

Lesson Plan

Book and Authors: Niran Vinod and Damola Timeyin – How To Build It

Topic – Hustle Culture

Learning Objective – To define how to prioritise mental health and wellness when managing a busy lifestyle.

Starter (5 minutes) – Ask the students to look think about the four people and see which one they think is the odd one out and why. They can discuss this in pairs or do this independently. Use the task to delve into what they believe the mindset of the male on his phone and working is, see if the students see him to be a boss/part of hustle culture or if he seems busy, overworked or overwhelmed.

Activity One (7 minutes) Explain to the students that the first clip is of Niran and Damola discussing Hustle culture and how to define it. Ask students to summarise hustle culture into a sentence, based off Niran and Damola's discussion.

Watch clip (08.42-09.20)

Write a class collective definition of hustle culture to ensure that all students have a thorough understanding.

Activity Two: (15 minutes)

Watch the next part of the clip where Niran and Damola discuss the toxicity of social media and how it encourages hustle culture (e.g. day in the life of a CEO/boss) and complete a table on Social Media's hustle culture and how different companies have positive and negative influences on mental health. This can be done as a whole class discussion or in group work. (09.20–11.35)

Activity Three: (15 minutes)

Watch the final part of the clip of Niran and Damola discussing how they prioritise their mental health and wellbeing, whilst being entrepreneurs and having busy lifestyles.

Balance can be unattainable – some days you will work harder than others. This is the focus of the third activity and how students can manage their time to prioritise their mental health around school/exams etc. Ask students to independently complete the daily planner (of a generic school day) and encourage them to prioritise their mental health and wellbeing, alongside school, revision and their daily tasks. The below plenary can be used to gather understanding and to acknowledge the challenge element of this activity. (11.35 – 13.46)

Plenary: (5 minutes) – ask students to share their ideas on how they can prioritise their mental health and wellness whilst being in school/college. They need to share three ideas with their neighbours and then discuss some of these as a class.

2. Hustle Culture

Starter Activity – odd one out



Which one of these pictures is the odd one out and why do you think this? Discuss with the person next to you

Challenge:

How would you describe the mindset of the man in the fourth photo?

Helpful terminology:

Calm, health, relax, zen

What is Hustle Culture?

Watch the clip of Niran and Damola discussing Hustle Culture.

Write your own definition, whilst you watch.

Challenge:

Do you think social media wants us to view hustle culture as a positive or negative mindset?

Social Media

Name of Social Media	Positives	Negatives
YouTube	Sharing knowledge	Defamation and bullying

How do we prioritise mental health and wellness?

Watch the rest of the clip

Challenge: People only share certain aspects of their lives, on social media, how do you think this effects the viewer's mindset?

Useful terminology: Toxic, subconscious, unrealistic.

Balance can be unattainable – some days you will work harder than others.

Complete the template of a balanced school/college day for yourself, using the tips from Niran and Damola.

Mental health and wellness suggestions:

- Exercise
- Gaming
- Read a book
- Go to sleep early
- Put your phone away
- Go for a walk



Challenge:

Include at least two other suggestions of how you can prioritise your mental health and wellness

Plenary

Discuss with your neighbour three things that that are going to do, to prioritise their mental health and wellness.

Be prepared to share their answers.