

P R E - T A S K : R . A . I . N .

Linguistic focus	Word order
Thematic focus	R.A.I.N. method
Language level/target group	A2

Teacher instructions

In this task, students learn a framework on how to deal with difficult situations by applying a technique called R.A.I.N (see next page). For this activity, the students are divided into four groups and each group examines one of the steps by talking about its meaning and application. They then develop sentences written in the first-person singular that fit the structure (Happy 2.2). They should be encouraged to use dictionaries to look up the more challenging words. The use of online dictionaries generally benefits from a discussion about the differences between websites and why it is helpful to look up words on different sites (see “Working with a dictionary”).

Questions/tasks for group work:

1. What does the step mean?
2. How can this step be used in a difficult situation?
3. Write down a simple sentence that can remind you of this step.

Possible sentences:

- | | |
|---------------------------------------|----------------------|
| 1. I see what happens. I am at peace. | [Recognize] |
| 2. I accept that it happens. | [Accept] |
| 3. I find out how it makes me feel. | [Investigate] |
| 4. I will get through this. | [Non-Identification] |

As a follow up activity with a partner, the students can also think and reflect on a difficult situation and how they could have employed the R.A.I.N-structure.

R.A.I.N structure:¹

Recognize. Acknowledge what is happening, just note it in a calm and accepting manner.

Accept. Allow life to be just as it is, without trying to change it right away, and without wishing it were different somehow.

Investigate. See how it feels, whether it is making you upset or happy, giving you pleasure or pain, just note it.

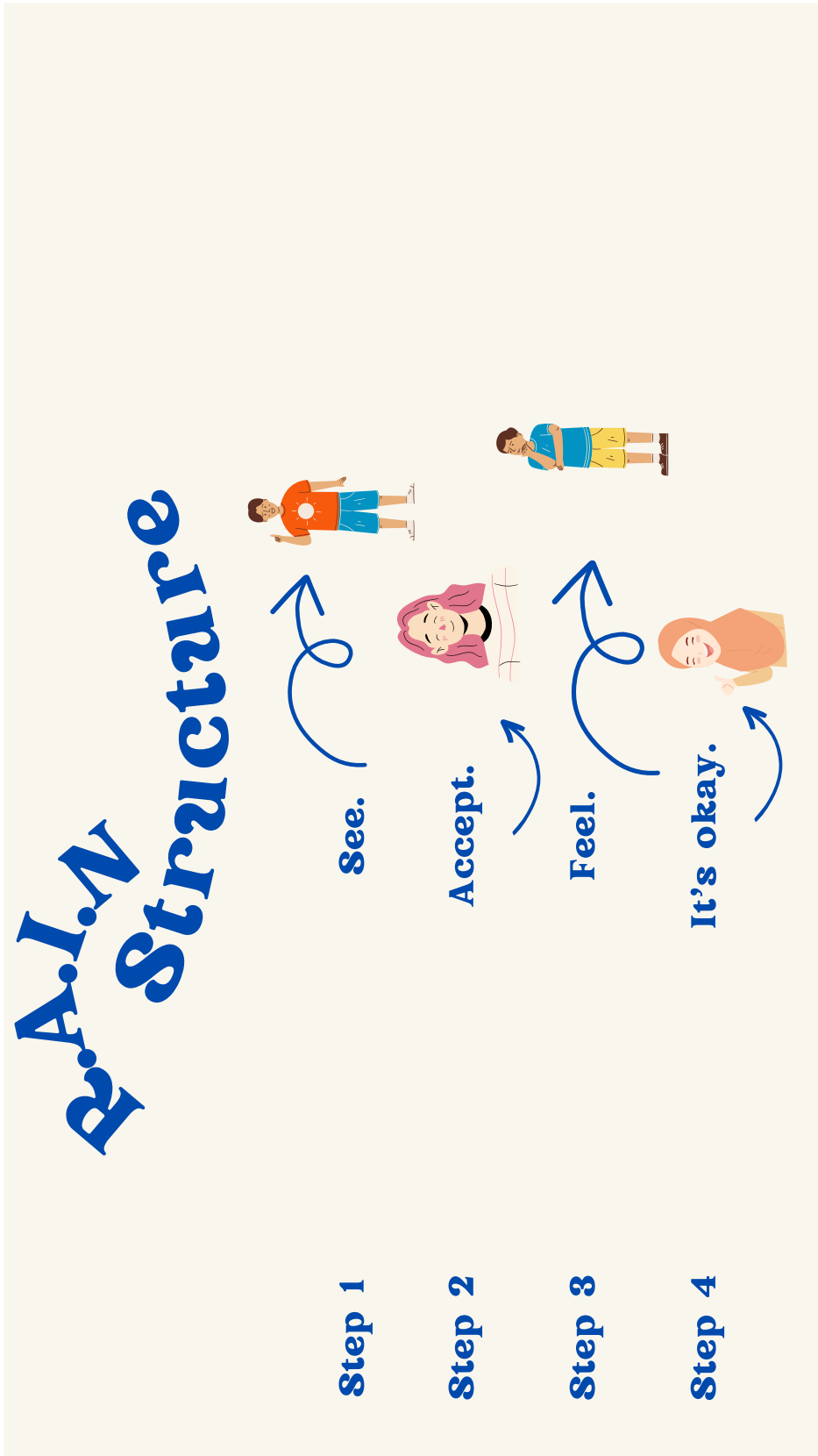
Non-Identification. Realize that the sensations you are feeling make for a fleeting experience, one that will soon pass. It isn't who you are.

Additional material to be used

- Poster on the *R.A.I.N.* structure, linguistically simplified [Happy 2.1]
- Worksheets for group work (4x) [Happy 2.2]
- Optional digital tool for *R.A.I.N.* statements [Happy 2.3]

¹The R.A.I.N. structure and the corresponding statements as presented here were taken directly from: *The New York Times*: "Mindfulness for Children" by David Gelles (2021). For further information on the R.A.I.N. structure see also: Tara Bach, "RAIN: A Practice of Radical Compassion", available at: <https://www.tarabrach.com/rain/#::~:~:text=Recognize%20what%20is%20happening%3B,Nurture%20with%20self%2Dcompassion> (last accessed March 13 2024).

POSTER ON R.A.I.N. STRUCTURE



THE R.A.I.N. STRUCTURE – GROUP 1

Groupwork: What is the R.A.I.N. structure?¹

Feel free to use
the dictionary!

Group 1: **Recognize**. Acknowledge what is happening, just noting it in a calm and accepting manner.

Group 2: **Accept**. Allow life to be just as it is, without trying to change it right away, and without wishing it were different somehow.

Group 3: **Investigate**. See how it feels, whether it is making you upset or happy, giving you pleasure or pain, just note it.

Group 4: **Non-Identification**. Realize that the sensations you are feeling make for a fleeting experience, one that will soon pass. It isn't who you are.

Tasks

In your group, complete the following tasks:

1. What does the step "**Recognize**" mean?
2. How can this step be used in a difficult situation?
3. Write down a simple sentence that can remind you of this step.
The sentence should start with "I ...", like Bearlief's example:



I remember the R.A.I.N. structure:

I

¹ Statements taken from *The New York Times*: "Mindfulness for Children" by David Gelles (2021).

THE R.A.I.N. STRUCTURE – GROUP 2

Groupwork: What is the R.A.I.N. structure?¹

Feel free to use
the dictionary!

Group 1: **Recognize**. Acknowledge what is happening, just noting it in a calm and accepting manner.

Group 2: **Accept**. Allow life to be just as it is, without trying to change it right away, and without wishing it were different somehow.

Group 3: **Investigate**. See how it feels, whether it is making you upset or happy, giving you pleasure or pain, just note it.

Group 4: **Non-Identification**. Realize that the sensations you are feeling make for a fleeting experience, one that will soon pass. It isn't who you are.

Tasks

In your group, complete the following tasks:

4. What does the step "**A**cept" mean?
5. How can this step be used in a difficult situation?
6. Write down a simple sentence that can remind you of this step.
The sentence should start with "I ...", like Bearlief's example:



I remember the R.A.I.N. structure:

I

¹ Statements taken from *The New York Times*: "Mindfulness for Children" by David Gelles (2021).

THE R.A.I.N. STRUCTURE – GROUP 3

Groupwork: What is the R.A.I.N. structure?¹

Feel free to use
the dictionary!

Group 1: **Recognize.** Acknowledge what is happening, just noting it in a calm and accepting manner.

Group 2: **Accept.** Allow life to be just as it is, without trying to change it right away, and without wishing it were different somehow.

Group 3: **Investigate.** See how it feels, whether it is making you upset or happy, giving you pleasure or pain, just note it.

Group 4: **Non-Identification.** Realize that the sensations you are feeling make for a fleeting experience, one that will soon pass. It isn't who you are.

Tasks

In your group, complete the following tasks:

1. What does the step "Investigate" mean?
2. How can this step be used in a difficult situation?
3. Write down a simple sentence that can remind you of this step.
The sentence should start with "I ...", like Bearlief's example:



I remember the R.A.I.N. structure:

I

¹ Statements taken from *The New York Times*: "Mindfulness for Children" by David Gelles (2021).

THE R.A.I.N. STRUCTURE – GROUP 4

Groupwork: What is the R.A.I.N. structure?¹

Feel free to use
the dictionary!

Group 1: **Recognize**. Acknowledge what is happening, just noting it in a calm and accepting manner.

Group 2: **Accept**. Allow life to be just as it is, without trying to change it right away, and without wishing it were different somehow.

Group 3: **Investigate**. See how it feels, whether it is making you upset or happy, giving you pleasure or pain, just note it.

Group 4: **Non-Identification**. Realize that the sensations you are feeling make for a fleeting experience, one that will soon pass. It isn't who you are.

Tasks

In your group, complete the following tasks:

1. What does the step "**Recognize**" mean?
2. How can this step be used in a difficult situation?
3. Write down a simple sentence that can remind you of this step.
The sentence should start with "I ...", like Bearlief's example:



I remember the R.A.I.N. structure:

I

¹ Statements taken from *The New York Times*: "Mindfulness for Children" by David Gelles (2021).

[Happy 2.3]

Name:

Date:

DIGITAL TOOL FOR R.A.I.N. STATEMENTS

