**Unit 1 - Lesson 2 : lesson summary**

# Unit 1 – What is Psychology?

### Lesson Summary – Lesson 2 (The Link Between the Physical and the Psychological)

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### ****Lesson Summary (Explore + Practice)****

Psychology studies how the outside world affects what happens inside our minds. A **physical event** is something that happens in the world around us—like a sound, a sight, or an action. A **psychological response** is what happens inside—how we think, feel, or act because of that event.

For example:

* A thunderclap (physical event) might make you feel scared (psychological response).
* Getting praised by a teacher (physical event) might make you feel proud (psychological response).
* Dropping your ice cream (physical event) might make you feel sad (psychological response).

We watched a short video called Kids Try Not to Laugh Challenge. In the video, children see funny faces or hear silly noises. The **physical event** is what the kids see and hear. The **psychological response** is their laughter. Even though each child is different, the same kinds of events often create similar responses in people.

In class, students practiced noticing examples of physical events leading to psychological responses. They thought about times in their own lives when something outside of them—like a noise, a joke, or a surprise—changed the way they felt inside.

This lesson showed us that psychology isn’t only about thoughts and feelings that appear out of nowhere. Often, the world around us plays a big role in shaping how we think, feel, and act.

Watch the video: Kids Try Not to Laugh Challenge (findable on YouTube). As you watch, pay attention to what events cause laughter, and notice your own response as well.

### ****Comprehension Questions****

1. What is the difference between a physical event and a psychological response?
2. In the “Try Not to Laugh” video, what kind of physical events made the children laugh?
3. Can the same event cause different feelings in different people? Give an example.
4. Think of a time in your life when something outside of you changed how you felt inside. What was it?
5. Why is it important for psychologists to study the link between physical events and psychological responses?