

Lesson 2 - Exercise Support and Tips

Methods to assess learning in this lesson is tutor observation, completed exercises and questions and answers. Plenary includes oral assessment with show of hands in relation to the lesson key message and understanding of the lesson.

Exercise 1 My Thoughts Determine My Choices

Full instructions are given on the exercise worksheets, if you require further support, you can email enquiries@thesej.co.uk or contact your SEJ Facilitator.

1. Using Lesson 1 Exercise 2 Area of Life Thoughts sheet complete Lesson 2 Exercise 1 My thoughts determine my choices. If a student did not complete Lesson 1 Exercise 2, they can simply choose thoughts from any life situation that cause them to suffer.
2. Ask students to choose one of the thoughts from Task 1 and write it in Task 2, then complete Task 3.
 - a. 'How would I feel, would I be happier without this thought?' Here you are asking the students to notice the difference in their emotions (feelings) if they did not have the thought.
 - b. 'What might my life look like without this thought?' Here you are asking the students to see how their life may be different without the negative thought.
 - c. 'What action's do I take when I believe this thought?' – Here you are asking the student to consider their limiting actions when they believe limiting thoughts.
 - d. 'How might my actions be different if I didn't believe this thought?' – Here you are asking the students to consider the difference in their actions when they no longer believe the limiting thought.
 - e. 'Who would I be without this thought?' Here you are asking the students to consider how they (as a person) could be different without this thought.
3. If the students finish early, they can pick another thought and go through tasks 2 and 3 on the exercise sheet again.

Exercise 2 Einstein's Quote

1. This is a Group work/Whole Class Activity of mixed ability.
2. Individuals can also do this exercise.
3. In small groups of 3 or 4 or as a whole class (depending on the size of the class), ask students to discuss with the group, Einstein's quote:
 - a. ***"We cannot solve our problems with the same thinking we used when we created them."***
 - b. Look at what they feel this quote means in relation to their thoughts in Lesson 2 Exercise 1. Task 1.
4. Encourage the students to write the group's answers on flipchart paper or a white board, or in their workbooks/exercise worksheet provided if they feel the subject matter is too personal.
5. Examples:

- a. We need to change our thinking.
- b. The quote implies our thoughts create the problem.
- c. We suffer our thoughts.
- d. Changing our thinking resolves the problem.
- e. We don't change the outside situation; we change our own thinking.
- f. Your behaviours are linked to your thoughts, and if you keep thinking the same way the problem will continue.
- g. Only you can change your thoughts, only you can stop the cycle of suffering.
- h. To be happy you need to stop your repetitive self-defeating thoughts.

Students' Exercises for Different Abilities

Exercise 1 'My Thoughts Determine My Choices'

1. Advancing: Students can repeat the exercise for all thoughts they have transferred from Lesson 1. Exercise 2.
2. Developing: Students can do as many as they feel able to do.

Exercise 2 'Einstein's Quote'

1. Advancing and Developing Students can work together to explore the quote in relation to their own thoughts listed in Lesson 2 Exercise 1.