

## Form 9: Learning Guide

Module Name: Mod 4: What is Healing?

Course Name: Emotional Healing Within a Safe Online Community

### Learning Goals/Outcomes

Upon completion of this module, you will be able to:

- Discuss what healing means to you; analyze your healing modality; recommend suggestions for improvement.
- Reflect on how the brain and heart works together and how it relates to you.
- Self-Reflect on Organization, Bloom's 4<sup>th</sup> level of Affective Domain.
- Discuss the science behind the stresses and joys of learning.

### Learning Resources

Required Resources

- Richard J. Davidson's film on the heart-brain connection in *Edutopia*
- Donald Clark's website on Bloom's taxonomy, Affective Domain
- Judy Willis' article in *Edutopia*: "The Neuroscience Behind Stress and Learning"

Additional Resources

- "Move Your Body, Grow Your Brain," article by Donna Wilson, Ph.D., in *Edutopia*: <http://www.edutopia.org/blog/move-body-grow-brain-donna-wilson>

### Learning Activities

Activities for This Lesson

- Post to Safety Net about what healing means to you.
- Post to Safety Net your reflection on how the brain and heart work together and how this relates to you.
- Write self-reflection about Organization, Bloom's 4<sup>th</sup> level, Affective Domain.

Form adapted from Smith, R. M. *Conquering the Content*. San Francisco: Jossey-Bass, 2008.

- Analyze whether healing modality is working for you on Safety Net.
- Post recommendations for more effective healing modality on Safety Net.
- Discuss science behind the stresses and joys of learning on Safety Net.

#### Discussion Questions

- What does healing mean to you?
- How do the heart and brain work together and how this relates to you
- Analyze whether healing modality is working for you
- Recommend suggestions for more effective healing modality
- The science behind the stresses and joys of learning

#### Self-Assessment

Check your understanding

- Organization, Bloom's 4<sup>th</sup> level of Affective Domain
- How the brain and heart work together
- Science behind stresses and joys of learning
- Your healing modality: Any room for improvement?

#### Lesson Evaluation: Graded Assessments

- Discussions
- Self-Reflection
- Social safety online

Module Name: Mod 5: Feeling and Healing: What is Fun?

Course Name: Emotional Healing Within a Safe Online Community

#### Learning Goals/Outcomes

Upon completion of this module, you will be able to:

Form adapted from Smith, R. M. *Conquering the Content*. San Francisco: Jossey-Bass, 2008.

- Discuss: Is there fun in your healing journey?
- Reflect on fun and computer games in learning environment
- Self-reflect on Internalizing Values, 5<sup>th</sup> level of Bloom's Affective Domain
- Create 5-minute recording or 5 pages with your favorite media that combines fun, feelings and healing – or not!
- Discuss: Do you feel safe and supported on our Safety Net?

## Learning Resources

### Required Resources

- Video games at Wondermind or other educational video site.
- Donald Clark's website on Bloom's taxonomy, Affective Domain

### Additional Resources

- Article "A Neurologist Makes the Case for the Video Game Model as a Learning Tool" in *Edutopia*:  
<http://www.edutopia.org/blog/neurologist-makes-case-video-game-model-learning-tool>

## Learning Activities

### Activities for This Lesson

- Post to Safety Net.
- Self-reflection on Internalizing Values, Bloom's 5<sup>th</sup> level, Affective Domain.
- Record 5 minutes of creative project or 5 pages of writing

### Discussion Questions

- Is there any fun in your healing journey?
- Could fun and computer games be applied to learning and healing environment?
- Do you feel safe and supported on our Safety Net? Include information from the Affective Domain

<b>Self-Assessment</b>
Check your understanding <ul style="list-style-type: none"><li>• Self-Reflection on Internalizing Values</li><li>• Computer games, fun, and how they apply to learning and healing</li><li>• Bloom's Internalizing Values, 5<sup>th</sup> level of Affective Domain</li><li>• 5-minute or 5-page recording</li><li>• Safe and supported on Safety Net?</li></ul>



<b>Lesson Evaluation: Graded Assessments</b>
<ul style="list-style-type: none"><li>• Discussions</li><li>• Self-Reflection</li><li>• Recorded or written project</li></ul>

