

The power of the mind

Group activity worksheet



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Written by teachers for teachers

The power of the mind

You will need:

- To work in pairs eventually
- Pen and paper

The purpose of this activity is to explore the idea that our thoughts affect our bodies.

Scientists and members of the medical professions are increasingly coming up with proof that what we think can physically affect us.

In recent experiments, scientists found that, when owners are stroking their dogs, the oxytocin levels of both owners and dogs rise considerably. Oxytocin is a 'feel good' hormone in our bodies. Dog stroking is good for us!

Action:

Look at this picture of some lemons.



Imagine you have the cut lemon in your hand. Imagine you smell the lemon and then you start to suck it. Feel the sharp, tangy juices on your tongue. Keep sucking that lemon.

What is happening to your saliva glands?

By now almost all of you will find that your saliva glands are working full time, flooding your mouth with saliva in an effort to dilute the effect of the lemon.

And it's all in your mind! You are simply thinking about the lemon.

The power of the mind *continued*

Thoughts are powerful things.

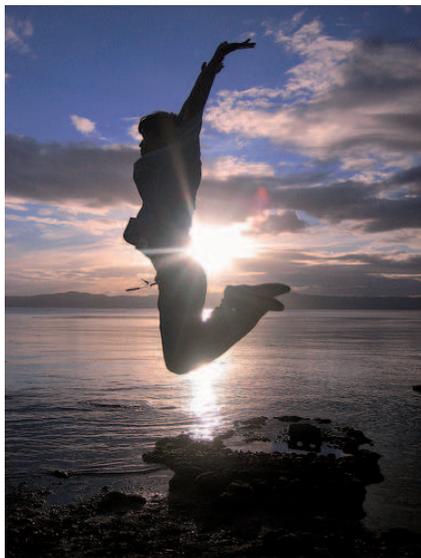
“When I was small child it was customary to fill the tiniest hole in a tooth. Drilling the tooth was done without a pain killing injection and, with no fluoride around to keep teeth healthy, I would have a filling almost every six months. Before I even got to the dentist, I was so frightened that I would vomit.”

JB

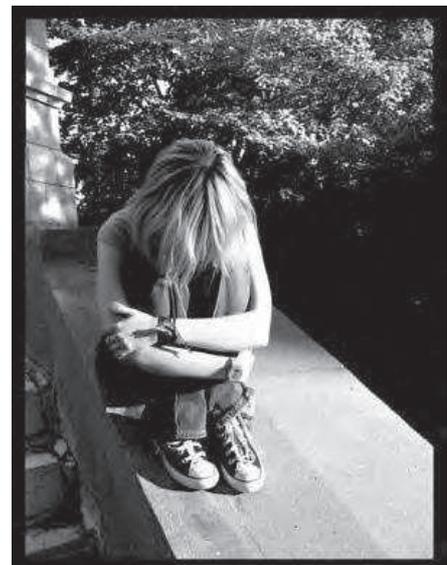
In pairs, come up with examples of occasions when what you are thinking has physically affected you. Include positive thoughts and negative thoughts.

Share your ideas as a class.

Do you think it would be fair to say that **Positive** thoughts nurture your body



and **Negative** thoughts attack your body?



Between now and your next session be aware of your thoughts and how they affect your body. Be ready to feedback at least one experience to the group next time.

Do you agree with the scientists?