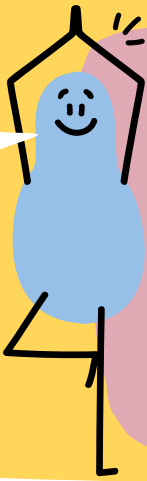


Hi!
HOW ARE YOU
DOING? HOW ARE
YOU FEELING
RIGHT NOW?



#CHILLOUT ZONE

#feelingscheckin #doodletomusic
#squarebreathing #chillaxtothemax

- 1 **THINK IN A BLINK AND SHARE IN A PAIR.** Circle the emotion(s) that you feel right now. Do you know why you feel this way? Tell your partner about it.

FEELINGS CHECK-IN



calm



angry



sleepy



sad



happy



worried



shy



tired



shocked



proud



hurt



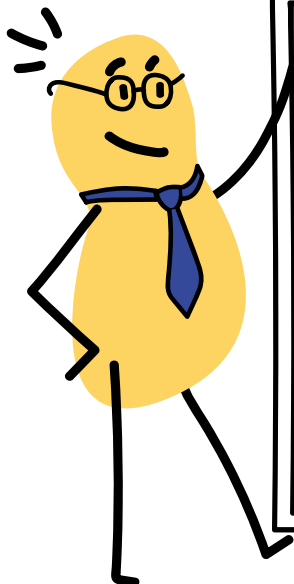
afraid

I FEEL ANGRY AND SLEEPY.
I DIDN'T SLEEP WELL LAST NIGHT.

I FEEL WORRIED. I'VE GOT
A TEST TOMORROW.

- 2 Sometimes you feel angry, sleepy, worried or tired. You need to relax. What's your favourite relaxation activity? Follow the instructions from your teacher.

- 1 Stand in the middle of the classroom. 2 Listen to the questions and answer them. After each question, go to the left or the right side of the classroom.



WHAT'S MORE RELAXING? WOULD YOU RATHER:

- DO A HANDSTAND OR DO A CANDLE POSE?
- GO SWIMMING OR DO SOME YOGA?
- READ A STORY OR WATCH A FILM ON NETFLIX?
- DO A BREATHING EXERCISE OR DO A WORDSEARCH?
- GO JOGGING OR DOODLE SOMETHING?
- STAY IN AN UPSIDE-DOWN HOUSE OR STAY IN A TENT?
- PLAY ARCADE GAMES OR PLAY FOOTBALL?
- LISTEN TO SLOW CHILLOUT MUSIC OR LISTEN TO HEAVY METAL?

← GO TO
THE LEFT

GO TO
THE RIGHT →

3 Make a poster with the best relaxation techniques.
Doodle some pictures and label them.

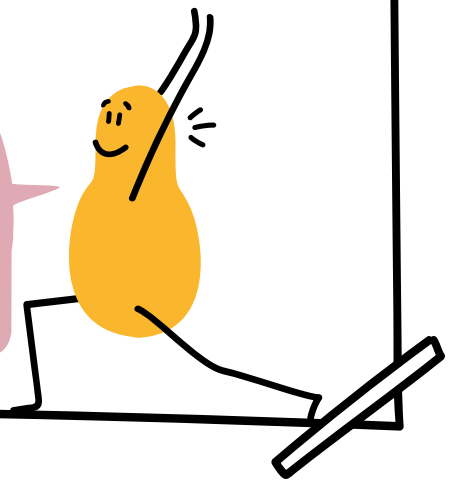
* OPTIONAL

MY FAVOURITE WAYS OF RELAXING



LISTEN TO MUSIC

RELAXING IS AS IMPORTANT AS WORKING OR STUDYING HARD! REMEMBER TO TAKE BREAKS AND CHILL OUT. IT GIVES YOU ENERGY AND MAKES YOU CALMER AND HAPPIER!

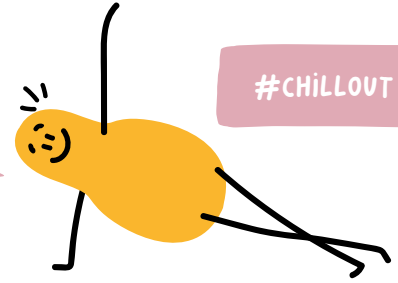


4 **FACE 2 FACE** Ask and answer the questions.

- ♪ What music do you like?
- ♪ Do you like heavy metal? Why (not)?
- ♪ Who's your favourite singer?
- ♪ What's your favourite band?
- ♪ Do you sometimes listen to your parents' music? What music do they listen to?
- ♪ What's the title of a song you like very much?
- ♪ Do you ever listen to sad songs? When?
- ♪ Is there a silly song that you listen to but you would never tell anyone about it?
- ♪ Is there a concert you'd like to go to or an album you'd like to buy?
- ♪ How do you listen to music? On a mobile phone? On the radio? On the computer / a home hi-fi system / a stereo / a boom box?

GUESS WHAT! YOUR TEACHER ALSO LOVES RELAXING TO MUSIC. NOW, YOU HAVE THE ONE AND ONLY CHANCE TO LISTEN TO YOUR TEACHER'S MUSIC! OMG!

#CHILLOUT ZONE



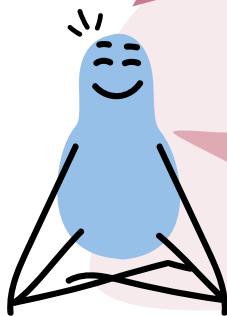
- 5 Ask your teacher to play you some music that he / she listens to while relaxing. Listen, doodle and relax! Then talk about the song in pairs.

MY DOODLES

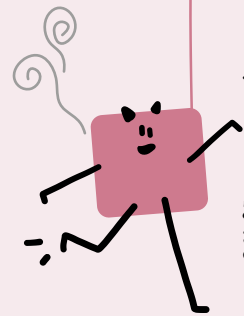
HOW WAS IT?
DID YOU LIKE
THE SONG?



#CHILLOUT ZONE



WHEN YOU CONCENTRATE ON YOUR BREATHING, IT HELPS YOU TO RELAX. SOME PEOPLE FALL ASLEEP WHEN THEY MEDITATE - IT'S OKAY IF YOU DO :) LOOK AT THE PICTURE AND TRY TO DO SOME **SQUARE BREATHING!**



BREATHE IN
1...2...3...4



BREATHE OUT
1...2...3...4

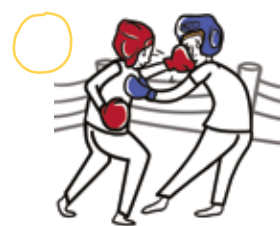
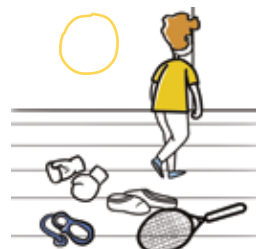
HOLD 1...2...3...4



GET READY FOR THE STORY

- 6 Listen to the teacher and number the pictures. Label the pictures with the words from the box.

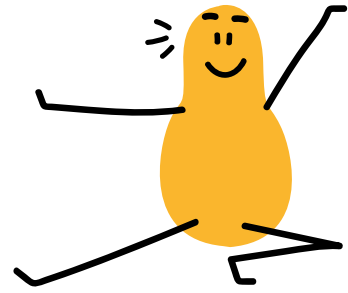
turn turtle • be fed up • do a headstand • take up a sport • chillax • punch • ballet • go for



7 Listen to the story. Choose the best ending.

The best ending is:

- a) PHEW! NOW I'M READY TO DO A HEADSTAND!
- b) OH, I WANT TO TAKE UP A NEW SPORT!
- c) MMM. NOW I'M FEELING CHILLAXED AT LAST!



8 Listen again and put the pictures in the correct order.

CHILLAX TO THE MAX!



9 Work in pairs. Try to read the story.

CHILLAX TO THE MAX!

I was very stressed! Grrr!

I wanted to chillax. Ommm.

'How about taking up a sport?' my friend said.

'OK, I can give it a try,' I said.

When I was boxing, I got a punch in the face.

When I was doing yoga, I couldn't do a headstand.

When I was snorkelling, a giant shark crossed my way.

When I was doing ballet, I twisted my ankle.

When I was sailing, the boat turned turtle.

Then I was fed up with sports.

So I decided to go for reading instead!

Mmm. Now I'm feeling chillaxed at last!



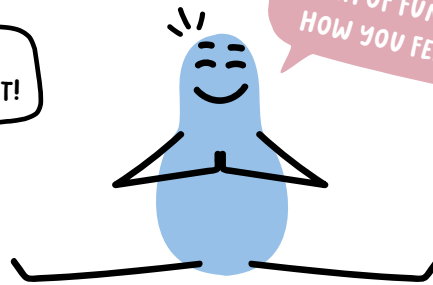
Interview five people about how they like to relax. What are the three most popular relaxation techniques?

10 What's the meaning of the story? Colour the correct answer.

SPORT IS THE BEST WAY TO CHILLAX FOR EVERYONE.

RELAXING YOUR OWN WAY IS THE BEST!

YOU HAVE TO LISTEN TO YOUR FRIENDS.



LISTENING TO MUSIC, BREATHING, READING, DOODLING? WHAT'S YOUR IDEA OF FUN? TIME TO CHECK HOW YOU FEEL RIGHT NOW.

11 THINK IN A BLINK AND SHARE IN A PAIR. Circle the emotion(s) you feel right now. Tell your classmate about it.



calm



angry



sleepy



sad



happy



worried



shy



tired



shocked



proud



hurt



afraid

FEELINGS CHECK-OUT

I FEEL SLEEPY ...

NOW I FEEL CALM.

MY NOTES ...