

Cofinanziato dall'Unione europea

25th January 2024-Villa Guardia 3.00/4.30 pm - SELF DEVELOPMENT LESSON-ERASMUS PROJECT "BOOST YOUR ENGLISH "

LESSON PLAN, teacher Elena Seregni

	TEACHERS' SELF-DEVELOPMENT LESSON		
	PROJECT "BOOST YOUR ENGLISH"		
TOPIC	BE THANKFULHERE AND NOW!		
AIMS	 Get to know each other. Create awareness about self-knowledge. Create awareness about the importance of being HERE AND NOW; Improve confidence with the grammar structure of prepositional verbs; Increase VOCABULARY related to mindfulness. 		
TIME	1 LESSON (90 minutes)		
MATERIALS	 Worksheet with new vocabulary related to mindfulness. Worksheet with a list of prepositional verbs. pictures linked to WW2 and the real story of a pilot. Small 'motivational' gift. Interactive Whiteboard. Coloured sheets to write personal experience. 		
PROCEDURE	Presentation of the personal experience with MINDFULLNESS		
STEP 1	Presentation of the objectives of the lesson: Get to know each other as a group Be more aware of ourselves Improve vocabulary linked on how to be focused on HERE AND NOW Improve vocabulary linked on GRATITUDE		
STEP 2	Activity: MEDITATE on HERE AND NOW and concentrate on your breath. Forum: discussion, reactions, ideas, suggestions, comments, points of view Summarize the positive effects of this practice on your life (speaker writes them on the board, participants take notes)		

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USE DISCUSSION DURING THE LESSON: THEY MOTIVATE STUDENTS AND STIMULATE THE LEARNING PROCESS. A MOTIVATIONAL GIFT WILL BE APRECIATED.



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MATERIALS USED IN THE LESSON

FRIEDERICH EFTY'S STORY: THE IMPORTANCE OF THANKFULNESS

Friedrich Hefty was an Austro-Hungarian pilot during the First and Second World Wars. On August 22, 1918, while he was fighting against an Italian fighter-bomber, the fuel tank of his plane was hit by the enemy. He had to jump, and the parachute saved his life; once he got to the ground he was taken prisoner until the armistice, and in 1946, he migrated to the USA. Here he began to hold conferences to tell his story. One day, after one of his conferences, he was approached by a man who told him he knew that Hefty, before entering the cockpit, always drank a glass of water; astonished, Hefty replied that it was true. The man then said the pilot was also used to ask his passed parents for protection before turning the engine on. By this time flabbergasted Hefty asked him how he knew all those things. "I checked and packed your parachute before your flights, and I guess it worked", replied the man smiling and extending his hand for a handshake. Hefty gasped in surprise and thought that if the parachute hadn't actually worked, he wouldn't be there.

That night Hefty couldn't sleep, thinking about that man, and wondered how many times he might have seen him during the war and not even said "Good morning, how are you?" or anything only because he was a pilot and the other man was a worker. He tried to visualize how many hours the man would have spent to inspect and fold every single rope of the parachute.

The two men became good friends, and from that day forward, Hefty started every single one of his conferences with this question: "What are you thankful for?" and "Who are you thankful to?"

SOME PREPOSITIONAL VERBS

Adapt to			
Add to	ТО		
Apologize to			
Contribute to			
		Agree with	WITH
		Confront with	
Admire for			
Apologize for			
Excuse for			
Hope for	FOR		
Pray for			
Prepare for			
Wish for			
		Approve of	
		To be aware of	OF
		Consist of	
		Dream of	
		Ask about	
Care about			
Decide about			
Forget about			
Know about	ABOUT		
Talk about		Agree on	ON
		Focus on	

SOME EXAMPLES:

Do you agree with? What does it consist of? Where do you leave for? Why do you think to get away with? What do you believe in? What do you dream about? Who do you count on? Who do you pay back?

VOCABULARY LINKED TO...... HERE AND NOW

Meditation, concentration, attention, experience awareness mind Calm peace quiet peacefulness silence Breath breathing time space and time Self-knowledge self-control impulse-control interpersonal relations

VOCABULARY LINKED TO......GRATITUDE

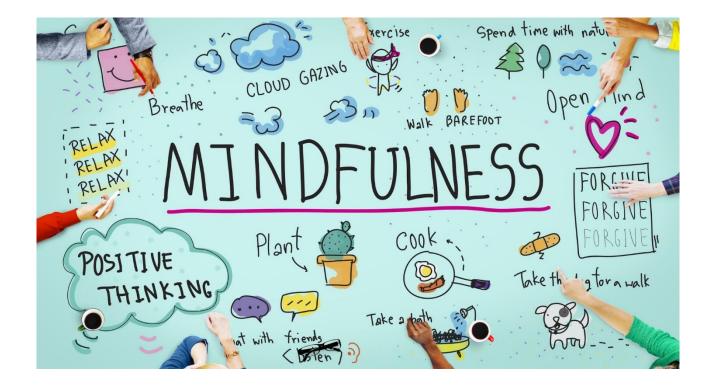
Pay attention to.....

To became aware of..... To notice.....

.....

POSITIVE EFFECTS OF MEDITATION FOR YOUR HEALTH AND YOUR LIFE

- Greater serenity
- Regulation of our attention
- Decrease in blood pressure
- Decrease in anxiety
- Greater tolerance for change
- Greater rationality
- Increase level of creativity
- Fuel brain development
- Improve interpersonal relationship







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