

B2 Mindfulness and wellbeing

WORKBOOK – PAGE 6

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. Tell students to find the website on their tablets. Ask students to choose 5 expressions, read definitions, and memorise them. Each pair presents one expression with example sentences.

Stage 2

- Click on the **Stage 2** link. Play the whole video and ask students to note down as many idioms as possible.
- Ask students to get into 2 groups. Each group says one idiom – if it is 100% correct, they get a point. They get an extra point if they can explain the meaning. If they can't, explain the meaning yourself.