

# HEART WEEK FRIDAY lesson 1

## **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](#)

#### **Warm-up**

Click on the **Warm-up** link. Tell students to close their eyes and follow the meditation video. Students open their eyes; play the video again and pause every time students indicate a word they don't know.

#### **Main activities**

- Click on the **Article** link. Go through the headlines and explain new vocabulary.
- Scroll down again and ask students to note down two key words from each headline.
- In pairs, students try to recreate each headline. Scroll down again so that students can check how accurate they were.
- Scroll down again and ask students to choose one sentence from each paragraph and copy it.
- In pairs, students prepare a mini presentation on the advantages of meditation.