

# Robin

LESSON PLAN <i>Decision Making</i> (30-45 Minute Lesson) Date:	
NY State Literacy 6-12 Anchor Standard for Reading 7: Integrate and evaluate content presented in diverse media and formats, including across multiple texts.	
What Students Should Be Able To Do, Know, Understand, Accomplish At End of Lesson/Goals: <ul style="list-style-type: none"><li>• Define 5 relevant vocabulary words (e.g. mindful, conscious, neuroplastic, observe, empower)</li><li>• Consider the question: Do I Have Control Over My Emotions?</li></ul>	
Teacher Prep: <ul style="list-style-type: none"><li>• Read "Techniques for Teens: How to Cope with Your Emotions"</li><li>• Watch Video: <a href="https://vimeo.com/489969324">https://vimeo.com/489969324</a></li><li>• Presentation should include 5 related vocabulary words/key words</li></ul>	
Materials Needed: <ul style="list-style-type: none"><li>• Access to <i>You're Not Stuck With Your Thoughts and Emotions</i> video on Vimeo.com</li><li>• Access to "Techniques for Teens: How to Cope with Your Emotions": <a href="https://psychcentral.com/blog/techniques-for-teens-how-to-cope-with-your-emotions">https://psychcentral.com/blog/techniques-for-teens-how-to-cope-with-your-emotions</a></li><li>• This Lesson Planning Sheet</li></ul>	
<b>Opening:</b> <ul style="list-style-type: none"><li>• Introduce Anja Salonen and read her commentary<ul style="list-style-type: none"><li>o <a href="https://www.my-robin.com/our-coaches/anja-salonen/">https://www.my-robin.com/our-coaches/anja-salonen/</a></li><li>o "With the guidance of myriad teachers, I am endlessly seeking to break through the next layer of illusion and construct a life of authenticity and truth. This work is enacted on the canvas, in my thoughts, relationships, and choices." - Coach Anja</li></ul></li><li>• Watch <i>You're Not Stuck With Your Thoughts and Emotions</i> together as class<ul style="list-style-type: none"><li>o <a href="https://vimeo.com/489969324">https://vimeo.com/489969324</a> (3 minutes)</li></ul></li></ul>	<b>Time:</b> 4-5 min.
<b>Reading Prompt:</b> <a href="https://psychcentral.com/blog/techniques-for-teens-how-to-cope-with-your-emotions">https://psychcentral.com/blog/techniques-for-teens-how-to-cope-with-your-emotions</a>	5-10 min.
<b>Writing Prompt:</b> Three Discussion Questions (give the students 5-10 minutes to write down an answer) <ul style="list-style-type: none"><li>• Think about a time you felt unable to control your emotions. What was the outcome?</li><li>• What did you learn from that experience?</li><li>• If you could go back in time would you do anything differently?</li></ul>	5-10 min.
<b>Group Activity:</b> <ul style="list-style-type: none"><li>• Have some students share their answers.</li><li>• Split up into small groups. Give each group one of the prompts below and ask students to discuss different potential emotional responses and the pros and cons of each.<ul style="list-style-type: none"><li>o Getting a bad grade</li><li>o The end of a friendship</li><li>o Finding out someone lied to you</li></ul></li></ul>	10-15 min.

# Robin

**Closing:**

- Have teams share the outcomes of their discussions.
- Thank students for their openness and close the activity.

4-5  
min.