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