**Lesson Plan 1**

**Subject:** Erasmus + project related activity

**Class:** 7th grade students

**The topic of the lesson:** Gossip

**The aim and task system of the lesson:**

Gossip as a social phenomenon, its positive and negative effects. To develop reading comprehension, speaking, thinking and social skills, critical thinking, effective communication, attention and memory. To develop responsibility, helpfulness and cooperation skills during group work.

**Subject relations:** Hungarian literature, drama, ethics.

**Sources used:**

drama: <http://docplayer.hu/622465-Osszeallitotta-bubernik-eszter.html>

pictures: <https://ketkes.com/mennyire-vagy-pletykas-horoszkopod-megmutatja/>

<https://www.joy.hu/29350_mire_jo_a_pletykalkodas_ezek_a_pletyka_pozitiv_hatasai.htm>

articles: <http://ridikulmagazin.hu/cikk-fecsego-nepmesek.htm>

<https://www.hazipatika.com/psziche/harmoniaban/cikkek/a_pletyka_hatalmas_ereje/20181011122404>

<https://www.joy.hu/29350_mire_jo_a_pletykalkodas_ezek_a_pletyka_pozitiv_hatasai.htm>

<http://limconference.com/wp-content/uploads/2020/10/5M_Cikk_Bencsik.pdf>

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| **Time** | **Content, Teacher & Student Activity** | **Educational strategy** | | | **Notes** |
| **Objectives** | **Type of student work** | **Sources** |
| 3’  5’  2’ | **Warm up**  **What can I hear?**  A student is standing blindfolded in the centre of the room, listening to the soft sounds the others are making from different corners of the room. The task is to turn to the sound as accurately as possible, determine the distance from the sound source, and possibly approach it.  **That's how I heard ...**  The group is sitting in a circle. The game is started by the teacher, who whispers a short text of a few simple sentences into the ear of the student sitting next to him/her. The student passes the information on to the other neighbour and so on, until the “news” is circled. The last student says aloud the information received, which is compared with the original.  Discussion what the possible reasons for the loss of information or the change in the text might have been. | Game to activate students  To develop concentration, observation, hearing perception  Feedback | Frontal  Frontal  Frontal  guided conversation | scarf | drama activity  drama activity |
| 2’  1’  5’  12’  6’  5’  1’ | **Text processing**  **Gossiping**  Group formation with picture puzzles  T: What comes to your mind about the pictures?  T: What is gossip? What do you think of it? Where can you notice it? Can we avoid it? Does it make any harm or is it useful? Make a spider web!  Reading the texts in 3 groups, each student gets a paragraph.  T: Read your texts individually and then make a For and Against chart together based on what you have read.  After making the charts, 2 students sit at another desk, 2 remain. They discuss what they read with the new groupmates, supplementing the charts with any new information.  Joint discussion of the charts, drawing conclusions.  Homework  T: What should we do if we find that we have started a rumour, gossip? Please think about this for the next time. | To define the topic: Gossiping  To develop speaking skills, critical thinking, effective communication  To improve reading comprehension, text processing, to identify the main points  To develop speaking skills, critical thinking  To develop speaking skills, critical thinking, problem solving. | Frontal  Group discussion  Group work  Expert mosaic: 3 go, 1 stays method. Exchange of views.  Exchange of views. | 3 pictures, each cut into 4 pieces  spider web chart  text excerpts  Wrapping paper | 3 groups  For and Against chart  Charts on the board  Homework |
| 3’ | **Evaluation**  T: Please complete the following sentence:  Today's lesson… | Feedback | Frontal |  |  |

Appendix

 



Texts (translated into English)

Why is there a rumour? Because we feel good about being able to share something unpleasant, bad, or just interesting with others. According to psychologist Enikő Gazdag, a party therapist, studies prove that chatting, sharing interesting information about others is community building, forging people together and improving social relationships. Then why does folk tradition condemn it? The reason can be found in the identification. The gossip takes shape, everyone adds a little to what they hear, colouring them. This puts a little bit of themselves into the story, so they can easily feel what it would be like if that thing happened to them. This is the reason for the negative overtones that have stuck to this relationship-building activity, but even that is not enough for people not to find more joy in it than how much conscience it is to talk about others.

It bites, makes quarrels, causes pain and wounds. It's good for no one. Neither to the one who distributes it, nor to the one who it is about. Yet gossip is one of the most common means of communication. Be it an unexpected event, a strange life situation, an unusual event or a completely mediocre Wednesday theme, the speaker will most certainly present it as the story of the century. Gossip is like that. It starts with a man and often travels a huge path, during which it brings excitement to the boring minutes. At best, it fills the void, or fills the emptiness, but at worst; it destroys, causing severe damage. It contaminates good news, risks a career, tarnishes relationships, or endangers families.

Reading tabloids, in addition to the latest news, gives spiritual comfort and increases our self-confidence. Tabloids are filled with embarrassing revelations about celebrities every week. When we hear that the rich and the beautiful are struggling with just as much human error as we are, our souls are calmed down - at least according to a survey by an American university. This mechanism is called by experts as “The devalued appreciates”. Although the name of the phenomenon is somewhat twisted, its effect is all the more traceable. Most women are overly critical of themselves, so they mistakenly think they are not good enough. However, rumours about celebrities point out that even the most beautiful and best can make mistakes at times. This restores one's self-image! Plus, the celebrity news is reassuring, after all, you can find parallels with what’s happening in the lives of stars.

Good gossip is like chocolate: we have a hard time resisting it! Researchers at the University of Leicester say a hearty talking is literally a physical pleasure for women. The mysterious whispered "Have you heard…?" type conversations have been proven to increase heart rate, change breathing, and we often even lean forward in our excitement. The emotional boost that comes with exposing the secret, researchers say, significantly increases adrenaline levels. As a result, hormones called endorphins begin to be produced in the body and trigger a feeling of happiness almost immediately.

Gossip is good, and thankfully this has now been scientifically substantiated. According to one study, women can’t keep the slightest secret to themselves for more than half an hour, and that’s okay. Gossip makes you more balanced and happier, sometimes inhibitory. Half of women feel an irresistible urge to share suspicious gossip stories with others. The most popular topic is to speculate on who is with whom, why and how they are together. According to communication experts, gossip is one of the main drivers of social relationships: exchanging information disguised as a pleasant conversation - so don’t keep it to yourself and sharpen your ears!

According to a study conducted at the University of California, Santa Barbara, rumours are a key driver of female friendships. While men deepen their relationships while playing sports or going to pubs, women use gossip as a community building activity. The topic of the conversation does not have to be personal, intimate, it can be about the mistakes of celebrities or even about common acquaintances. One thing is for sure: it achieves a lightning fast effect. This is when it turns out what kind of humour the other has and what occupies him the most. Gossip is involuntarily a measure of the power of friendships, as it doesn’t matter if the conversation stays at the level of talking about a Hollywood dream couple or it extends to your own relationship. Are only the problems of others being addressed, or are we sharing more confidential information with the other? It immediately becomes clear from the subject whether the person is merely happy to gossip in company or reveals more about himself.

Gossip comes up with a social warning sign, at least according to social psychologists at Boston University. It has been proven that we are reluctant to interact with people we have heard of any negative things about before, as the unpleasant news is immediately ingrained in our brains, writes American psychologist Robin Dunbar in his book. During his research, Alex Mesoudi, a scientist at the University of St. Andrews in Scotland, made the surveyed read texts and later asked them to tell what the stories were about. The result: the more spicy the story, the more accurate and detailed the descriptions were. They remembered the stories the least that contained only facts. Scientists say gossip is a measure of the degree of relationships, so you can pinpoint with enough precision who those who will quarrel in the near future or will make a closer relationship - based on what they are talking about.

"There is no positive rumour. What we think is already a discussion, exchange of ideas or transfer of experience," says psychologist Melinda Faragó. According to the expert, gossip is also harmful because in all cases it interferes with the other's private sphere, conveying judgment and negative content. While a person or persons talk about someone, they may feel superior - they think they are more than the other and have the right to form an opinion, to judge. It is with this attitude that communication is initiated, the direction of which is thus already predetermined: it cannot be good, only bad.

"Gossip is the same age as communication itself, including humanity. It has been part of everyday life since ancient times. Probably cavemen used this means of communication at their own level of development. The reason is the search for security: the more informed a person is, the more secure they can feel, the more confident they can be. Gossip is thus a very basic need, as it is an internal urge for everyone to know more about the medium that is part of their lives. The more information someone has, the greater their chances of gaining and exercising power, " explains psychologist Melinda Faragó, who adds that gossip is never constructive, always distorts it so that whoever passes it could become more interesting, more marketable, more desirable.

Chatting, empty chat without any useful content doesn’t seem harmful at all. In fact! In many cases, it can even be useful: it brings people together, provides a common program, a topic of conversation, and helps them get closer to each other. But at what price? Gossip has gained a very bad reputation for centuries: it has been considered a malicious speech that undermines the reputation of others and also obscures the truth.

It’s hard to decide if it’s an innocent chat or an actually harmful gossip, or perhaps the transmission of the less frequently mentioned positive news. While the chat is in a neutral mood, the gossip is mostly negative and unpleasant to the person it is about. In terms of human communication, 90% of conversations are rumoured. This means that we will most likely initiate and / or listen to rumours ourselves.

Anyone who knows a lot of exciting stories and can present it well will surely be popular. The gossip queen is known for her sharp observation, spicy tongue, excellent humour and, of course, insider knowledge, says German psychologist Cornelia Topf, who says the magical appeal of gossipmongers is primarily emotional, or rather emotionally lacking: for most people are literally hungry for exciting stories, small details of other people’s lives, and their most feared feelings. While gossiping, most women say they get feverish excitement and want to know more and more about the person, the expert says. Social educator Birgit Althans calls this phenomenon a “staircase effect”: we are aware that the gossipmonger probably chatters about us as well, but it feels so good to talk about someone that we don’t care about it - the point is to share the best stories!