The Inner SNACK for Young People

**Teacher Notes**

**Module** **1 -** **Befriend** **Your** **Brain**

**Lesson 1**

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| 01.22 | **Patterns Inside** – The way we learn by creating brain patterns.Learning Intention- I am learning about the importance of brain patterns and how they become habits.Success Criteria- I can describe examples of patterns that I repeat. |
| 03.38 | **Changing Your Habits** – We can learn how to change patterns – our patterns are flexible!Learning Intention- I am learning I can update old patterns and create new ones!Success Criteria- I can describe what is meant by the brain having neuroplasticity. |
| 04.40 | **Power-ful Thinking** – Science tells us that thought is simply energy! It’s not necessarily true, or good for us.Learning Intention - I am learning that a thought is not necessaritly true - it’s energy and may not be  accurate or helpful.Success Criteria- I understand that if I focus on a thought, I will experience the related feeling, even if  the thought is unhelpful. |
| 06.04 | **Your Binocular Brain** – A basic ‘brain rule’ makes anything we focus on get bigger.Learning Intention- I am learning why it’s really important to be careful about the thoughts I focus on.Success Criteria- I know that if I focus on a thought, it will be magnified and the feeling that  corresponds with it will get bigger too. |
| 08.50 | **Your Amazing Antenna**– Learning how your thoughts are a bit like magnets!Learning Intention - I am learning about the reticular activating system.Success Criteria- I can describe what happens if I focus on something which is positive.- I can describe what happens if I focus on something I don’t actually want. |
| 11.20 | **The Organ That Tries So Hard** – Our brains are ‘problem-solving organs’. They will focus on anything we allow them to.Learning Intention - I am learning that the brain will naturally focus on a thought if I let it do that, even if  it’s not good for me.Success Criteria- I understand why I need to be careful about which thoughts I focus on. |

**Lesson 2**

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| 00.00 | **A Fuse Blows** – Emotional Hijacking – the more upset we become, the less able we are to think well.Learning Intention - I am learning what happens in my brain when I become upset.Success Criteria- I can describe a time when my ‘fuse has blown’.- I can describe why ‘a fuse blows’.- I understand that the brain cannot be worked up and calm at the same time. |
| 08.04 | **The Inner Barometer** – A way of learning how to notice clearly what your emotions are doing.Learning Intention - I am learning to recognise and use my emotional scale.Success Criteria- I can rate my feelings using a scale.- I can describe my feelings using my scale. |

**Lesson 3**

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| 00.00 | **Video : Calm and Control** – Diagrams to show an ‘emotional scale’ and Emotional Hijacking. Also, descriptions of the important parts of the brain for looking after mental wellbeing, and demonstration of calming techniques to help you feel better and gain control.Learning Intention - Understanding what happens when I become upset and how to calm myself down.Success Criteria- I can notice when I’m becoming upset and help myself to gain control. |
| 04.23 | **The Emotional Scale** Learning Intention - I can recognise my feelings changing using my emotional scale.Success Criteria- I can recognise my steps on my emotional scale.- I can recognise the different ways that I respond to different steps on my emotional scale. |
| 09.26 | **Emotional Hijacking**Learning Intention - I am learning that if the fight or flee part of my brain is triggered I act as if there’s real  danger and it stops me from being able to think well.Success Criteria- I can describe what happens when my emotions go too high on my scale.- I understand that my brain cannot feel upset and calm at the same time. |
| 14.04 | **3 Ways To Calm Down**Learning Intention - I am learning how to calm down.Success Criteria- I can demonstrate 5:9 breathing.- I can demonstrate Sole Resting.- I can demonstrate peripheral vision.- I can practice one of these techniques 4 or 5 times each day so that I get really good at helping myself to calm down.  |

**Module** **2 -** **Crucial** **Keys** **to** **Inner** **Care**

**Lesson 1**

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| 00.00 | **The Self-Made Drama** – How to become the Director of your Inner World.Learning Intention - Reinforcing learning and the importance of making wise choices.Success Criteria- I recognise that my brain needs help to create the best outcomes for me. |
| 03.10 | **Who’s In Charge In There** – Your Observing Self – a bit like your control centre ... the key to creating change.Learning Intention- I am learning that there is a part of me which can notice my thoughts and feelings.Success Criteria- I recognise that there is a more ‘central’ part of me which can notice what’s going on in  my inner world and make choices about what I do with my attention. |
| 05.25 | **A Story About Thoughts**Learning Intention - I am learning to recognise the impact of unnecessary thoughts.Success Criteria- I can highlight the thoughts that were unhelpful for Samuel.- I can discuss what the story tells us about the power of thoughts.  |
| 08.20 | **2 Thought Jobs** – Choosing positive, helpful thoughts instead of ones that aren’t good for you.Learning Intention- To be aware that I have two important thought jobs.Success Criteria- I can discuss withdrawing attention from thoughts which it is not good for me to focus on.- I can add positive thoughts to my inner world. |

**Lesson 2**

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| 00.00 | **The Missing Key To Inner Care** – You can nurture your mental wellbeing when you understand *how*to do this.Learning Intention- I am learning about the *process* of creating mental wellbeing.Success Criteria- I recognise that understanding how my inner world works and how to look after it is really important. |
| 03.22 | **The Inner Satnav** – Learning how to move towards what you want in a positive way.Learning Intention- I am learning that I need to be as clear as possible about what I’d like when I’m creating  new goals or changing old patterns.Success Criteria- I can think of something I’d like to move towards and describe the steps to get there. |
| 05.54 | **Unfolding Time** – Learning to live in the present and look after any worries.Learning Intention - I am learning how to enjoy living in the present moment.Success Criteria- I recognise the importance of moving on from the past.- I recognise the stress that can be caused by worrying about the future.- I can create a plan in the present to improve the future. |
| 10.33 | **Social Media**– Learning to take a step back from Social Media and choose carefully if it’s good for you.Learning Intention - I am learning about the impact of social media on my thoughts and feelings.Success Criteria- I can share an experience about when something on social media has felt bad.- I can explain the 3 good rules for social media.- I can make a plan to change how much time I spend on social media and what I look at, if that would be a good thing for me to do. |

**Lesson 3**

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| 00.00 | **A Story About Snowflakes**Learning Intention - I realise there is only one me, and that I matter.Success Criteria- I can discuss ‘How Much Does a Snowflake Weigh?’ |
| 05.48 | **The Feelgood Switch 1**– A choice of strategies you can use to help yourself to take control and feel better.Learning Intention- I am learning about the ‘Feelgood Switch’, which is a choice of strategies I can useinstead of having unhelpful thoughts and feelings.- I am learing techniques to help me withdraw attention from unhelpful thoughts,  feelings or images, and how to help myself to feel calm.Success Criteria- I know different strategies I can use to withdraw my attention from an unhelpful thought or to help me calm down when I need to. |
| 06.43 | **5:9 breathing** - I can calm myself easily using my breath. |
| 09.53 | **Sole Resting** - I can take my attention into the soles of my feet and give my head a rest! |
| 10.45 | **Come To Your Senses** - I can take my attention to my senses instead of focusing so muchon my thoughts. |
| 11.37 | **Being In Nature** - I can go for a walk in Nature and enjoy what’s around me. |
| 12.47 | **Peripheral Vision** - I can withdraw attention from my thoughts in this simple way, usingmy eyes. |
| 13.33 | **To Visualise** - I can create nice images in my mind which feel good. |
| 15.00 | **Serial 7s** - I can gain control of my feelings really quickly just by counting! |

**Lesson 4**

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| 00.00 | **The Feelgood Switch 2** – More strategies to help you feel good and redirect your attention. |
| 00.00 | **Come Back Out Here** - I can be here in the real world, rather than spending so much time in my head. |
| 01.33 | **Video : Level -3** –  A deeply calming technique to help you feel peaceful and access your wisdom.Learning Intention - I am learning how to find my calm place inside.Success Criteria- I can use Level -3 whenever I’d like to feel calm. |

**Lesson 5**

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| 00.00 | **Video : The Inner World** – A practical way of understanding your Inner World, using visual aids.Learning Intention- I am learning how to organise my Inner World.Success Criteria- I can recognise the different parts of my Inner World. |

**Lesson 6**

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| 00.00 | **Video : The Inner SNACK** – Learning to care of your Inner World using a simple acronym.Learning Intention- I am learning about the Inner SNACK, and how to use it to nurture my mental wellbeing. Success Criteria- I recognise the acronym SNACK and what each letter stands for.- I can begin to use the Inner SNACK to care for my inner world. |

**Module** **3 -** **A** **Secret** **Pattern**

**Lesson 1**

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| 00.00 | **The Gifts of Kindness** – Kindness is really good for your mental andphysical wellbeing.Learning Intention - I am learning about the importance of being kind to myself.Success Criteria- I can describe some of the impacts of kindness to myself and others.- I can describe how I can be kind to myself. |
| 05.45 | **Being Grateful** - Learning to notice and be thankful more – there are so many positive benefits!Learning Intention- I am learning the importance of being grateful.Success Criteria- I can list and discuss some of the things that I am grateful for. |
| 08.15 | **Story : The Two Wolves**Learning Intention- I am learning about the impact of the attitudes and values we focus on.Success Criteria- I can discuss the meaning within the story. |

**Lesson 2**

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| 00.00 | **Video : The Secret Pattern In Action** – Recapping learning and using the Inner SNACK to transform judgmental or critical thoughts. |

**Module 4**

**Your Incredible Inner Coach**

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| 00.00 | **Your Incredible Inner Coach**– Making supportive, wise choices with challenges - including worry and rumination.Learning Intention - I am learning to become my own supportive, caring friend.Success Criteria- I can describe some of the challenges that might affect people of my age.- I can recap the different tools that I have learned in previous modules, which I can useto help me look after my mental wellbeing.- I can describe the meaning of rumination. |

**Body Love**

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| 00.00 | **Body Love** – Choosing to be kind to yourself about your body.Learning Intention - I am learning how to care for my body image.Success Criteria- I can discuss where we get our idea of what body image is acceptable, and who / whatis influencing us.- I can share ideas of how to create a healthy body image. |

**Bullying**

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| 00.00 | **Bullying** – How it works, why it’s so harmful and what to do if the bully is you.Learning Intention - I am learning about bullying, especially self-bullying.Success Criteria- I understand why it’s so important to be careful of bullying thoughts.- I recognise self-bullying and can discuss examples of it, and how to tackle it. |

**Alcohol and Drugs**

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| 00.00 | **Alcohol and Drugs**– How to stay in charge of the choices you make.Learning Intention - I am learning about the process of choice in relation to alcohol and drugs.Success Criteria- I can describe the thinking process that I will use when considering the use of alcohol and drugs.- I can create a plan for myself for when I go out so that I maintain control. |

**Mental Illness and Serious Risk**

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| 00.00 | **Mental Illness and Serious Risk** – The tragic link between drugs / alcohol and catastrophic mental vulnerability.Learning Intention- I am learning about the serious impact alcohol and drugs can have on my mental state.Success Criteria- I can describe some of the effects of psychosis.- I can discuss how I feel about the teaching within this video. |

**Self- Harm**

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| 00.00 | **Self-Harm** - Talking openly about this sad coping mechanism and how to choose positive alternatives.Learning Intention- I am learning how making healthy choices works even in serious situations like this.Success Criteria- I can discuss why people might self-harm and how the Inner SNACK can be used to make choices that are healthier. |

**The Happiness Challenge**

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| 00.00  | **The Happiness Challenge** - Try this challenge every day for 3 weeks and notice how good it makes you feel. Perhaps you can keep helping yourself in this way forever!Learning Intention- A daily challenge to increase my happiness.Success Criteria- I can choose not to focus on unhelpful thoughts every day for a week.- I can choose to be extra kind every day for a week.- I can make a gratitude list every day for a week.- I can record and discuss the outcome of the Happiness Challenge. |

**Goodbye**

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| 00.00 | A final story / Goodbye |