Objective

By the end of this lesson, the student will have a foundational understanding of basic psychology concepts, including the study of human behavior, emotions, and the influence of environment on individual actions. The student will also engage in activities that promote critical thinking and self-reflection related to psychological concepts.

Materials and Prep

- Notebook and pen for taking notes and reflections.
- Access to a quiet space for discussions and activities.
- Printed or written definitions of key psychological terms (e.g., behavior, cognition, emotion).
- Art supplies (colored pencils, markers, paper) for creative activities.
- Timer or stopwatch for activity durations.

Activities

- **Discussion on Emotions:**

  Begin with a conversation about different emotions. Ask the student to list emotions they experience daily and discuss how these emotions affect their behavior and decisions.

- **Behavioral Role-Playing:**

  Create scenarios where the student can role-play different emotional responses. For example, how would they react if they received a compliment versus criticism? This helps them understand perspective-taking.

- **Emotion Wheel Creation:**

  Have the student draw an "Emotion Wheel," categorizing different emotions and providing examples of situations that might invoke these feelings. This visual aid will help them recognize and articulate their emotions better.

- **Reflection Journal:**

  At the end of the lesson, ask the student to write a brief reflection on what they learned about emotions and behavior, and how they can apply this understanding in their daily life.

Talking Points

- "Psychology is the study of the mind and behavior. It helps us understand why we think and act the way we do."
- "Our emotions can greatly influence our decisions. Can you think of a time when you made a choice based on how you felt?"
- "Role-playing helps us see things from another person's perspective. How might someone else feel in a situation you've experienced?"
- "Creating an Emotion Wheel can help you recognize and name your feelings. Why is it important to understand your emotions?"
- "Reflecting on what we learn helps us grow. What is one thing you learned today that you can use in your life?"