

HEART WEEK FRIDAY lesson 2

A2 Mindfulness and wellbeing

Instruction: Follow these general guidelines. Use the links provided on the syllabus website. Underlined items are links to ADDITIONAL support.

[Aims](#)

Stage 1

Click on the **Stage 1** link. Pre-teach key vocabulary. Tell students they will listen to instructions to do physical exercises. Pause before each exercise. Ask students to sit with their backs to the screen and try to follow the instructions with audio only. Next, reverse the video so that students can see if they followed the instructions correctly. Explain vocabulary that led to possible confusion.

Stage 2

- Click on the **Stage 2** link. Tell students to find the website on their tablets. Students do the activities. Tell students to try and memorise as many words as possible.
- Test students to see how many words they managed to remember.