Lesson Plan © Easy Access English

Feel the Words and Live in The Moment.

EAE Learning objectives for this lesson

Improve your pronunciation and learn a method to work on it further in your own time.
Practice imagining and describing things to build your vocabulary.



Activity One - Read the quotations.

1.Which do you relate to the most?

2.Which do you live by?

3.Do you have a favorite saying or quotation about this subject?

"Life is a journey not a destination"- **Ralph Waldo Emerson**

"Forever is composed of nows" **Emily Dickinson**

"You must live in the present, launch yourself on every wave, find your eternity in each moment. Fools stand on their island of opportunities and look toward another land. There is no other land; there is no other life but this." **HD Thoreau**
"Life is a preparation for the future; and the best preparation for the future is to live as if there were none." **Albert Einstein**

Activity Two - Ask and Answer



1. Do you often feel stress?
2. Have you ever tried meditation?
3. Do you make the most of each moment?
4. Do you appreciate certain sensations, like the sun on your back, the sand beneath your feet?
5. Which others do you usually savor and notice?
6. Do you like the simple things in life?
7. Do you take time to enjoy your meals, a cup of coffee?
8. Which moment in your day do you really appreciate?
9. Do you usually do more than one thing at once?
10. Do you think that you need to relax more?



Activity Three - **read the text paying attention to your intonation and stress.**

Do you ever just 'be'? Do you ever manage to silence the spinning thoughts in your mind and just exist?

Even if you just think of one thing, or do one thing at a time, instead of several, you can find yourself in a more relaxed, and more 'aware' state of being.

In our world of ever faster transport, internet, and communication. In our world of instant gratification, where things can be ordered at the click of a mouse and arrive on our doorsteps within minutes, where any question can be answered in google seconds, and where anything you want to say, or show, or share can be texted instantly. In this world we are impatient and never still. We are always on the go. We are tense, alert, and constantly multi-tasking.

But are we moving so fast that we are not really 'aware' of ourselves and our surrounding?

The concept of 'mindfulness' or 'awareness' is a spiritual faculty that according to the teaching of Buddha is an important 'power' on the path of enlightenment, which is the aim of life. This calm awareness of your body, your feelings and your mind allow us to be fully tuned in to the present moment without thinking about the past, imagining the future or thinking about what is right and wrong in what we are feeling and doing.

Since the 1970's 'mindfulness' has become more and more popular as a way of handling the stress of our daily existence and it's physical and mental health benefits have been proved through research. In order to get into a state of mindfulness we must pay close attention to our breathing and really notice everything that we are sensing in a given moment, the sights, sounds and smells that we are not usually conscious of. We can then reach a feeling of peace and harmony.

There are different techniques for mindful meditation. 'Walking meditation' is one of them. You focus on the movement of your body as you walk, your feet touching and leaving the ground, walking back and forth along a path 10 paces long and thinking of nothing else. Another is called 'Raisin meditation' and involves using all of your senses one after the other to observe a raisin in great detail from the way it feels in your hand to the way it tastes on your tongue. This exercise again helps you to focus on the present moment.

- Do you think you could achieve 'Mindfulness'?
- Do you think it could help you to try?



Activity Four - English Word Meditation.

Feel the words forming in your mouth. Think about the shape of your mouth and the place your tongue goes and where it rests as the sound comes out. Think about where your teeth are and what part of your mouth comes into contact with them, and which shapes are formed by your lips. Enjoy the sound of each vowel, each consonant, practice pronouncing combinations you find hard to pronounce usually. Repeat and practice, try to improve and at the same time, stay in the moment. You will find this relaxing and it will help you to feel more confident next time you have to pronounce a word you are unsure of. So when you come across a difficult sound or a word you feel uncomfortable pronouncing, then write it down and when you get home look it up and practice it.

Let's explore some different sounds and see how our mouths should form them with the excellent diagrams on this site - http://www.uiowa.edu/~acadtech/phonetics/english/frameset.html (Use a mirror/ask your partner to act as a mirror!)

Let's try to pronounce some difficult words now.

1.Emphasize (http://www.pronuncian.com/Lessons/Default.aspx?Lesson=34)

2.Still

3.Steel

4.Lick

5.Leak (http://www.pronuncian.com/Lessons/Default.aspx?Lesson=97)

6. Pull

7.Pool

8.Hood

9.Who'd

10.Look

11.Luke (http://www.pronuncian.com/Lessons/Default.aspx?Lesson=110)



12. Think

13. Then

14. There (http://www.pronuncian.com/Lessons/Default.aspx?Lesson=10)

These are just some examples - you can find more on this page http://www.easyaccessenglish.com/starter-pack/ - see the grammatical guide section and common pronunciation errors. You should try to spend time practicing with the help of the links we refer you to in this lesson. With Pronunciation, practice makes perfect!

Activity Five - Imagine a Place..

Another meditation technique is to close your eyes, ignore everything around you and go to **an imaginary place in your mind,** one which makes you feel peaceful.

Then you explore every details of it in your imagination.

Work with a partner (or your teacher) and describe that place... describe its sights, sounds, colors and textures.. why would you choose that particular place? Why does it make you feel good?

(Use a dictionary to find any words you don't know, this will help you to expand your vocabulary because your special place to go is a place you can describe again and again...)

Activity Six - Imagine a word.. word association...

If we concentrate only on our minds we can see where that takes us... Again close your eyes, another person in the group (or your teacher) will say a word, imagine that word for a moment and then say another word which you associate with it...

Activity Seven - **English Pronunciation** is not always easy. In this scene the French student does not stay calm and meditate, he get's a bit frustrated!

http://www.youtube.com/watch?v=owrvqq9wFp0

Which words do you find difficult to pronounce? Set a challenge for yourself, or for others in the group by preparing a sentence which you think is really difficult to pronounce... (try to include all the words you find hard to pronounce).

Activity Seven - Yoga is not always relaxing. Watch the video clip and explain what the instructor did which made the students feel embarrassed?

http://www.youtube.com/watch?v=9FKtMzRwse4

- Do you practice Yoga? Does this video make you want to practice it?
- Do you know the names of any Yoga positions?
http://www.yogajournal.com/poses/finder/browse_categories/core

- With your partner invent some new ones - or, at your desk try some..
http://accessoryexchange.com/yoga-at-your-desk-pt-1-breathing-and-stretching/

