



**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	<i>BE THANKFUL....HERE AND NOW!</i>
AIMS	<ol style="list-style-type: none">1. Get to know each other.2. Create awareness about self-knowledge.3. Create awareness about the importance of being HERE AND NOW;4. Improve confidence with the grammar structure of prepositional verbs;5. Increase VOCABULARY related to mindfulness.
TIME	1 LESSON (90 minutes)
MATERIALS	<ul style="list-style-type: none">❖ 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 MINDFULNESS
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)

STEP 3	<p>Activity: The speaker shows to the students some pictures about a real story of Friederich Efty</p> <p>Participants express their ideas about them.</p> <p>WHAT DO THESE PICTURES HAVE TO DO WITH GRATITUDE/THANKFULNESS?</p> <p>The speaker tells the story</p> <p>The Speaker hands out worksheet with the following sentences</p> <p>To be thankful FOR</p> <p>To be thankful TO</p> <p>and asks the participants to complete individually. Then, they share their answers and present them to the group.</p> <p>FOCUS ON GRAMMAR: PREPOSITIONAL VERBS</p>
STEP 4	<p>ACTIVITY: The Speaker hands out worksheet with the following sentences</p> <p>To be thankful FOR</p> <p>To be thankful TO</p> <p>and asks the participants to complete individually. Then, they share their answers and present them to the group.</p> <p>FOCUS ON GRAMMAR: PREPOSITIONAL VERBS</p>
STEP 5	<p>Personal thanksgiving of the speaker: surprise gift with motivational message.</p>
STEP 6	<p>TO SUM UP:</p> <ul style="list-style-type: none"> ➤ ALWAYS PROVIDE A MODEL TO FOLLOW (EX: TO BE THANKFUL FOR... TO...) ➤ TEACH PREPOSITIONAL VERBS AND PUT THEM IN CONTEXT; PROVIDE OTHER PREPOSITIONAL VERBS (REGARDING THE TOPIC) TO EXPAND VOCABULARY ➤ TEACH ADJECTIVES SUCH HELPFUL, USEFUL = FULL OF... EXPLAINING HOW THEY ARE BUILT (OPPOSITE: HOPELESS, USELESS). ➤ FIRST ELICIT VOCABULARY THEN GIVE NEW WORDS. ➤ INVITE STUDENTS TO TAKE NOTES: IT WILL HELP THEM REMEMBER AND MEMORIZE. ➤ USE WARM UP ACTIVITIES TO START THE LESSON: THEY GET TO KNOW EACH OTHER, MAKE STUDENTS FEEL MORE CONFIDENT AND COMFORTABLE.

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| | <p>➤ USE DISCUSSION DURING THE LESSON: THEY MOTIVATE STUDENTS AND STIMULATE THE LEARNING PROCESS. A MOTIVATIONAL GIFT WILL BE APPRECIATED.</p> |
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MATERIALS USED IN THE LESSON

FRIEDERICH HEFTY'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 TO

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

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VOCABULARY LINKED TO.....GRATITUDE

Pay attention to.....
 To became aware of..... To notice.....

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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



Erasmus+



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5th January 2024-Villa Guardia 3.00/4.30 pm - SELF DEVELOPMENT LESSON-
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