

# HEART WEEK FRIDAY lesson 3

## 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. Play the video and ask students to repeat.
- Mime an emotion and ask students to guess which one it is.
- Play the video again and ask students to pick 5 different emotions.
- Students draw faces to represent their emotions. In pairs, they try to guess the emotions.
- Play the video again and ask students to mime the emotions.
- Game: students mime and guess emotions.

#### **Stage 2**

- Click on the **Video** link. Play the song and explain new vocabulary.
- Practise pronunciation.
- Play the song again and ask students to join in.
- Ask questions from the song e.g. *What do you do when you are sleepy?*
- Ask more questions e.g. *What do you do when you have a problem?*

#### **HOMEWORK**

- Students write down all the questions and interview their host families.

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