

# Recharge your batteries

## Idiom of the month

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### 1.a. Which of these, if any, do you do when you need to rest? Circle

Sleep      meditate      disconnect      sit quietly      do breathing activities

### 1.b. What is your personal resting routine? Tell a partner. You have five minutes each.

### 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. Read these tips about Recharging Your Batteries.**

#### **Translate into English.**

Ti senti stanco e stressato? Allora è tempo di ricaricare le batterie.

Spegni tutti i tuoi dispositivi. Questo include il tuo cellulare, tablet e TV.

Ascolta. Cosa senti? Niente? Ottimo. Il silenzio è prezioso.

Ascolta di nuovo. Senti il tuo respiro? Bene. Fai respiri profondi.

Assicurati di essere seduto comodamente. Puoi sdraiarti se vuoi. Concentrati sul tuo respiro.

Se hai un gatto, probabilmente verrà a sedersi su di te. Questo è positivo. Gli animali domestici sono molto calmanti.

Anche la meditazione è calmante.

Dopo circa dieci minuti, dovresti sentirti meglio.

Non preoccuparti se ti addormenti, un breve pisolino è molto benefico per te.

#### **Answer:**

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. Debate the benefits of taking the time to recharge your batteries every day.**

TEAM A: You are in favour.

TEAM B: You are against.

Remember:

- consider issues such as time, schoolwork, other commitments, mental and physical well-being
- appoint a Chairperson to moderate
- use collaborative language
- set a time limit