

HEART WEEK FRIDAY lesson 1

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](#)

Warm-up

Click on the **Warm-up** link. Pre-teach new vocabulary and then play the video and demonstrate the actions. Ask students to imitate you. Play the video again and ask students to close their eyes and follow the meditation instructions.

Main activities

- Click on the **Video** link. Play the song and explain new vocabulary.
- Practise pronunciation.
- Play the song again and ask students to join in.
- Optional: you may ask students for ideas how to change the lyrics of the song.
- Write down modified lyrics on the board. Ask students to sing the modified version of the song.