

HEART WEEK FRIDAY lesson 3

B1 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. Go through all the activities with the students. You will not get paper copies of the activities. Display the activities/transcript on the screen, ask students to make a note of correct answers and ask individual students to come to the computer to complete online tasks so that the rest of the students can check their answers.

Stage 2

- Click on the **Stage 2** link. Ask students which song they would like to listen to and sing to cheer themselves up. Play the song and ask students to write down the lyrics. Pause whenever necessary. Play the song again and ask the students to sing. If you have time, ask students to compose one verse of a cheerful song about Country Cousins.