

Aware

Word of the month

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1. Look around you. What can you see? Write five things.

/image: girl sat on her bed. We can see plants, books and a TV in her room//

- 1.
- 2.
- 3.
- 4.
- 5.

Sample answers:

1. plants
2. books
3. walls
4. TV
5. hands

2. Close your eyes. Write down your thoughts/ feelings.

/Insert a cloud for the students to write in plus a word cloud comprising the following phrases:

I'm tired. My head is heavy. I don't want to study .My shoulders are tight. I'm hungry.
I've got a lot to do./

Answers will vary.

Practising mindfulness can help you to feel calmer. Mindfulness is about being AWARE of your thoughts, your body and your environment.

3. Complete the sentence.

When you feel stressed, stop for a while. Focus on the here and now. Be _____ of what you are thinking and feeling, and where you are.

Answer: When you feel stressed, stop for a while. Focus on the here and now. Be aware of what you are thinking and feeling, and where you are.

4. Watch this video from Pearson UK. Write down 3 interesting things that the speaker, Ashley Lodge, mentions.

https://www.youtube.com/watch?v=L8TmL6l_Wd8 >>

Sample answer:

1. It's not only our thinking that affects our bodies; our bodies can affect our thinking too.
2. Mindfulness can help rewire our brains.
3. Doing mode versus being mode

5. Have you ever practised mindfulness? If so, did you find it beneficial? If not, after watching the video do you think you would like to try it? Max 100 words.

Sample answer: I've never done mindfulness because although it's a word that you hear a lot, I don't really know what it was about. I think I'd like to try it now because it might help me when I get a bit stressed about everything I have to do for school. I'm usually so busy that I never take the time to be aware of what I'm doing or where I am.