

POST-TASK: READING AND REFLECTION

Linguistic focus	Reading comprehension
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Thematic focus	Reflection
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Language level/target group	A2
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Teacher instructions

This task focuses on providing students with questions concerning their acquired knowledge about the topic of mindfulness and their experiences while reading the book. Aspects to be addressed could be:

Reading

- Explain mindfulness in your own words.
- How can you be more mindful? What ideas are presented in the book?
- Describe three exercises for mindfulness from the book, so that someone who has not read the book can understand them.

Reflection

- Which three exercises were the most helpful to you? Rate them!
- What do you think your life would be like if you practised mindfulness more often?
- What exercise can you do today to be more mindful and in the moment?

The questions are best answered by having the students formulate a small paragraph. The answers can also be shared in class.

Additional material to be used

- Worksheet on Reading and Reflection [Happy 17.1]

READING AND REFLECTION

Reading comprehension

1. Explain mindfulness in your own words.

2. How can you be more mindful?

3. Explain three exercises for mindfulness from the book, so that someone who has not read the book can understand them.

Reflection

4. Which three exercises were the most helpful to you? Rate them!

1.
2.
3.

5. What would your life be like if you practised mindfulness more often?

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6. Which exercise can you do today to be more mindful?

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