

# Wise Mind

Grade 6 – Health and Physical Education



## Lesson Details

<b>Grade Level:</b>	6	<b>Curriculum Links:</b>	Health and Physical Education	<b>Time Needed:</b>	30 minutes in class, 5 minutes per day for 5 days
<b>Learning Goal</b>	To learn what it means to use a wise mind and how that is related to the emotional and reasonable mind.				
<b>Success Criteria</b>	By the end of this lesson, students will have learned about the wise, emotional, and reasonable mind. Students will have completed a week-long activity using wise mind to solve problems.				
<b>Specific Expectations</b>	<p><i>Identification and Management of Emotions</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them identify and manage emotions as they participate in learning experiences in health and physical education, in order to improve their ability to express their own feelings and understand and respond to the feelings of others.</li> </ul> <p><i>Stress Management and Coping</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them to recognize sources of stress and to cope with challenges, including help-seeking behaviours, as they participate in learning experiences in health and physical education, in order to support the development of personal resilience.</li> </ul> <p><i>Self-Awareness and Sense of Identity</i></p> <ul style="list-style-type: none"> <li>Apply skills that help them develop self-awareness and self-confidence as they participate in learning experiences in health and physical education, in order to support the development of a sense of identity and a sense of belonging</li> </ul>				
<b>Materials Needed</b>	Worksheet (attached), Pencil.				

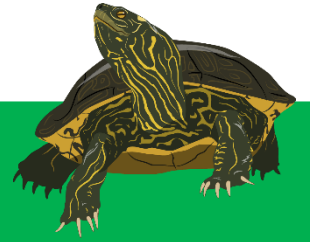
## Lesson Description

<b>Overview</b>	After a discussion about the wise mind, students will reflect upon their emotions and thoughts over the course of a week and practice using their wise mind by reflecting upon problems in their life.
<b>Activity</b>	<ol style="list-style-type: none"> <li>Begin by discussing with the class what the wise, emotional, and reasonable mind are.</li> <li>Then, distribute the attached worksheet and provide instructions to the class. Students, over the course of a week, will reflect upon their emotions and thoughts while channeling their wise mind for problem solving skills.</li> <li>When working on their reflection each day, students should find a comfortable space to think about their problems. A comfortable environment allows the students to have little to no interruptions and to really focus.</li> <li>At the end of the week, have a class discussion about what the students learned.</li> </ol>
<b>Background Information</b>	A <b>wise</b> mind is useful for making balanced decisions. The wise mind lies between the <b>emotional</b> mind (decision-making and judging based entirely on our emotions, or the way we feel) and the <b>reasonable</b> mind (thoughts, decisions, and judgements based entirely on facts and rational thinking). Here is an example of when the wise mind is not used "Anna is a very successful college student, always in the top 5% of her class. Last

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	<p>week, one of her colleagues whom she respects a lot, told her that despite her great grades, she probably doesn't do in-depth learning. He doubted the quality of her knowledge. She got very emotional and started believing what he said. She started putting in less effort and her grades started declining. She made a decision based on her emotional mind.”</p> <p>A wise mind is an exceptionally useful skill. You can use this skill to ask your wise mind for guidance for problems, doubts or confusions that have lingered on in your life for a while (or that are new). People often get stuck at one end of the spectrum from being either too emotional or too factual.</p> <p>Part of this lesson is taken from skills and training related to Dialectical Behaviour Therapy which was developed by Marsha Lineman.</p>
<b>Blacklist Masters</b>	<ul style="list-style-type: none"> <li>• Worksheet (attached)</li> <li>• Video Link(s): <a href="#">Mental Health and Turtles</a></li> <li>• For more information, please visit <a href="https://www.turtleguardians.com/">https://www.turtleguardians.com/</a></li> </ul>
<b>Place-Based Learning</b>	<p>When reflecting and using a wise mind, it's important to relax in a comfortable space. Exploring an outdoor area, away from electronics and other distractions can help yourself to focus.</p>
<b>Inquiry-Based Learning</b>	<p>Using <b>Structured Inquiry</b>, the students will reflect upon their emotions and practice using a wise mind to solve problems.</p> <p>Ask the students:</p> <ul style="list-style-type: none"> <li>• What is a wise mind? How is it related to the emotional and reasonable mind?</li> <li>• Why is it important to use a wise mind when solving problems?</li> </ul>
<b>Turtle Stories</b>	<p>How do you slow down like a turtle, and focus on your mind and mental wellbeing? Students are encouraged to share their experiences, pictures, worksheets and suggestions on the Turtle Stories website, found here: <a href="https://www.turtlestories.ca/">https://www.turtlestories.ca/</a></p>
<b>Turtle Guardian Program Links</b>	<p>In <b>Level 1</b> (Ontario Turtle Identification) of the <b>Turtle Guardian Program</b>, students will learn how to identify all 8 species of Ontario's turtles. For more information, please visit <a href="https://www.turtleguardians.com/what-is-a-turtle-guardian/">https://www.turtleguardians.com/what-is-a-turtle-guardian/</a></p>

## My Notes



# Wise Mind

You can ask your wise mind for guidance for problems, doubts or confusions that have lingered on in your life for a while (or that are new). People often get stuck at one end of the spectrum from being either too emotional or too factual.

Once a day for 5 days find a comfortable space to reflect upon your thoughts and emotions. Try thinking of a problem in your life that has been bothering you lately. Tune in and gently observe what the main thing or issue that you started thinking about is and use your wise mind for guidance.

Date	The Problem I Was Thinking About	The Answer That I Got From The Wise Mind	How I Feel After The Exercise



Here are some **WHAT** and **HOW** skills to help you find ways to use your wise mind.

### WHAT Skills

- Observe → noticing without words
- Describe → putting words to what you observe
- Participate → throwing yourself fully into the moment and doing the best you can/fully engaging in the moment

### HOW Skills

- Non-judgemental Stance → knowing the difference between opinions and facts, and getting clearer on this distinction
- Effective → focusing on what works to meet the needs of the situation that *is*, not the situation that you wish was happening
- One-mindfully → doing one thing at a time

The wise mind lies between the emotional mind (decision making and judging based entirely on our emotions, or the way we feel) and the reasonable mind (thoughts, decisions, and judgements based entirely on facts and rational thinking).

What are some pros and cons of being in each state of mind?

	PRO	CON
Wise Mind		
Emotional Mind		
Reasonable Mind		