

HEART WEEK FRIDAY lesson 2

C1 Mindfulness and wellbeing

Instruction: Follow these general guidelines. Use the links provided on the syllabus website. Underlined items are links to ADDITIONAL support.

[Aims](#)

Stage 1

Click on the **Stage 1** link. Tell students to find the website on their tablets. Go through the proverbs explaining the meaning if necessary. Ask students to choose 5 most difficult proverbs and memorise them. Students “recite” a proverb one by one.

Stage 2

- Click on the **Stage 2** link. Ask students to find the quiz on their tablets. Students do the quiz and use a dictionary app to look up new vocabulary.
- Ask students to memorise as many proverbs as they can.
- Students “recite” the proverbs. Correct pronunciation and intonation and ask students to repeat until they sound near native.

[Pronunciation – a few teaching tips.](#)