

Recharge your batteries

Idiom of the month

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1. Find these five words in the word-search:

/PLEASE FILL WITH RANDOM LETTERS/

breathing

pets

meditation

sleep

silence

			B						
			R						
S	L	E	E	P					S
			A	E					I
			T	T					L
			H	S					E
M	E	D	I	T	A	T	I	O	N
			N						C
			G						E

Answers:

			B						
			R						
S	L	E	E	P					S
			A	E					I
			T	T					L
			H	S					E
M	E	D	I	T	A	T	I	O	N
			N						C
			G						E

2a. Read this post on 'Stressed Students Unite'

Joanna2012...I am so tired! I had three tests this morning and now I've got to do loads of homework. /insert stressed emoji/

Phil@HG...Don't do your homework now, Joanna. You need to recharge your batteries first. Turn off all your devices, enjoy the silence and if you have a pet, get on the sofa with them and have a little sleep. /insert sleepy emoji/

2b. Complete with the idiom of the month

When someone needs to rest and get their energy back we tell them to _____ their _____.

Answer: When someone needs to rest and get their energy back we tell them to recharge their batteries.

It's important to recharge your batteries when you are feeling tired. Just like your phone needs to be charged so that you can use it all day, so does your body and your mind. Practising mindfulness is a great way to recharge your batteries every day.

3. Work with a partner

Student A: Read this text about 'How to Recharge your Batteries'.

Are you feeling tired and stressed? Then it's time to recharge your batteries.

Turn off all your devices. This includes _____

Listen. What can you hear? Nothing? Great. Silence is precious.

Listen again. Can you hear your breathing? Good. Take _____

Make sure you are sitting comfortably. You can lie down if you want. Focus on your breathing.

If you have a cat, they will probably come and sit on you. That's good. Pets are _____.

Meditation is also calming.

After around ten minutes, you should feel _____.

Don't worry if you go to sleep, a short nap is very good for you.

Student B: Read this text about 'How to Recharge your Batteries'.

Are you feeling tired and stressed? Then it's time to _____.

Turn off all your devices. This includes your mobile phone, tablet and TV.

Listen. What can you hear? Nothing? Great. Silence is _____.

Listen again. Can you hear your breathing? Good. Take big deep breaths.

Make sure you are sitting comfortably. You can lie down if you want. Focus on _____

If you have a cat, they will probably come and sit on you. That's good. Pets are very calming.

Meditation is also _____

After around ten minutes, you should feel better.

Don't worry if you go to sleep, a short nap is very good for you.

Answers (full text):

Are you feeling tired and stressed? Then it's time to recharge your batteries.

Turn off all your devices. This includes your mobile phone, tablet and TV.

Listen. What can you hear? Nothing? Great. Silence is precious.

Listen again. Can you hear your breathing? Good. Take big deep breaths.

Make sure you are sitting comfortably. You can lie down if you want. Focus on your breathing.

If you have a cat, they will probably come and sit on you. That's good. Pets are very calming.

Meditation is also calming.

After around ten minutes, you should feel better.

Don't worry if you go to sleep, a short nap is very good for you.

4. Ask questions to find the missing information in your text.

Use these question prompts to help you.

What does it include?

What is.../ it time to do?

What should I ...?

Answers:

Student A questions

What does it include? / What should I take? / What are pets? / How should I feel?

Student B questions

What is it time to do? / What is silence? / What should I focus on? / What is meditation?