

CHOICES

CLIL (SUMMARY)

Middle school belonging to the Boarding School P. Diacono

TEACHERS:

MRS TREU MIRELLA AND MRS PICOTTI GIANNA

Move yourself in the time-out



- Actions to perform: planning a motion activity to be performed in class, to favour the students' concentration skill and to create a dynamic break in their daily school routine.
- The students will choose different movements that will be performed sequentially and which will represent the distinguishing flash mob of the class.
- This creative activity will lead the students to think about the importance of becoming aware of their own body, both when they are sitting and also when they are moving.
- Besides this will guide them to take control of their own breath and therefore of their emotions.
- Final product: a sequence of movements to be performed by students in their classroom on a musical base, to create wellness intervals and to relieve the stress that has been built up during the school day.