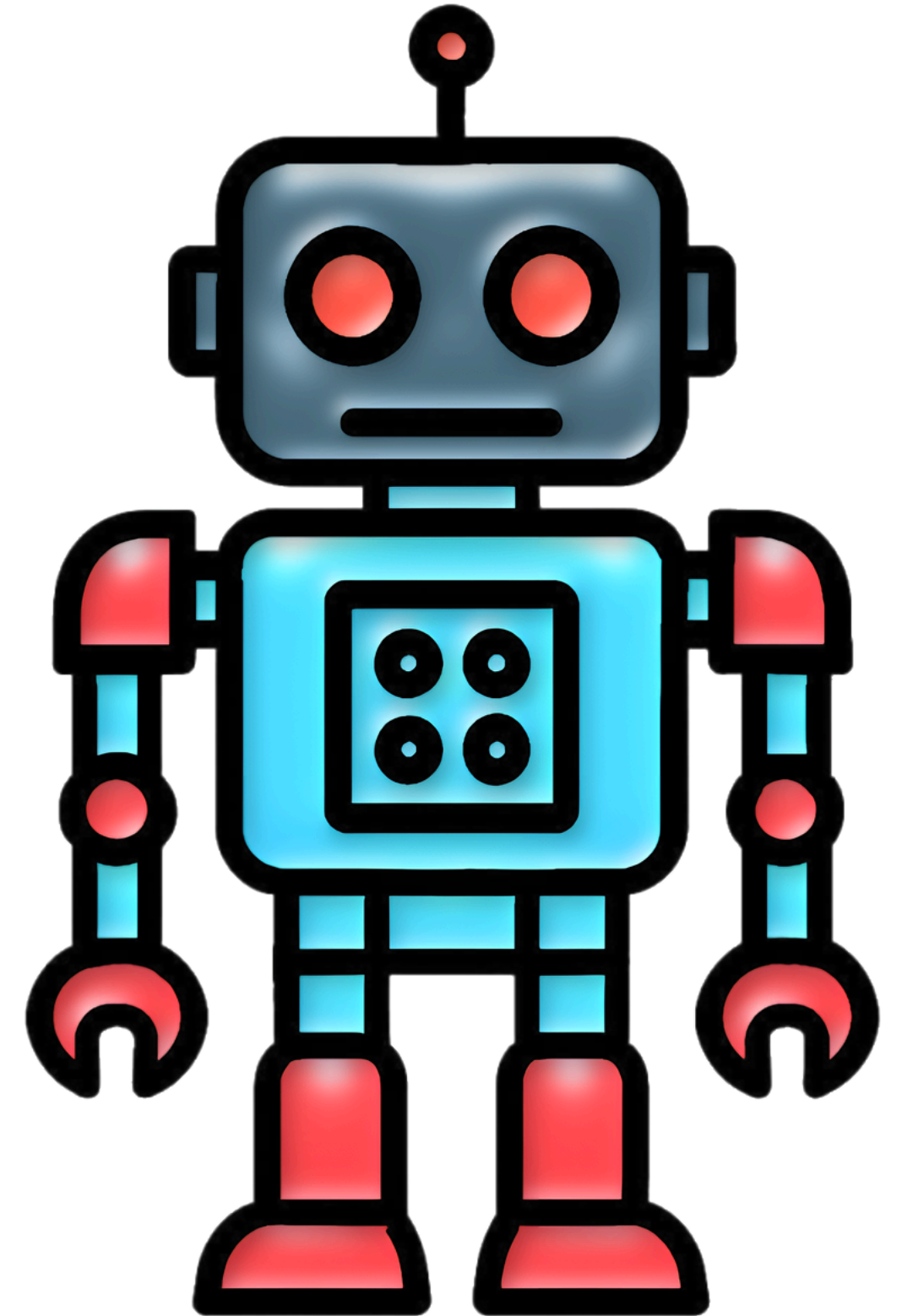
Reasonable Mind

Reasonable mind is like a robot.

It uses logic and facts to make
decisions.

It ignores feelings.

Left Brain



Example of Reasonable Mind: Math Test Problem Solving



Example of Reasonable Mind: Following School Rules



Example of Reasonable Mind: Ignoring feelings

You can't come
to my party.
You're too little
to play with us.



What is Logic?

- Rules of smart thinking
- Help us figure out if something is true, reasonable, or makes sense.
- Using clues, facts, and patterns to solve puzzles, make good choices, and understand how ideas connect.



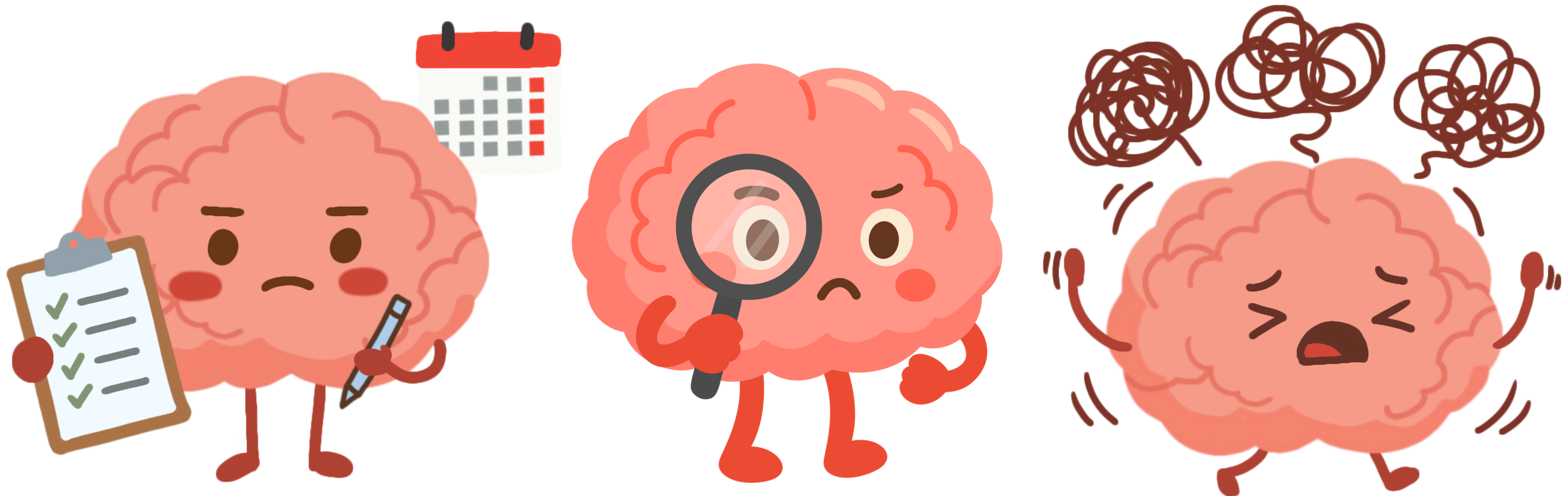
Reasonable Mind

When I am in reasonable mind...

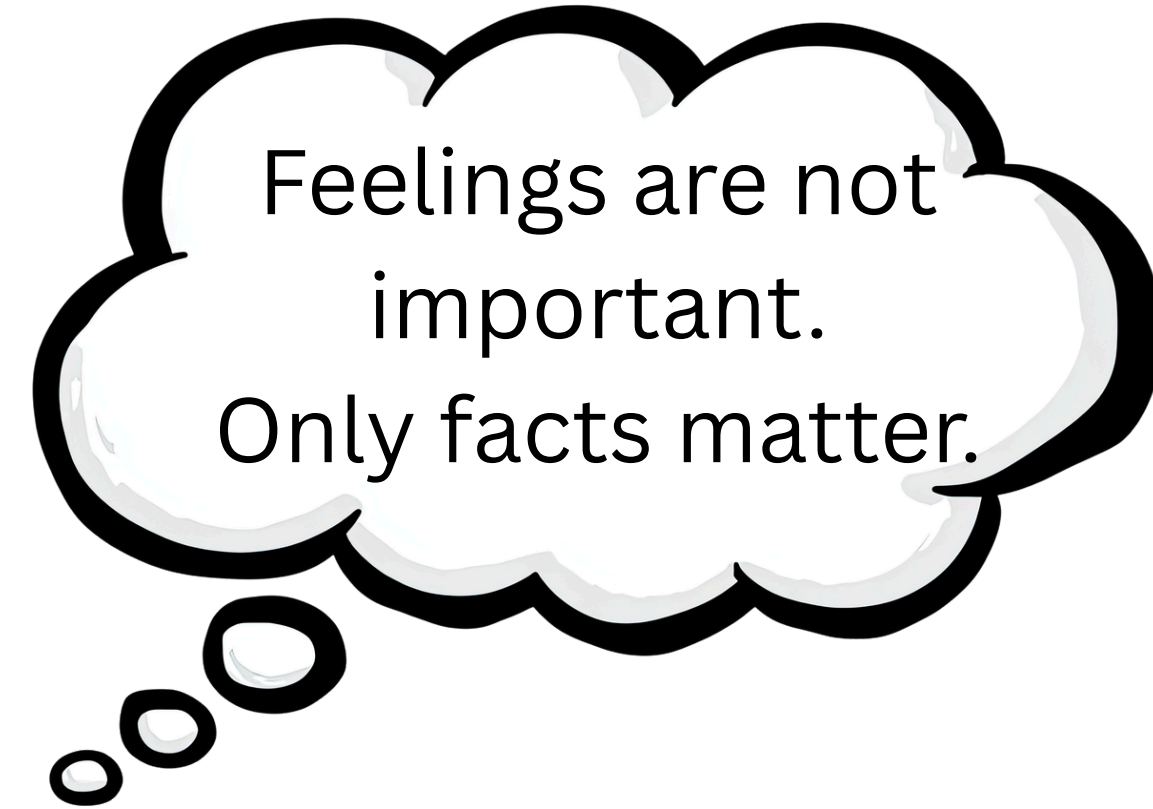
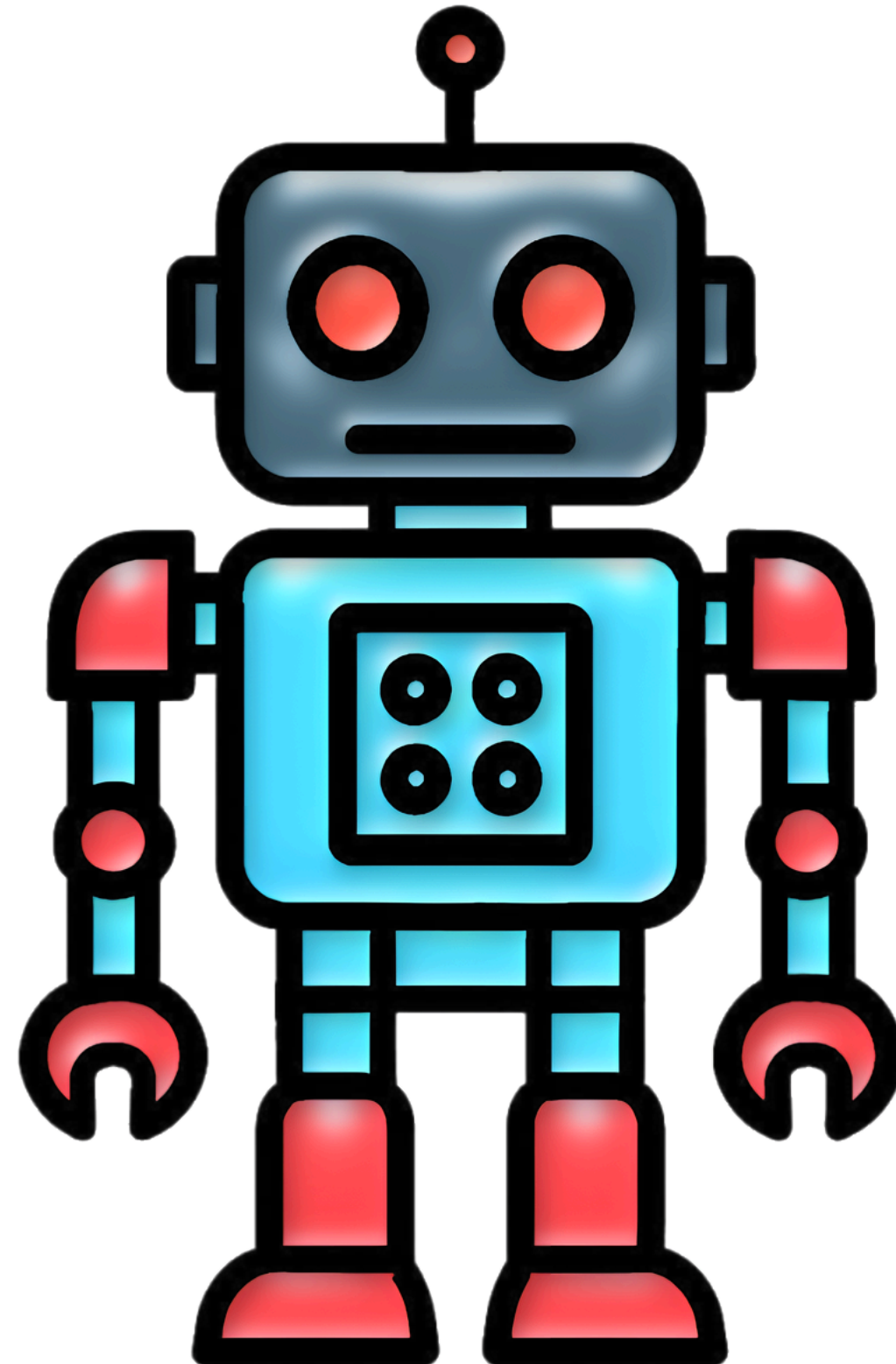
I might ignore my feelings.

I might hurt other peoples' feelings.

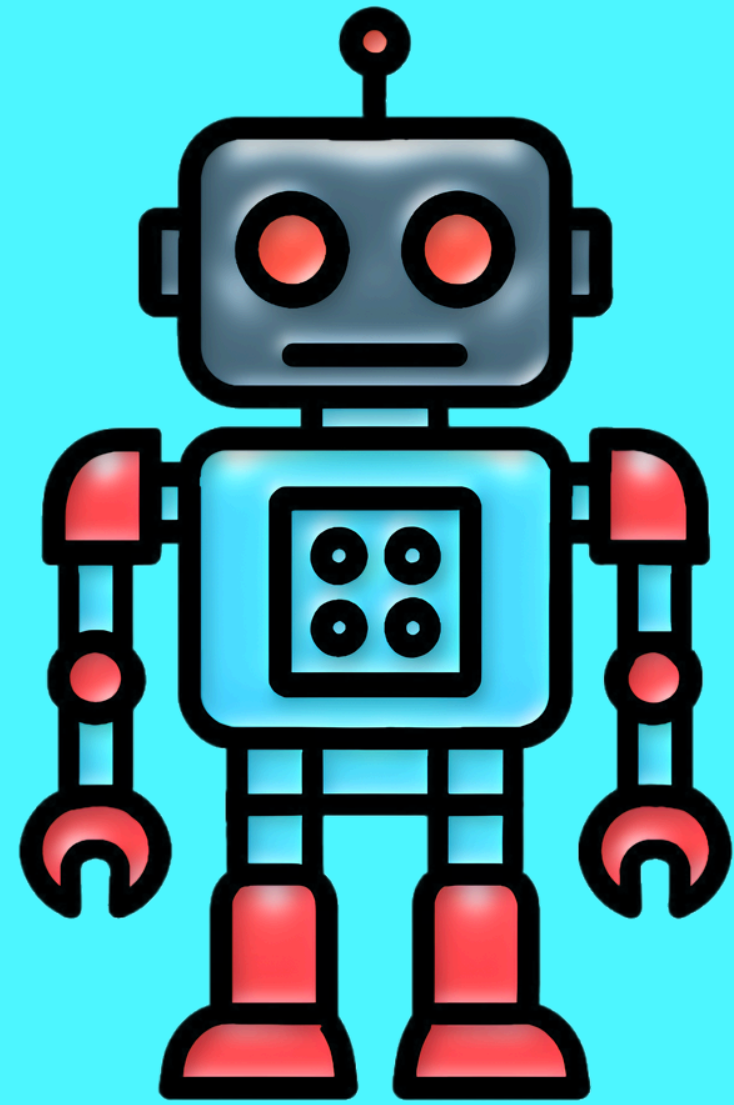
I might make choices that are right for me, but not kind to others.



Reasonable Mind

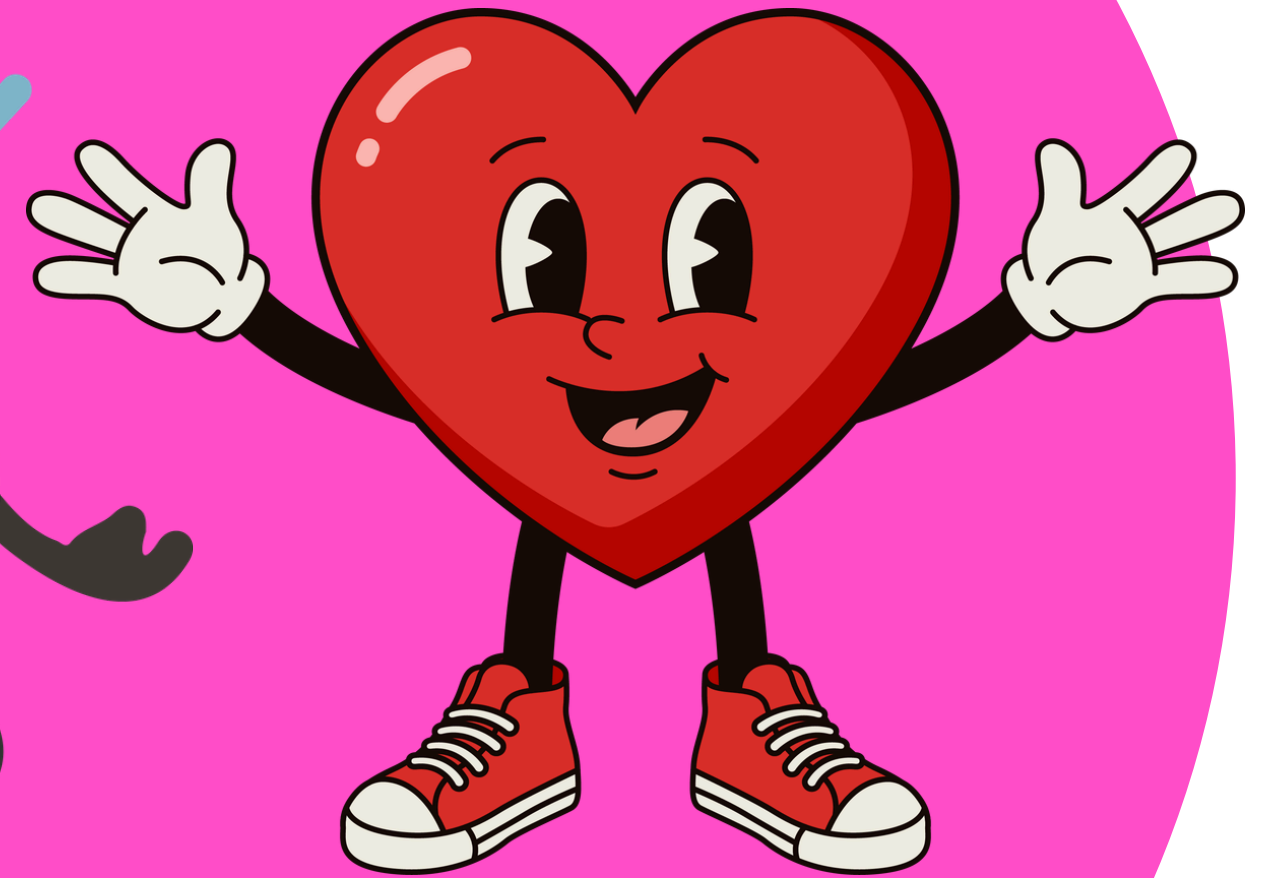


What might go wrong if this robot is in charge all the time?



**Reasonable
Mind**

Wise Mind



**Emotion
Mind**

Emotion Mind

In emotion mind,
big feelings take over.

Emotions control actions and
words.

Being “stuck” in an emotion.

Right Brain



Example of Emotion Mind: Sadness



**I didn't get invited.
Nobody likes me.
I have no friends.**

**Check the facts.
Do you her thinking is true?
Or is it false because of how
sad she feels?**

Example of Emotion Mind:

Anger



Is it ok to throw things that could break when you are angry?

Example of Emotion Mind: Silly



I don't care if I
disrupt the class.
This is too funny!

Is it ok to disrupt the
learning of others?

Emotion Mind

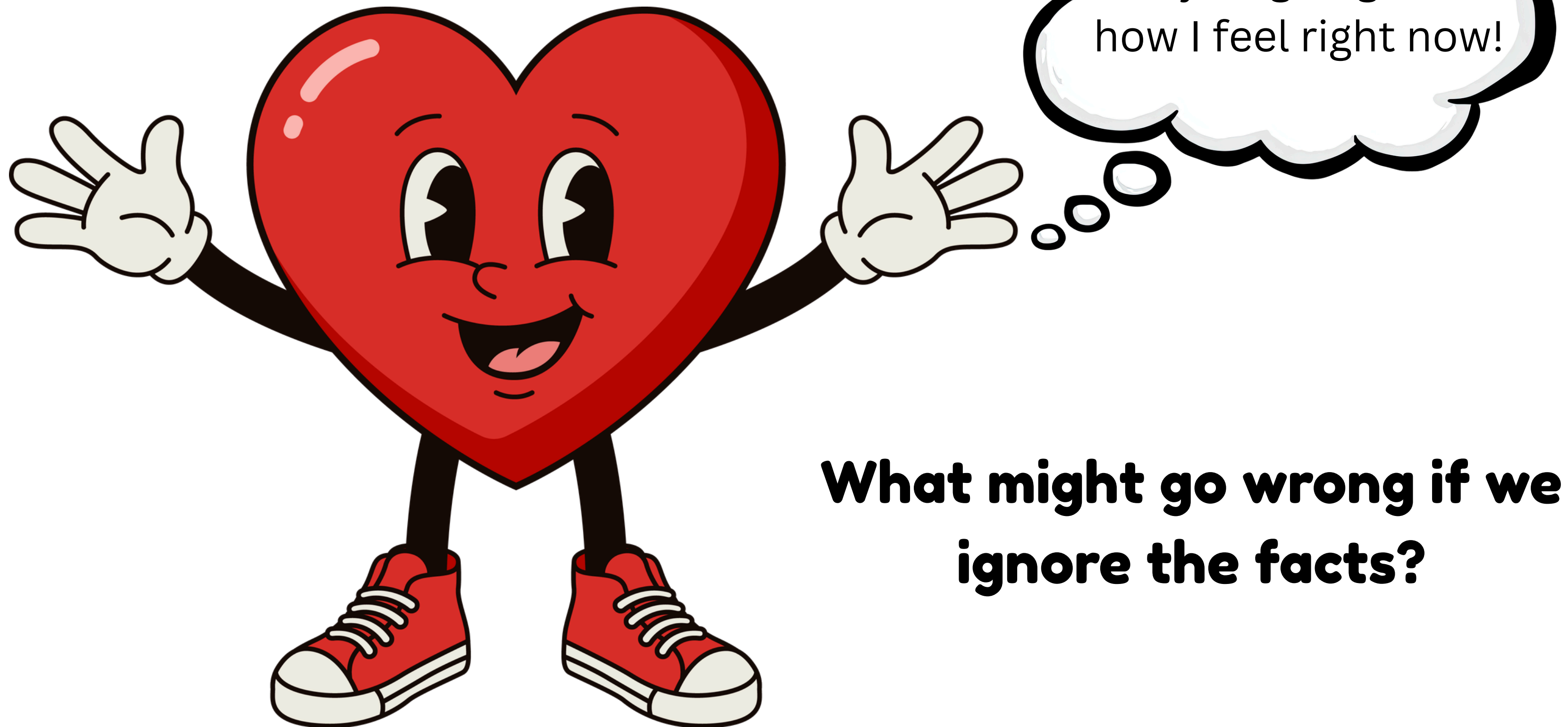
I might be impulsive because I am too excited.

I might be mean and hurtful because I am too mad.

I might cry and run away because I am too sad.



Emotion Mind



What might go wrong if we ignore the facts?

Left and Right Brain

SPEECH

ANALYTICS

ORDER

READING

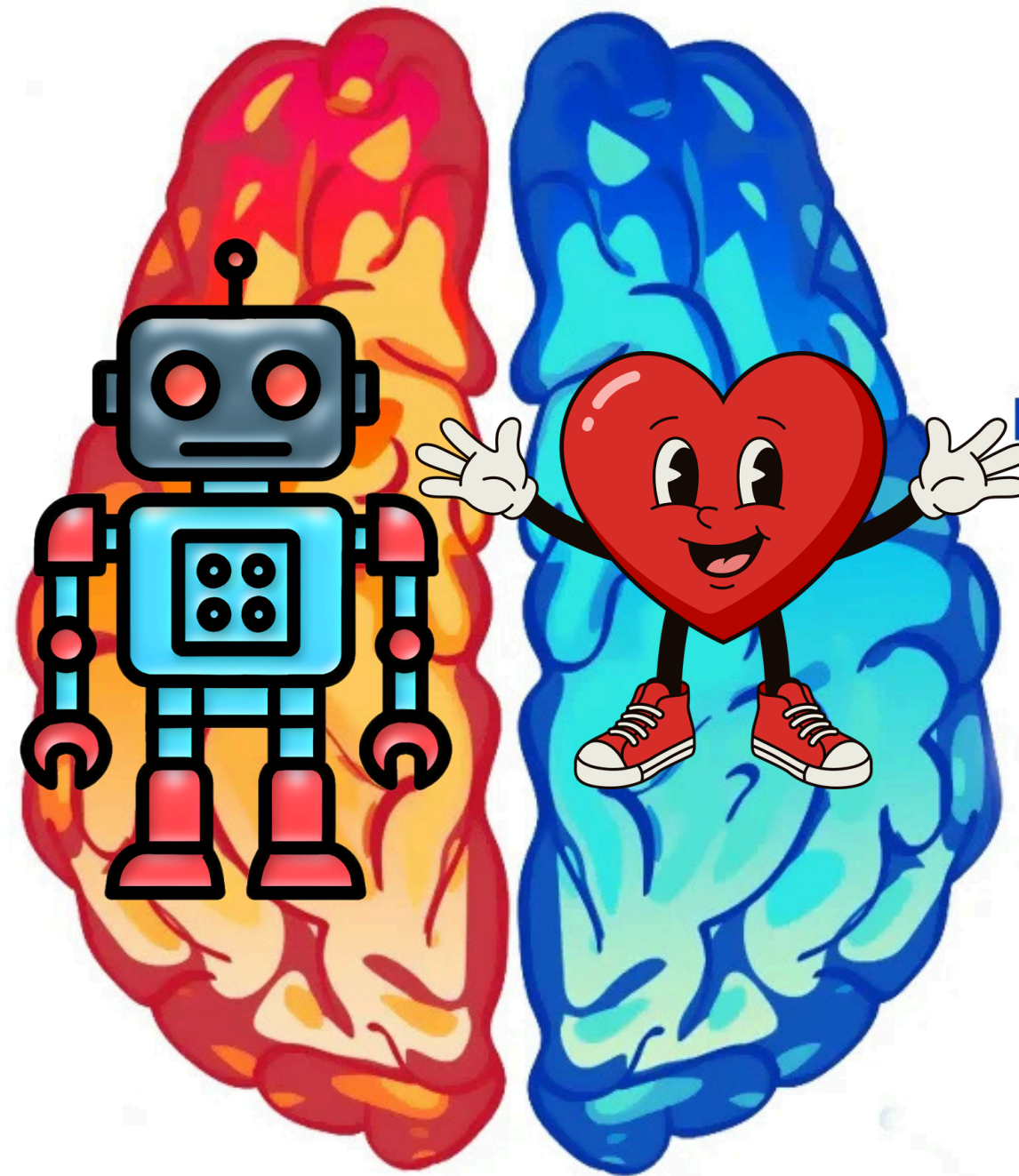
WRITING

COMPUTATIONS

SEQUENCING

LOGIC

MATHEMATICS



CREATIVITY

IMAGINATION

INTITUTION

HOLISTIC THINKING

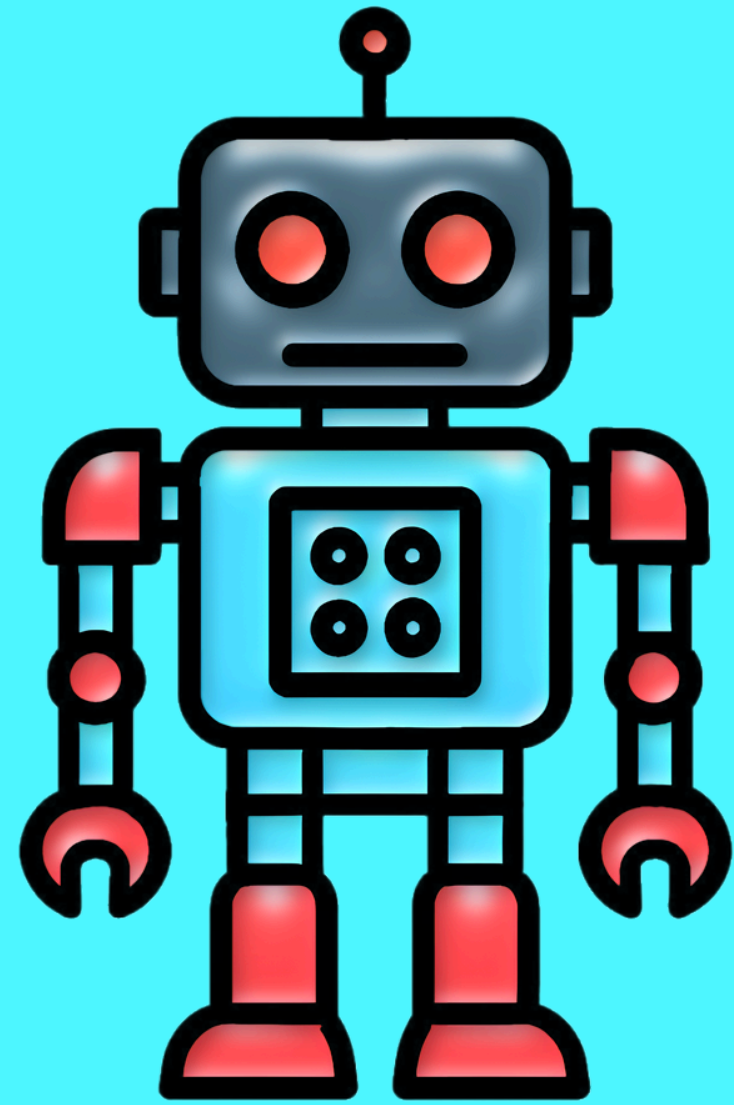
ARTS

NON-VERBAL CUES

RHYTHM

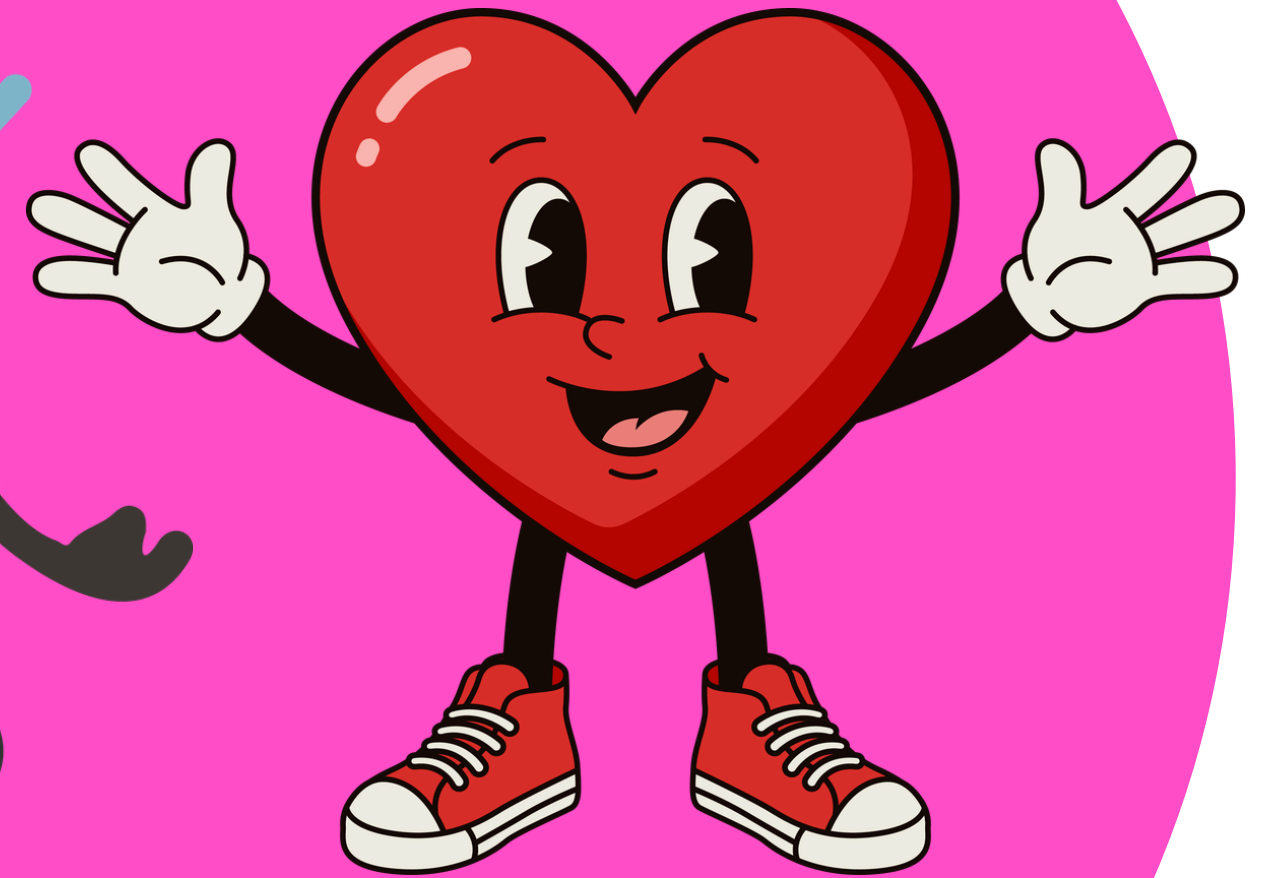
DAYDREAMING

EMOTIONS



**Reasonable
Mind**

Wise Mind



**Emotion
Mind**

Wise Mind

- Logic and feelings work together to help make the best choice.
- Bring the left and right brain together.



Emotion Brain: Feeling sad

Reasonable Brain: Make a plan to do better



Emotion Brain: Feeling overwhelmed

Reasonable Brain: Break large task into pieces



Emotion Brain: Feeling mad

Reasonable Brain: Ask to do it another time



Emotion Brain: Feeling mad

Reasonable Brain: Set a boundary



REASONABLE MIND

I THINK WITH LOGIC.

CALM DOWN.
YOUR FEELINGS
DON'T MAKE
SENSE.



ONLY FACTS.
IGNORES FEELINGS.

WISE MIND

FEELINGS + LOGIC
WORK TOGETHER.

I FEEL MAD, BUT
I CAN HANDLE
THIS CALMLY.



BALANCED.
MAKE BEST CHOICE.

EMOTION MIND

MY FEELINGS TAKE OVER!

I'M SO MAD!!



BIG FEELINGS.
ACT FAST.

Worksheet Discussion

**Wise Mind,
Reasonable Mind,
or Emotion Mind?**

Activity Break

Don't Spill the Beans



While we play...

Are we going to use
emotion mind (fast, grab, drop!)
or wise mind (slow, careful, thinking)?”

During the game...

- Pause before you place each bean
- What is your wise mind telling you to do?



After the game...

- What helped your team to stay in wise mind?
- What happened when someone rushed or got frustrated?
- How is this like real life situations?



Exit Ticket

Luke studied hard but still got a bad grade and wants to give up.

Circle what type of mind Luke is in:

1. Emotion Mind

2. Reasonable Mind

What would wise mind tell Luke to do?
