

**LESSON BOOSTERS** 

Choose boosters to add before and/or after the core lesson:

### 2.7 Get Centered-1: Responding to Feedback with Erica Rascon

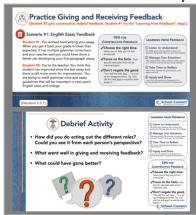


### **Lesson Booster Summary:**

In this video, mindfulness expert Erica Rascon focuses on noticing, identifying, and self-regulating feelings and physical body sensations. With this heightened awareness, we can recognize when we are becoming agitated or stressed, which can be especially helpful when responding to critical feedback.

Erica applies this to a situation when a student gets in trouble in class. The student feels being moved to a different seat is unjustified and unfair. Without selfregulation, emotions could escalate and lead to regrettable behavior. With selfregulation, students pause, take deep breaths, and focus on identifying the emotion and its effects. This process can lead to a more proactive rather than reactive response.

2.7 Lesson Extension–1: Responding to Feedback at School or in Sports (Handout 2.7.1)



### **Lesson Booster Summary:**

In this activity, students role play giving and receiving feedback for one or more school or sports scenarios. Student #1 plays the role of the person who needs improvement, and Student #2 practices giving constructive feedback. Student #1 then needs to practice receiving that feedback and applying it to growing and improving.

The scenarios include: a) receiving feedback on an English essay, b) being benched for poor performance at a game, and c) getting in trouble for talking in class.

## 2.7 Lesson Extension–2: Responding to Feedback in the Workplace (Handout 2.7.2)



# **Lesson Booster Summary:**

In this activity, students role play giving and receiving feedback for one or more workplace scenarios. Student #1 plays the role of the person who needs improvement, and Student #2 practices giving constructive feedback. Student #1 then needs to practice receiving that feedback and applying it to growing and improving.

The scenarios include: a) being late to work, b) providing poor customer service, and c) not reliably responding to work-related emails.

15

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min

min