

BRINGING MINDFULNESS TO CLASS

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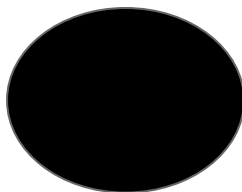
1.

IRELAND

BODY

WORK

THINGS



NATURE

HOME

legs

IRELAND

Cold

BODY

WORK

money

THINGS

NATURE

Trees

pen

HOME

fireplace



HOW OFTEN ARE YOU
GRATEFUL FOR THESE
THINGS IN YOUR LIFE?

60 THINGS TO BE GRATEFUL FOR IN LIFE -BY CELESTINE CHUA-

[HTTPS://TINYBUDDHA.COM/BLOG/60-THINGS-TO-BE-GRATEFUL-FOR-IN-LIFE/](https://tinybuddha.com/blog/60-things-to-be-grateful-for-in-life/)

GRATEFULNESS LIST

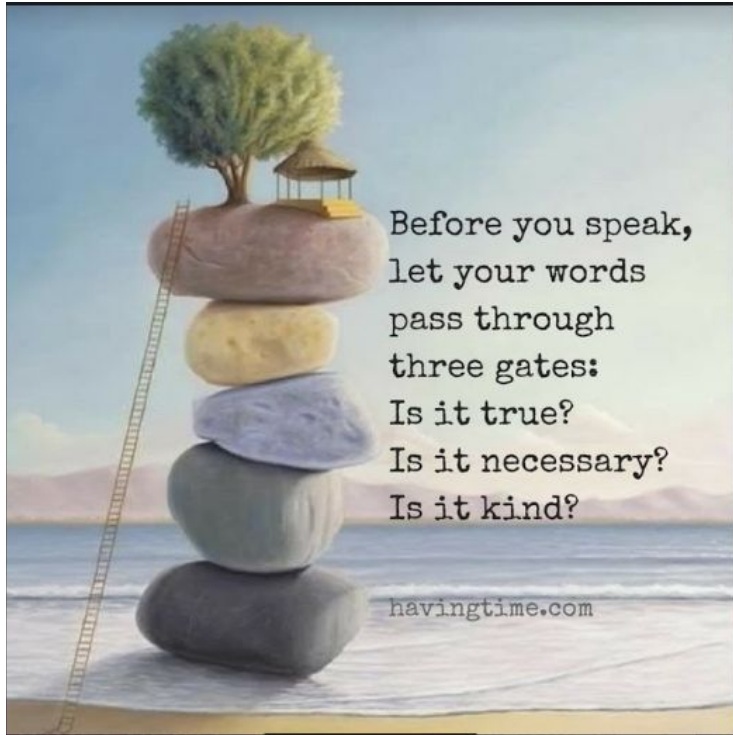
- PUT ON THE WALL A3 PAPER
- STUDENTS WRITE WHAT THEY ARE GRATEFUL FOR
- ONCE A WEEK, A FORTNIGHT, EVERY DAY... STUDENTS WRITE ON IT

GRATEFULNESS

TEACHING RELATED

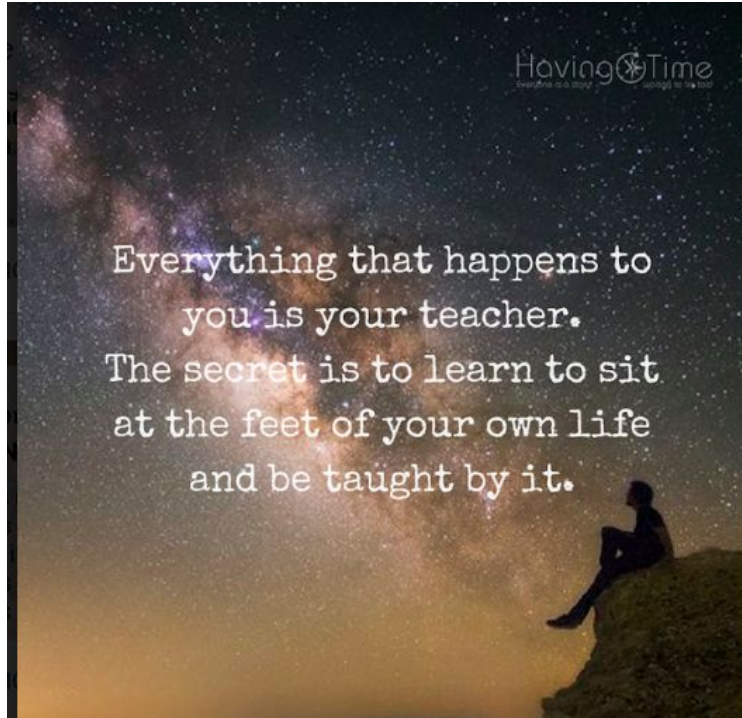
I AM GRATEFUL FOR ... VB-ING / NOUN - VERB PATTERNS LEAD IN -

2. POSITIVE QUOTES



- DO YOU PASS THROUGH THESE THREE GATES BEFORE YOU SPEAK?
- WHY DO YOU THINK IT IS IMPORTANT TO DO SO?
- DO YOU THINK OUR WORDS CAN CAUSE HARM? IN WHAT WAY?
- WHY DO YOU THINK WE ARE NOT CAREFUL WITH OUR WORDS?
- WHAT ARE SOME THINGS THAT CANNOT BE SAID IN DIFFERENT CULTURES?

POSITIVE QUOTES



- WHO OR WHAT DO YOU THINK IS YOUR TEACHER RIGHT NOW?
- WHAT DOES BEING A TEACHER IN LIFE MEAN FOR YOU?
- HAVE YOU EVER BEEN ANYONE'S TEACHER?
- ARE YOU EVER GRATEFUL FOR THINGS THAT HAPPEN IN YOUR LIFE? WHAT ABOUT THE ONES WE SEE AS NEGATIVE?

POSITIVE QUOTES

A person stands on a beach at night, releasing a large number of colorful balloons into a dark, starry sky. The balloons are in various colors like red, blue, yellow, and green. The scene is illuminated by a soft light, possibly from the moon or distant stars, creating a serene and hopeful atmosphere. The text is overlaid on the right side of the image.

One of the most
courageous decisions
you'll ever make is
to finally let go of
whatever is hurting
your heart and soul.

BRIGITTE NICOLE

tinybuddha.com

- WHY DO YOU THINK IT IS SO DIFFICULT TO LET GO OF PAIN?
- HAVE YOU OR ANYONE YOU KNOW EVER HAD TO LET GO OF SOMETHING THAT WAS HURTING YOU/THEM?
- HOW DID YOU/THEY DO IT?
- DO YOU THINK DIFFERENT CULTURES SEE AND EXPRESS PAIN DIFFERENTLY?

POSITIVE QUOTES

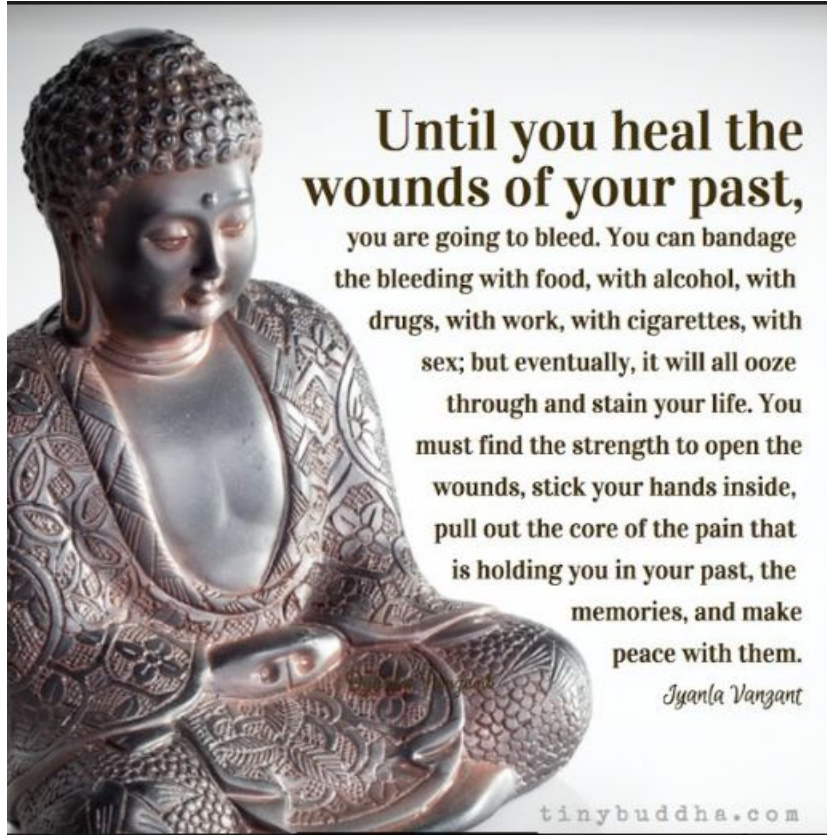
TEACHING RELATED

LEAD IN - VOCABULARY, DIFFERENT CULTURES

READING - GRAMMAR - VOCABULARY

WRITING: GIVE A QUOTE , WRITE ABOUT WHAT IT MEANS TO YOU

POSITIVE QUOTES - WRITING



- HOW CAN WE HEAL OUR WOUNDS?
- HOW CAN WE MAKE PEACE WITH THEM?
- DO WE DO THAT AS A SOCIETY?
- DO YOU DO THAT?
- IS THERE ANY TECHNIQUE, PRAYER, MANTRA THAT CAN HELP?
- ...

3.



MOTIVATIONAL BOARD

- COLOURED PAPER, GLUE, SCISSORS, COLOURED PENS,...
- MUSIC: THEY CHOOSE - RELAXING MUSIC (DEVA PREMAL, RELAXATION MUSIC, SINGING BIRDS, ...)
- ST MAY USE THEIR PHONE TO LOOK FOR QUOTES, CREATE THEIR OWN.
- LET THEM ORGANISE IT. DO NOT GET INVOLVED. IT'S THEIR PROJECT
- SCHOOL: CANTEEN, RECEPTION, CLASSROOM





MOTIVATIONAL BOARD

TEACHING RELATED

GRAMMAR - VOCABULARY - STRENGTHEN RELATIONSHIPS - CREATIVITY

4.

C

I

A

CONTROL

CONTROL

INFLUENCE

CONTROL

INFLUENCE

ACCEPT

NEXT TIME I AM ENCOUNTERED WITH THIS SITUATION,
WHAT AM I GOING TO DO?

CIA

- BOTHERING SITUATION: WHO/WHAT IS INVOLVED - SHARE WITH GROUP
- WHAT CAN I CONTROL? (THINK & WRITE)
- WHAT CAN I INFLUENCE (THINK & WRITE)
- WHAT DO I HAVE TO ACCEPT (THINK & WRITE)
- SHARE WITH THE GROUP
- WHAT ARE YOU GOING TO DO NEXT TIME YOU ENCOUNTER THIS SITUATION?

CIA

TEACHING RELATED

LEAD IN, CONSOLIDATION - VOCABULARY FEELINGS, SPEAKING

1. WHAT MADE YOU
BECOME A TEACHER?

2. HOW DID YOU FEEL WHEN
YOU DECIDED YOU WANTED TO
BE A TEACHER? AND NOW?

3. HOW DID YOU FEEL ON
YOUR FIRST DAY OF
TEACHING?

4. ONE THING YOU HAVE
LEARNT IN YOUR
TEACHING YEARS.

HOW DID YOU FEEL WHEN
YOU DECIDED TO COME
HERE?

2 DIFFICULT THINGS YOU HAVE
GONE THROUGH IN IRELAND.
HOW DID YOU OVERCOME THEM?

3 THINGS YOU HAVE
LEARNT IN IRELAND

3 THINGS YOU LIKE
ABOUT IRELAND

WHAT EXPECTATIONS DID
YOU HAVE? WERE THEY
MET?

RENEWING YOUR INTENTIONS

5 THINGS YOU ARE
GRATEFUL FOR

WHAT OBJECTIVES DID
YOU HAVE? HAVE YOU
ACHIEVED THEM?

IF NOT, WHAT DO YOU NEED
TO DO TO ACHIEVE THEM? IF
YES, WHAT ARE YOUR NEW
OBJECTIVES?

A SENTENCE TO HELP YOU
THROUGH THE DAY

RENEWING YOUR INTENTIONS

- IN GROUPS OF 3 /4 ANSWER THE QUESTIONS
- SIGNING BIRDS ON YOUTUBE
- AFTERWARDS, WRITE A LETTER TO YOURSELF
- NICE PAPER, ENVELOPE

RENEWING YOUR INTENTIONS

TEACHING RELATED

GRAMMAR TENSES - VOCABULARY - WRITING

ALTERNATIVE WHEN DOING SPEAKING TESTS

6. TEXT (BOOK, WEBSITE...)

- TEXT ABOUT HOW TO BE CONTENT
- ESL BRAINS - HAPPINESS IN THE 21ST CENTURY

[HTTPS://ESLBRAINS.COM/HAPPINESS-VS-CONSUMERISM-LESSON-PLAN/](https://eslbrains.com/happiness-vs-consumerism-lesson-plan/)

TEXT

TEACHING RELATED

- FIND A TEXT - MATCH SENTENCES TO PARAGRAPHS
- VOCABULARY
- GRAMMAR
- ESL BRAINS TEXT - FILL IN THE GAPS, WORD FORMATION, DISCUSSION

ACTIVITIES

1. GRATEFULNESS LIST
2. POSITIVE QUOTES
3. MOTIVATIONAL BOARD
4. RENEWING YOUR INTENTIONS
5. CIA
6. TEXT

OTHER ACTIVITIES

- COACHING CARDS, MESSAGE CARDS
- WWW.DANNYPETTRY.COM

www.DannyPettry.Com ©

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Exploring Emotions

Exploring Emotions
through ACTIVITIES



REMEMBER...



QUESTIONS

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