

## WHILE-TASK: BEING MINDFUL

### Linguistic focus

Speaking

### Thematic focus

Mindfulness

### Language level/target group

A2

### Teacher Instructions

In the book, there is a passage that reads „**Look all around you and try to spot something you haven't noticed before**” (page 14); this sentence is the focus of the learning chunk on discovering.

In advance of this exercise, the teacher changes things in the classroom without letting the students see (e.g., add posters, change decorations, etc.). This can be done when the students are out of the classroom for their break or the day before after class.

To start the exercise, the students get together with a partner and collect sentences/beginnings of sentences they can use to describe their surroundings. These sentences are then shared in class, ensuring that all students have a sufficient collection of phrases for the activity. Together with the same partner, the students then describe things in the classroom they have not noticed before such as the changes made by the teacher. They have to use descriptions according to the structure of the game “I spy with my little eye...”. The students describe an item until their partner guesses it correctly.

After the exercise, the students can go on a *mindful walk* (see Happy 12.1) on the school campus and look for other things they have not noticed before. In the beginning, the students should be guided by the teacher and encouraged to walk slowly to notice the sensation of their feet lifting off the ground, moving through the air, and making contact with the ground again. You can also ask them to pay attention to how their bodies move and later discuss the experience.

### Additional material to be used

- Poster on “mindful walking” [Happy 12.1]

# MINDFUL WALKING

[The full template can be found as a PDF in the appendix.]

