

Neuroscience Outreach Art Project Lesson Plan

PROJECT: Very Emotional Charades (Stress and Mood day)

ESSENTIAL QUESTION: What effect do neurotransmitters and hormones have on our stress levels and mood?

GOALS:

- Be able to identify which neurotransmitters and hormones affect your mood and stress levels
- Be able to act out their feelings
- Put themselves out there in front of the class (to not be shy)
- To problem-solve and think of how to cope with that particular emotion

PREPARATION:

- Cut out pieces of paper
- Write names of neurotransmitters and hormones on them (initial thoughts are – dopamine, serotonin, norepinephrine/epinephrine, cortisol)

MATERIALS:

- Paper
- Markers (of various colors)
- Scissors

SUBJECT CONNECTIONS:

- Stress
- Mood
- Emotions

LEAD IN:

- An introduction to the most common neurotransmitters
- Talking about stress – the good and bad stress, what cortisol is, fight or flight, how to handle stress
- Emotions – watch TedTalk on how body language shapes your mood

PROCEDURES:

- Settling down + roll call – 15 minutes
- Presentation 30 minutes
- TedTalk 20 minutes?
- Very emotional charades – 30 mins
- Talking about activity – 10 mins
- Closure, wrapping up for the day – 15 mins

CLOSURE:

- Talk about how the students acted out certain emotions
- Go over how to handle these emotions