

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](#)

Warm-up

Click on the **Warm-up** link. Tell students to close their eyes and follow the meditation video. Students open their eyes; play the video again and pause every time students indicate a word/expression they don't know.

Main activities

- Click on the **Article** link.
- Ask students to find the article on their tablets. Assign each heading on the influence of meditation to each pair
- Students read their part and prepare a mini presentation for the whole group.
- Students present their facts about the influence of meditation.
- Whole group discussion: Are the facts presented in the article true and credible?

[More information about using texts in the classroom](#)