

B2 Mindfulness and wellbeing

WORKBOOK – PAGE 11

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

Stage 1

- Ask students what they know about anxiety. They may share their experience of anxiety if they are comfortable with that.
- Click on the **Stage 1** link, ask students to find the website on their tablets. Tell students that they have 5 minutes to gather as much information about anxiety as possible. Encourage students to make notes.
- Report back – ask each pair to provide one piece of information about anxiety.
- Play the video and ask students to note down all the awkward questions.
- In pairs, students decide why each question is awkward.
- Whole group discussion about anxiety and how it is perceived by the society.

Stage 2

- Click on the **Stage 2** link. Let students read the letters.
- Ask students to suggest how they would reply if they were Marge.
- Scroll down and let students read the replies and match them to the letters.
- In pairs, students write a letter to Agony Aunt about a difficulty they experienced during their stay in Ilfracombe.
- Collect students' letters and mix them up. Hand them out at random and ask each pair to read a letter. Ask the whole group to make suggestions for Agony Aunt.