

March 26 2021

Health is Wealth



Lesson Plan Activity: Short Discussion & Advices

Skill in Focus: Speaking, Listening and Interaction

Objective

To enable the students to present opinions effectively and also act as a good adviser to a friend.

Stage 1: Warming Up

An Introduction. General Questions about their day and health status. Topic specific questions may be asked as:

1. What do you do to stay healthy?
2. How many hours do you sleep at night? Do you think that adequate sleep is important to be healthy?
3. Health is Wealth. Opinion?

Stage 2: Introducing & Running the Activity

Introduce the activity 'To give advice to your friend, who has problem with his/her physical health which equally affect his/her mental health. Give advice on the following.

1. Daily Routine
2. Exercise
3. Healthy Diet
4. Adequate sleep'

Let the learners speak one by one. Help them when required.

Stage 3: Closing the Activity

Close the activity by presenting your ideas on 'Health is Wealth.'

Stage 4: Conclusion

Close the session by giving your feedback for each learner and tips on improvement.

Facts @ Health

1. ATM Machines and Public Toilets Are Equally Dirty.
2. When we touch something, we send messages to our brain at 200 km/h.

Word of the Day

Recall: When you recall something, you remember it and tell others about it.

1. I can't recall meeting her before.
2. I don't recall what he said at the meeting.

Which one to Use?

Beside: It means 'Next to' or 'at the side of'.

E.g., My mother is standing **beside** my father.

Besides: It means 'in addition to' or 'also'.

E.g., Plants require water **besides** sunlight and air.