



SM 2-3 L4 MY BRAIN'S CONTROL PANEL

Grade: 2-3

Competency Area: Self-Management

Lesson Title: My Brain's Control Panel (Lesson #4)

T-SEL Standard: 2.G.2. Students use personally relevant strategies, like self-talk, to get and stay motivated.

Duration: 20 minutes

Materials Needed: ChalkWild erasable backpack + ChalkWild chalk markers + terry cloth

Lesson Directions:

1. Introduction:

- Project a copy of the My Brain's Control Panel worksheet on the board for all students to see.
- Ask the students "Who has ever seen the control panel of a car or a rocket ship?"
- Invite several students to share their prior knowledge aloud.
- Next, explain that our brain has a control panel, too! It has different parts that help us feel, think, and make choices. Today, we're going to create a drawing of our Brain's Control Panel to help us understand how our brain helps us manage our feelings and actions.

2. Drawing Activity: "My Brain's Control Panel"

- Provide each student with a copy of the My Brain's Control Panel worksheet to slide into their backpack.
- Button 1 (Feelings): Next to it, have students draw or write about a feeling, like "angry," and the actions that feeling might want them to do (e.g., yell).
- Button 2 (Thinking): Next to it, have students draw or write about a helpful thought, like "I can take a deep breath," and how that thought can help them manage their feelings.
- Button 3 (Actions): Next to it, have students draw or write about a positive action that comes from a helpful thought (e.g., walking away and taking a break).
- Encourage them to color their control panel and label each button clearly.



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3. **Sharing:** Instruct students to put their backpacks on and wander around the room to find at least three peers to share their control panel with.

End the lesson by reminding students that they are in charge of their own control panel, and they have the power to make good choices.

MY BRAIN'S CONTROL PANEL



Button 1



Button 2



Button 3