

# How we can feel good and learn better as a class

## 45-minute lesson plan

### Learning Objectives

Students learn how different factors can affect learning outcomes and school life in general, and how they can develop their social-emotional skills to make their and their classmates learning experience better.

### Material Needed

- Booklet or paper
- Pencils or coloring pens

### Introduction

Explain that today your class will think about how different things affect their learning and their school day in general – how we are feeling, how others treat us, and how we deal with emotions, etc. Give the class an example from your own life of a day that went really well and what things played a role in that.

Tell your students that these factors can be divided into 4 areas:

- **Learning** (our class environment, study material, the support we get, and how we study: alone or together)
- **Social-emotional skills** (our attitude towards new things, how we collaborate with others, and how we deal with our feelings and the feelings of others around us)
- **Relationships** (what kind of relationships and how we communicate with teachers and other school staff, classmates, friends, and family members)
- **Wellness** (how healthy we are, our habits such as sleep and diet, and our feelings)

Write the four areas down somewhere where the students can see them.

### Main

Individual task:

- Ask your students to think of a really good day at school when they felt they learned a lot and had fun. Tell them to write down everything that helped make that day good. Everything they can think of that impacted on their ability to learn and how they felt that day.  
*NOTE: If your students are too young to write, you can also alternatively have them draw throughout this exercise.*
- Ask your students to think of a bad day at school when they felt they couldn't really soak up any information or concentrate. Tell them to write down everything that made that day bad. What impacted on their ability to learn and how they felt that day.

Divide your students into groups of 3 or 4

Group task 1:

- Ask your students to share within the groups what they have written down individually.
- Then ask the groups to identify similarities in their answers and make a list together as a group. If they want, they can also organize their answers into the four areas listed above.

*Supporting questions: What makes us feel good at school? What makes us feel bad at school? How do we learn when we are hungry/tired/nervous etc.?*

Group task 2:

Ask each group to come up with two things that they can do to make sure they and others feel good and learn better.

*These things should be as concrete as possible, and they don't have to be big 😊*

### Conclusion

- Have the groups share their lists and improvement ideas with the whole class.
- Ask your students why wellbeing is important, also for learning.
- Ask your students how it feels to be able to help themselves and others feel good and learn better.
- You can also ask the groups to hang their lists and improvement ideas on the wall as positive reminders for the whole class.

