

## PRE-TASK: THE MINDFUL JAR

**Linguistic focus**

Concept of the metaphor

**Thematic focus**

The importance of mindfulness

**Language level/target group**

B1

### Teacher Instructions

Firstly, the students need to be introduced to the concept of metaphors. They are therefore divided into groups and each group works with three metaphors as examples. Together, they discuss what the metaphors mean and, based on the sample sentence, they come up with their own definition. All metaphors used address feelings. The groups are provided with a worksheet that they need to fill out, which they can use to present their metaphors, meanings, and definitions to the class. Based on the solutions, the class then creates one collective definition for the concept together. Students can use dictionaries throughout the exercise.

In the second part of this activity, each student needs a jar. This jar is first filled with water and then glitter is added. The glitter is meant to symbolize the thoughts and sorrows that take up our heads and blur our vision. Through that, students can be made aware that our thoughts and sorrows sometimes overwhelm and distract us and make it hard for us to come to clear decisions (visible in shaking the water with the glitter). However, when taking a moment, the glitter falls to the ground symbolising how our thoughts and sorrows are not as upsetting and how coming to a halt can help us to think more clearly. Overall, this enactment of the metaphor thus highlights the importance of mindfulness for one's mental health. In this activity, it is advised to ask the students to relate the jar to the concept of the metaphor.

For a deeper understanding, this task can be followed by a breathing exercise or meditation. For this you can use the material "Guided meditation on happiness" (Happy 1.1) or "Yoga in the classroom" (Happy 3.1) in this teacher guide.

### Additional material to be used

- Worksheets on metaphors for group work [Happy 5.1]
- Printable cards with metaphor and definition [Happy 5.2]
- Online exercise for metaphors [Happy 5.3]

## METAPHORS

### Task 1

Think about the following sentences and imagine what they could mean. Discuss their meanings in your group.

1. You have a heart of gold.
2. Life is a roller coaster.
3. I am thrilled to pieces.

You can use the dictionary!



### Task 2

Match the cards and compare your results in class.  
Write down the correct definitions from the cards.

1. means: .....
2. means: .....
3. means: .....

### Task 3

Explain what the sentence means in your own words.

## METAPHORS – PRINTABLE CARDS



### Metaphor

Life is a roller coaster.

### Meaning

To have ups (good times)  
and downs (bad times).



### Metaphor

I am thrilled to pieces.

### Meaning

To be so excited that it is overwhelming.



### Metaphor

You have a heart of gold.

### Meaning

To be very kind.

## METAPHORS – PRINTABLE CARDS



Metaphor

Meaning



Metaphor

Meaning



Metaphor

Meaning

## METAPHORS – ONLINE EXERCISE

**QR-code for “matching the cards” online game.**

Please note that this online tool best works with a tablet or a laptop/PC.

When using a smartphone, the “check button”  in the bottom right corner might not be accessible.

