**SECTION 1, ACTIVITY 9**

 **HEALTHY AND RELAXING ACTIVITIES**

THE ENGLISH CLASS

 “PEACE OF MIND”

1. **DURATION**: 60 minutes
2. **LEVEL**: UPPER - INTERMEDIATE
3. **OBJECTIVES**:

- to become aware of how important is to recover from stress and stop from thinking about difficulties and worries.

- to understand the different ways people can reach to mental serenity

- to recognize how different people find different ways to relieve from work/study pressure

1. **MATERIALS**: - photos, internet, notepads, markers, worksheets
2. **METHODS**: brainstorming, research, reflection, pair and group work
3. **WARM UP**:

 The students are asked to think about the ways they feel comfortable, where and with whom. They are asked to ask and answer as a pair work activity. A group work activity follows.

1. **METHODOLOGY:**
2. The teacher writes the concept “relax” on the whiteboard and elicits some responses about what it means. He/she asks them what they think and feel about relaxing activities.
3. The teacher shows the students for 5 – 6 seconds, 7 or 8 photos representing different ways people relax and asks them to write on paper:
4. What are the first words and impressions that come to your mind when you see them?
5. What do you think about them?
6. The teacher shows the photos on the whiteboard and asks them to write and describe in a small paragraph one particular aspect about how people relax.
7. Debate: The topic: How do people relax during their holidays?
8. The students are divided in groups and plan their future summer holidays.
9. **REFLECTION WORKSHEET AND EVALUATION**:

 QUESTION 1: How do people relax during their holidays?

 QUESTION 2: What is the way you recover from stress?

 Activity created by Italy.