

Contents

| | | |
|----------------------------------|-----------------------------------|----|
| | General introduction | 7 |
| CHAPTER 1: ENERGISERS | | 17 |
| | Introduction | 18 |
| | Think on your feet | 19 |
| | 1.1 True for you? | 19 |
| | 1.2 That's not true! | 20 |
| | 1.3 Stand up for your word | 22 |
| | 1.4 Stick-on numbers | 24 |
| | 1.5 The silent tourist | 25 |
| | 1.6 Alphabet scramble | 27 |
| | 1.7 Three speak as one | 29 |
| | 1.8 Newspaper bash | 31 |
| | 1.9 Action songs | 32 |
| | Speak out | 34 |
| | 1.10 Quick conversations | 34 |
| | 1.11 Tongue-twister exchanges | 35 |
| | 1.12 Co-recite a poem | 36 |
| | 1.13 Shadow reading | 38 |
| | 1.14 Interrupt me! | 39 |
| | 1.15 Fill in the vowels | 41 |
| | 1.16 Wrong names | 43 |
| | Quick physical fixes | 44 |
| | 1.17 Get up and move | 44 |
| | 1.18 Micro exercises in your seat | 47 |
| | 1.19 When the music stops ... | 50 |
| CHAPTER 2: BRAIN BOOSTERS | | 51 |
| | Introduction | 52 |
| | Do something different | 53 |
| | 2.1 Do a dictopuzzle | 53 |
| | 2.2 Column dictations | 55 |
| | 2.3 Find a unique answer | 57 |
| | 2.4 Tell me ten | 58 |
| | 2.5 Agree on five | 59 |
| | 2.6 What can you do with it? | 60 |
| | 2.7 Make it longer | 61 |
| | 2.8 Listen, remember and re-tell | 62 |
| | 2.9 Quick and easy word games | 63 |
| | 2.10 Puzzles | 65 |
| | 2.11 Distract your brain | 67 |
| | 2.12 Guided phone breaks | 68 |

Contents

BEFORE YOU BEGIN THIS BOOK, PLEASE READ THIS

| | | |
|-------------------|--|------------|
| | Look closely | 71 |
| | 2.13 Kim's game | 71 |
| | 2.14 Abstract paintings | 73 |
| | 2.15 Semi-abstract paintings | 75 |
| | 2.16 Postcards of paintings | 77 |
| | 2.17 Doodles | 80 |
| CHAPTER 3: | BREATHERS | 83 |
| | Introduction | 84 |
| | Pause and recharge your batteries | 85 |
| | 3.1 Vision exercises | 85 |
| | 3.2 Mellow movements | 87 |
| | 3.3 Breathing and voice exercises | 89 |
| | 3.4 Some soothing stressbusters | 91 |
| | 3.5 Take a moment to reflect | 94 |
| | Simple meditations and visualisations | 97 |
| | 3.6 Re-create a flower | 97 |
| | 3.7 VAK countdown | 98 |
| | 3.8 Guided visualisations | 100 |
| | 3.9 Dividing attention | 102 |
| | 3.10 Autogenic training exercise | 104 |
| | 3.11 Mindfulness exercises | 106 |
| | 3.11.1 Mindfulness Exercise 1 (Look at it carefully) | 107 |
| | 3.11.2 Mindfulness Exercise 2 (Look, smell, taste and enjoy) | 108 |
| | 3.11.3 Mindfulness Exercise 3 (Listen carefully) | 109 |
| | 3.11.4 Mindfulness Exercise 4 (Think about a daily activity) | 110 |
| CHAPTER 4: | THE IMPORTANCE OF OBJECTIVES | 111 |
| | Introduction | 112 |
| | 4.1 Why do you need/want English? | 114 |
| | 4.2 What do/don't you want to focus on? | 115 |
| | 4.3 Exploring strategies outside the classroom | 116 |
| | 4.4 SMART objectives: getting greater clarity | 118 |
| | 4.5 Where are you now? Where do you want to be? | 120 |
| | 4.6 What does the whole class think? | 122 |
| | 4.7 I learn best when ... | 125 |
| | 4.8 How are your learners doing? | 126 |
| CHAPTER 5: | TEN TACTICS FOR TIRED TEACHERS | 127 |
| | Introduction | 128 |
| | 5.1 Begin with breathing | 129 |
| | 5.2 Enjoy your exercise | 130 |
| | 5.3 Watch your words | 131 |

Contents

| | | | |
|-----|-----------|---|-----|
| 74 | | 5.4 Say something supportive | 132 |
| 75 | | 5.5 Drink plenty of water | 133 |
| 78 | CHAPTER 3 | 5.6 Re-live an energetic state and capture it | 134 |
| 79 | | 5.7 Count your blessings | 135 |
| 80 | | 5.8 Learn to say 'no' | 136 |
| 81 | | 5.9 Eat energising food | 137 |
| 82 | | 5.10 And, last but not least, laugh! | 138 |
| 83 | | | |
| 84 | | Postscript | 139 |
| 85 | | | |
| 86 | | RESOURCE BANK | 140 |
| 87 | | 1.1 The silent tourist | 140 |
| 88 | | 1.10 Quick conversations | 141 |
| 89 | | 1.11 Tongue twister exchanges | 142 |
| 90 | | 1.12 Co-recite a poem | 143 |
| 91 | | 1.14 Interrupt me! | 145 |
| 92 | | 1.15 Fill in the vowels | 146 |
| 93 | | Ch. 2 Twenty simple games (no preparation required) | 147 |
| 94 | | 2.1 Do a dictopuzzle | 149 |
| 95 | | 2.17 Doodles | 150 |
| 96 | | 3.4 Some soothing stressbusters | 152 |
| 97 | | 3.8 Guided visualisations | 153 |
| 98 | | Ch. 4 Pre-course questionnaires | 154 |
| 99 | | | |
| 100 | | References and further reading | 156 |
| 101 | | | |
| 102 | | | |
| 103 | | | |
| 104 | | | |
| 105 | | | |
| 106 | | | |
| 107 | | | |
| 108 | | | |
| 109 | | | |
| 110 | | | |
| 111 | | | |
| 112 | | | |
| 113 | | | |
| 114 | | | |
| 115 | | | |
| 116 | | | |
| 117 | | | |
| 118 | | | |
| 119 | | | |
| 120 | | | |
| 121 | | | |
| 122 | | | |
| 123 | | | |
| 124 | | | |
| 125 | | | |
| 126 | | | |
| 127 | | | |
| 128 | | | |
| 129 | | | |
| 130 | | | |
| 131 | | | |
| 132 | | | |
| 133 | | | |
| 134 | | | |
| 135 | | | |
| 136 | | | |
| 137 | | | |
| 138 | | | |
| 139 | | | |
| 140 | | | |
| 141 | | | |
| 142 | | | |
| 143 | | | |
| 144 | | | |
| 145 | | | |
| 146 | | | |
| 147 | | | |
| 148 | | | |
| 149 | | | |
| 150 | | | |
| 151 | | | |
| 152 | | | |
| 153 | | | |
| 154 | | | |
| 155 | | | |
| 156 | | | |
| 157 | | | |
| 158 | | | |
| 159 | | | |
| 160 | | | |
| 161 | | | |
| 162 | | | |
| 163 | | | |
| 164 | | | |
| 165 | | | |
| 166 | | | |
| 167 | | | |
| 168 | | | |
| 169 | | | |
| 170 | | | |
| 171 | | | |
| 172 | | | |
| 173 | | | |
| 174 | | | |
| 175 | | | |
| 176 | | | |
| 177 | | | |
| 178 | | | |
| 179 | | | |
| 180 | | | |
| 181 | | | |
| 182 | | | |
| 183 | | | |
| 184 | | | |
| 185 | | | |
| 186 | | | |
| 187 | | | |
| 188 | | | |
| 189 | | | |
| 190 | | | |
| 191 | | | |
| 192 | | | |
| 193 | | | |
| 194 | | | |
| 195 | | | |
| 196 | | | |
| 197 | | | |
| 198 | | | |
| 199 | | | |
| 200 | | | |