



# RENERGISING *your* CLASSROOM



7<sup>TH</sup> - 8<sup>TH</sup>  
JUNE 2019  
BRATISLAVA



# Let's remember

- Students are «energised» in different ways
- We can't «energise» people
- Energy is not always loud and «shouty»
- The teacher needs to be energised too ...

*Energisers*

*Visualisation*

*Sounds*

*Establishing Rapport*

*Brain boosters*

*Relaxation*

*Movement and Rhythm*

*Breathers*

*Movement*

*Pronunciation*

# TONGUE TWISTER EXCHANGES

/i/ and /r/

-French fries or rice with your mushroom ravioli?

-I'd really like a rocket leaf salad, please

-How much is the bus to London?

-Not much... but enough. It's the number one. Run!

/ʌ/

/h/

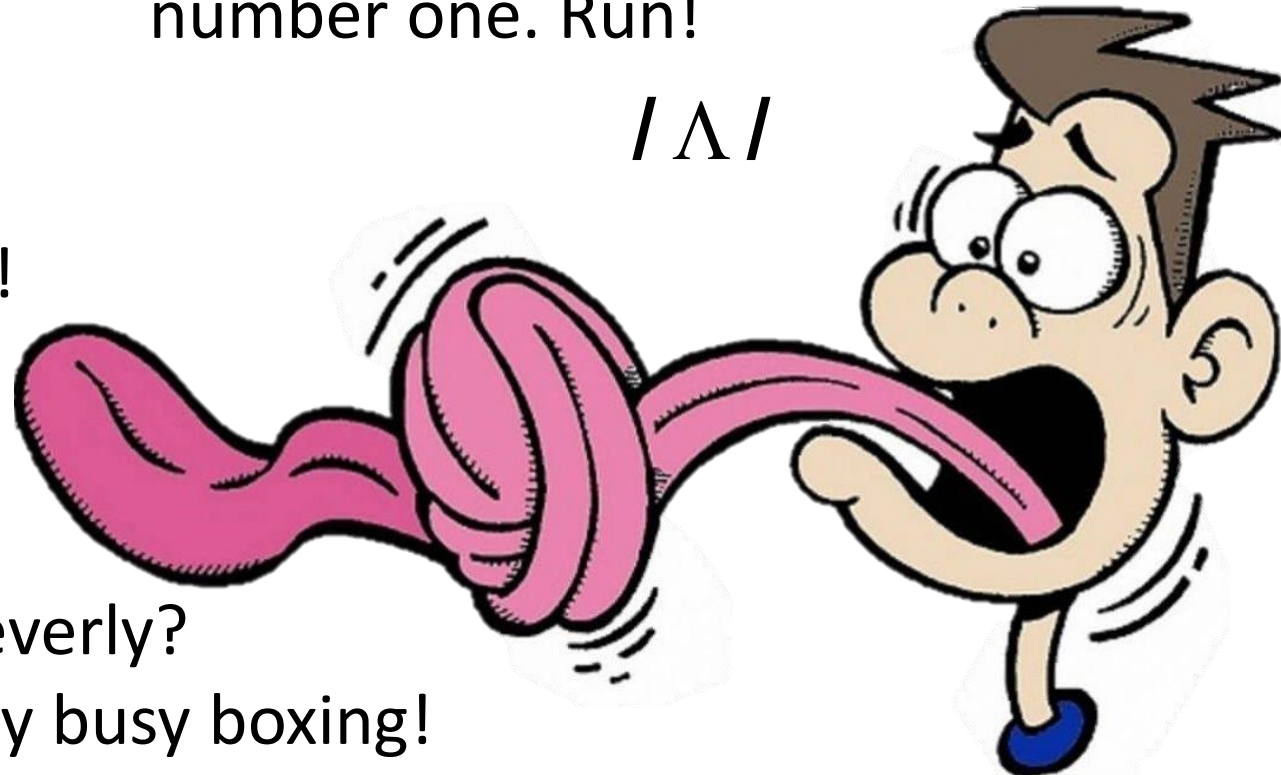
-Your hair's horribly wet, Harry!

-Yes, Have you got a hairdryer handy, Helen?

/b/ and /v/

-Volley ball this evening, Beverly?

-I'd love to Bob, But I'm very busy boxing!





# Cats

by *Eleanor Farjeon*



Cats sleep, anywhere,  
Any table, any chair  
Top of piano, window-ledge,  
In the middle, on the edge,  
Open drawer, empty shoe,  
Anybody's lap will do,  
Fitted in a cardboard box,  
In the cupboard, with your frocks-  
Anywhere! They don't care!  
Cats sleep anywhere.

IF YOU CAN READ THIS  
WITH EASE THEN YOU ARE  
INCREDIBLY TALENTED AT  
READING *BOTH* UPSIDE  
DOWN AND BACKWARDS,  
WHICH IS AN INCREDIBLY  
VALUABLE TALENT TO  
HAVE.





Mindfulness

A dynamic photograph of water being poured from a glass pitcher into a clear glass. The water is captured mid-pour, creating a sense of motion with splashes and bubbles. The background is a deep blue with several water droplets of varying sizes floating in the air, adding to the fresh and clean aesthetic.

# LET'S DRINK WATER

$\text{H}_2\text{O}$  is the thing to drink  
 $\text{H}_2\text{O}$  is the one to drink  
 $\text{H}_2\text{O}$  is the drink to drink  
If you wanna work  
And THINK!

# References and further reading

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- Gardner,H. *Frames of Mind*
- Lozanov,G. *Suggestology and Outlines of Suggestopedya*
- Maley,A. *The Language Teacher's Voice*
- Maley,A.&Duff,A. *Drama Techniques in Language Learning*
- Revell,J. *Success over Stress*
- Agosta,J. *Changing Energies*
- Alidina,S. *Mindfulness for Dummies*



HAPPY  
BIRTHDAY

*Pilgrims*



Celebrating **45 years of  
Pilgrims** and **Humanising  
Language Teaching.**