

## 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](#)

### 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. Pre-teach difficult vocabulary.
- Ask students to find the article on their tablets. They read the article to find out how meditation changes the brain.
- Whole group discussion about the article and anything else students know (experienced) about meditation.
- Role-play. In pairs, one student plays the role of a sceptic and the other an enthusiast of meditation. The enthusiast tries to persuade the sceptic to take up meditation.