



“The Future Begins Today”

Project KA229 2018-1-PL01-KA229-050749

Lesson Plan

LENGTH OF TIME: 1 hour

TOPIC: Get moved! Group dynamics and thinking over things

OBJECTIVES:

Students will be able to:

- 1- Get to know their own emotions
- 2- Increase self-esteem
- 3- Develop peer to peer knowledge

TEACHING METHODS AND STRATEGIES:

- expository methods
- free expression
- practical action
- group dynamics

RULES FOR TEACHING

1. Develop students' empathy
2. Students thinking over their own personality

3. Students discover features of their own they may now even know beforehand.

ASSIGNMENTS:

1. Individual work
2. Group work

MATERIALS NEEDED:

1. A piece of paper and pen each student
2. Youtube with music chosen

PROCEDURE:

1. The teacher conducting the workshop first talked about 5 emotions that everybody experiments some time in their life (happiness, fear, sadness, anger disappointment)
2. Students are given a list of different emotions.
3. They are presented with 4 different songs and asked to match them to the emotions they associate with them. They later compare results.
4. Next activity was called “chain favours” activity. They wrote their names and delivered them around the class.
5. Each student wrote 2 positive qualities about the student whose name he got and speak them out at the end.
6. The student who was mentioned continued by also saying 2 positive qualities of another one.
7. At the end of the activity, there was a general comment of how they felt after being told some positive things about them.
8. A final survey was carried out at the end of the activity.

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