

SCHOOL: Zrínyi Miklós-Bolyai János Primary School	LESSON PLAN	Subject: Hungarian Language and Literature
Classes: 3-4		School year: 2017/2018
Field of Science: - Natural Sciences - <u>Social Sciences</u> - Arts - Technology		Lesson number:

Main topic: Healthy lifestyle – spiritual health		
The topic of the lesson: The functioning of our soul, stress management techniques		
The goals of the lesson: <ul style="list-style-type: none"> • Expanding knowledge in the topic of spiritual health • Getting familiar with the concept of stress, ways of handling it, overcoming anxiety • Building a community, shaping the skill of cooperation • Independent learning with the help of cooperative technique • Getting familiar with and applying exercises helping tuning up • Developing self-evaluation • Motivating by applying a ICT device 		
Lesson type: a lesson of processing new knowledge		
Subject correlation: Art, Music		
Developing key competences: <ul style="list-style-type: none"> • Communication in mother tongue • Efficient and independent learning • Social and civic competence • Initiative and venturesome competence • Aesthetic and artistic awareness and ability of expression 		
Developing transversal competences: <ul style="list-style-type: none"> • Acquiring independent learning • Social competences • Cooperative activity • Critical thinking and reflection • Digital competence 		
Teaching forms	Teaching methods	Teaching devices
<ul style="list-style-type: none"> - frontal - individual - group - pair 	<ul style="list-style-type: none"> - explanation - discussion - demonstration - practical work - watching a film - associative cluster diagram - backpack-method - three go, one stays - wordspinning in pairs - collage cube method 	<ul style="list-style-type: none"> - foolscap - pencils (grey) - a short film (Internet) - associative cluster diagram - flashcards - magnets - board - colour pages - an empty paper cube - colour felt pens - pieces of white paper - glues

		<ul style="list-style-type: none"> - a projected text - music (Internet)
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WORKING PROCESS

	Teacher's activities	Pupils' activities
<p>1 Tuning up to the lesson: <i>backpack-method</i></p> <p>2 min.</p>	(S)he describes the essence of backpack-method (a simple introductory stress relieving method)	Everyone writes with a pencil on a foolscap what negative things have happened to them today. Then they fold the foolscap as small as they can and with every folding the negative things are getting smaller and smaller. Finally they put the foolscap in their pocket.
<p>2 Motivating: Watching and discussing a short film</p>	(S)he presents a short film then controls the short discussion in connection with it highlighting the meaning of the colours in the film.	They listen then formulate cooperative opinions about what they have seen.

<p>3min.</p>		
<p>3 Introducing the concept of mental imbalance, explanation of its causes: Making an associative cluster diagram with the teacher's help</p> <p>5min.</p>	<p>(S)he controls the creation of the associative cluster diagram, writes the central term (mental imbalance) on the board.</p>	<p>They go out to the board and put their flashcards on it with the help of magnets around the central term while explaining the concept on their flashcard with their own words. (long-lasting mental problem, chronic illness, sleep disorder, loneliness, aimlessness, depression, alcoholism, anxiety)</p>
<p>4 Getting familiar with the concept of anxiety: Group work – in case of groups of 4: <i>three go, one stays</i> method (in case of groups of 3: two go, one stays)</p> <p>12min.</p>	<p>(S)he makes the pupils pull colour pages and the colours mean the colour of their group. Then (s)he hands out the text parts and the questions of the given groups.</p>	<p>The groups read their text part and underline the answers to their questions. Then one person stays at the table who will talk about the answers of his/her own group to the newcomers while the others go to different groups to tell the answers of their group to the pupils of other groups.</p>
<p>5 A solution to anxiety: A common interpretation of the projected text</p> <p>5 min.</p>	<p>(S)he controls the discussion of the projected text with the help of his/her questions.</p>	<p>They read the projected text silently then they discuss it.</p>
<p>6 Discussing individual stress management techniques in pairs then demonstrating the result: <i>wordspinning in pairs</i> about the expressions of „joy“ and „liberation“, demonstrating the result with the help of <i>collage cube</i> method. Listening to relaxing music during the work.</p>	<p>(S)he walks around, helps, controls. (S)he turns on the music which is on quietly up to the end of the lesson.</p>	<p>In pairs the pupils collect concepts about the terms “joy” and “liberation”. With common consent they choose two of these concepts, write them using the colour of their group on a piece of white paper and glue this paper on any side of an empty paper cube.</p>

<p>13 min.</p>		
<p>7 Summing up at the end of the lesson: Common discussion about:</p> <ul style="list-style-type: none"> - the concept of mental imbalance - the concept of anxiety - the methods of solution <p>3 min.</p>	<p>(S)he controls the discussion, gives the paper cube around. (S)he presents the music to the pupils what they have been listening to.</p>	<p>They discuss the concepts of the lesson and study the cube formulating cooperative opinions about it.</p>
<p>8 The evaluation of the lesson:</p> <ul style="list-style-type: none"> - How did you feel in the lesson? - Are you satisfied with your work in the lesson? - Would you change anything? <p>2 min.</p>	<p>(S)he controls the common evaluation of the lesson with his/her questions.</p>	<p>They can take remarks freely to the evaluating questions asked by the teacher.</p>

Notes:

In group work if there are less than 6 groups, the text parts can be contracted – according to the numbers of the groups.

The texts and the film are in Hungarian but the teacher can choose freely other texts and film about anxiety and its solutions in another language.

Homework for the pupils:

Attachments:

- Text parts (see *Sources*)
- A short film: Számít, hogy vagy! <https://www.youtube.com/watch?v=yylfkkT6trw>
- Background music to relax: https://www.youtube.com/watch?v=s7Rw_SF5Urw

Sources:

- Lelkünk működése/ Müller Péter/, extracts from the Internet about the causes and symptoms of anxiety, the ways of its solution.
- www.pedagogusvilag.hu Pedagóguskiadás p. 3
- The attachment of the magazine *Tudorka* year XIX issue 7