Pearson

mondly WORKS by Pearson

Be happy! Teaching and learning Mindfully

Donatella Fitzgerald
Vanessa Hartson Walker

Today’s session

- Introduction to mindfulness
- Attitudes of mindfulness and the workplace
- Mindfulness and learning a language

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Let’s start with a hugging breath

When we breathe out we open out our arms as if we are about to give someone a hug.

When we breathe in we give ourselves a gentle hug.

How do you feel now? Write an adjective in the chat box.

Rise and Shine
It's a beautiful day!

Active April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 Commit to being more active this month, starting today	2 Spend as much time as possible outdoors today
3 Listen to your body and be grateful for what it can do	4 Eat healthy and natural food today and drink lots of water	5 Turn a regular activity into a playful game today	6 Do a body-scan meditation and really notice how your body feels	7 Get natural light early in the day. Dim the lights in the evening	8 Give your body a boost by laughing or making someone laugh	9 Turn your housework or chores into a fun form of exercise
10 Have a day with less screen time and more movement	11 Set yourself an exercise goal or sign up to an activity challenge	12 Move as much as possible, even if you're stuck inside	13 Make sleep a priority and go to bed in good time	14 Relax your body & mind with yoga, tai chi or meditation	15 Get active by singing today (even if you think you can't sing!)	16 Go exploring around your local area and notice new things
17 Be active outside. Dig up weeds or plant some seeds	18 Try a new online exercise, activity or dance class	19 Spend less time sitting today. Get up and move more often	20 Focus on 'eating a rainbow' of multi-coloured vegetables today	21 Regularly pause to stretch and breathe during the day	22 Enjoy moving to your favourite music. Really go for it	23 Go out and do an errand for a loved one or neighbour
24 Get active in nature. Feed the birds or go wildlife-spotting	25 Have a 'no screens' night and take time to recharge yourself	26 Take an extra break in your day and walk outside for 15 minutes	27 Find a fun exercise to do while waiting for the kettle to boil	28 Meet a friend outside for a walk and a chat	29 Become an activist for a cause you really believe in	30 Make time to run, swim, dance, cycle or stretch today

ACTION FOR HAPPINESS

Happier · Kinder · Together

Why mindfulness in education?

We don't know what specific knowledge our children will need in ten, twenty or even five years, because the world and their work when they get there will be so different from ours. What we do know is that they will need to know how to pay attention, how to focus, how to listen, how to learn, and how to be in a healthy relationship with themselves -- (including their thoughts and emotions) -- and with others.Translated with www.DeepL.com/Translator (free version)

What is mindfulness?

Mindfulness

Mindfulness is

"... the awareness of paying attention in a particular way; on purpose, in the present moment, and non-judgmentally."

Jon Kabat-Zinn

Mindfulness isn't

- a relaxation method (although that's a nice additional benefit)
- emptying the mind
- achieving a state of bliss
- a quick fix/sticking plaster
- a replacement for counselling/therapy where that is required.

How in the "present moment" are you?

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How in the present moment are you?

"I break or spill things because of carelessness, not paying attention, or thinking of something else."

YES/NO

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The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology, 84*(4) (Brown & Ryan, 2003)

How in the present moment are you?

"I forget a person's name as soon as I have been told it."

YES/NO

Pearson mondly

The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology, 84*(4) (Brown & Ryan, 2003)

How in the present moment are you?

"I tend to walk quickly to get where I am going without paying attention to what I experience on the way."

YES/NO

Pearson mondly

The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology, 84*(4) (Brown & Ryan, 2003)

How in the present moment are you?

"I find it difficult to stay focused on what's happening in the present."

YES/NO

Pearson mondly

The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology, 84*(4) (Brown & Ryan, 2003)

How in the present moment are you?

"I find myself listening to someone with one ear, doing something else at the same time."

YES/NO

Pearson mondly

The benefits of being present: Mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology, 84*(4) (Brown & Ryan, 2003)

Mindfulness can help!

What makes up mindfulness?

When we do all these things together, we achieve better **self-awareness** and **self- management** which creates **happier, calmer focused individuals. awareness** and **self-management** .

Psychological principles

We explain the underlying psychology. The neuroscience behind how the brain works and the impact that regular mindfulness practice can have on the brain.

Formal practice

We learn more formal practices like the one we will do in a moment together.

Everyday mindfulness

Daily mindfulness for example carefully preparing a cup of tea, being very aware when you are brushing your teeth or going for a walk engaging with what is happening in the present moment. Mindful listening at work.

Teacher well-being is fundamental

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Weave your parachute

'Make sure you **weave your parachute** every day, rather than leave it to the time you have to jump out of the plane."

John Kabat-Zinn – Full Catastrophe Living Penguin Random House

Teaching and learning mindfully

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Il grande albero della Mindfulness

NEL BOSCO DEI LIBRI

RESPIRAZIONE
IL RESPIRO È SEMPRE CON NOI, IN OGNI MOMENTO E SITUAZIONE.

MOMENTO PRESENTE
IL PASSATO SE NE È ANDATO, IL FUTURO NON C'È ANCORA, L'UNICO MOMENTO CHE C'È È IL PRESENTE: OSSIA ADESSO!

PRATICA
PROPOSTE DI CUI FARE ESPERIENZA. GIORNO DOPO GIORNO, TI TROVERAI PIÙ FORTE E PIÙ STABILE.

CALMA
SERENITÀ, TRANQUILLITÀ, RILASSATEZZA: SARÀ BELLO LAVORARE IN TUTTA CALMA.

RISPETTO
IL PIANETA CHE ABITIAMO, I COMPAGNI, LE PERSONE, GLI ANIMALI: CONSIDERA TUTTI COME SPECIALI!

CONSAPEVOLEZZA
FERMATI, GUARDATI INTORNO, ASCOLTA, E SCOPRIRAI COSE NUOVE E FANTASTICHE!

GENEROSITÀ
QUELLO CHE PROVI, TI VERRÀ VOGLIA DI CONDIVIDERLO CON ALTRI.

EMOZIONI
CHE TEMPO FA DENTRO DI TE? SEI FELICE? SEI ARRABBIATA/O? SEI TRISTE? SEI CALMA/O?

ENERGIA
NE SCOPRIRAI TANTA DENTRO DI TE. UNA FORZA CHE NON SI FERMA E NON SI ESAURISCE.

GIOIA
QUANTA FELICITÀ NELLE COSE CHE FAI!

SILENZIO
LO SAI CHE PUOI ASCOLTARLO? FALLO E LUI, TI SEMBRERÀ STRANO, TI PARLERÀ.

MEDITAZIONE
IN SILENZIO, A OCCHI CHIUSI, SENTIRAI UNA GRANDE PACE.

CHE COS'È LA MINDFULNESS

AFFRONTARE LA PAURA

LA MERAVIGLIA

COME UN ALBERO

A mindful moment

Any time during the day, when needed or you are required to be particularly focused e.g before an important meeting, conference, speech.

Stopping what you are doing and putting things down for a moment.

Taking five deep breaths.

Observing your thoughts and feelings. Noticing what is on your mind and any sensations in your body.

Proceeding with your day.

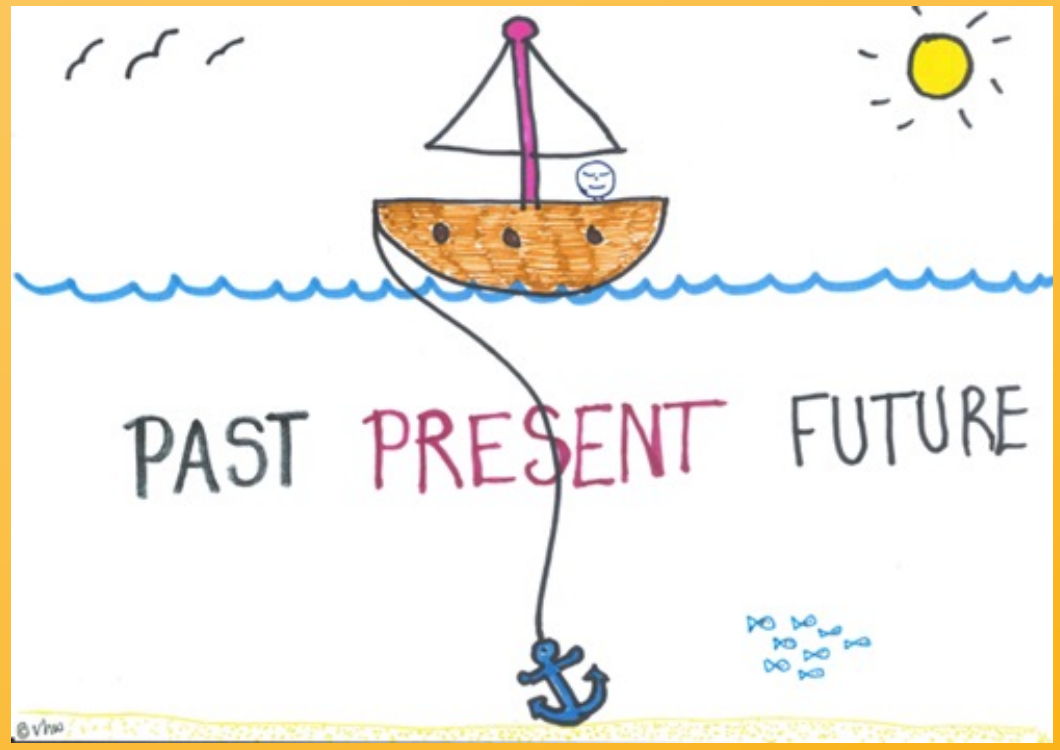
The present moment

Grounding yourself in the present moment.

"The ability to focus on the present moment is a major component of mental wellness."
Abraham Maslow

"By anchoring ourselves in the present moment, we become aware of what our thoughts and feelings are doing. We can choose how to respond consciously and skillfully to a situation."

Amy Malloy Pocket Guide to Mindfulness @ Pearson



A deep breath

Educazione Civica

2 1 086 Listen and follow along.

3 Colour the star.

Noticing

Noticing

Noticing means simply bringing your awareness to the present moment. Noticing can include being aware of an emotion, a thought, a bodily sensation, or another sensory experience, like a sound, a smell or a taste.

Developing noticing skills means watching our experiences with openness, kindness, & without judgement.

A mindful walk to practice noticing

Helps students learn to 'notice' improving focus and concentration and focus on the present

go on a nature scavenger hunt or a mindful walk.

Ask them to notice things they see on their walk. Things they haven't seen or noticed before.

Look out for particular things, for example a pretty leaf, a strange shaped stone, a shell… and then reflect on what they have found and what they notice about it

https://www.pearson.com/english/catalogue/primary/rise-and-shine.html

My mindful walk

Name:_____

The five senses of Spring

I can see

I can hear

I can smell

I can taste

I can touch

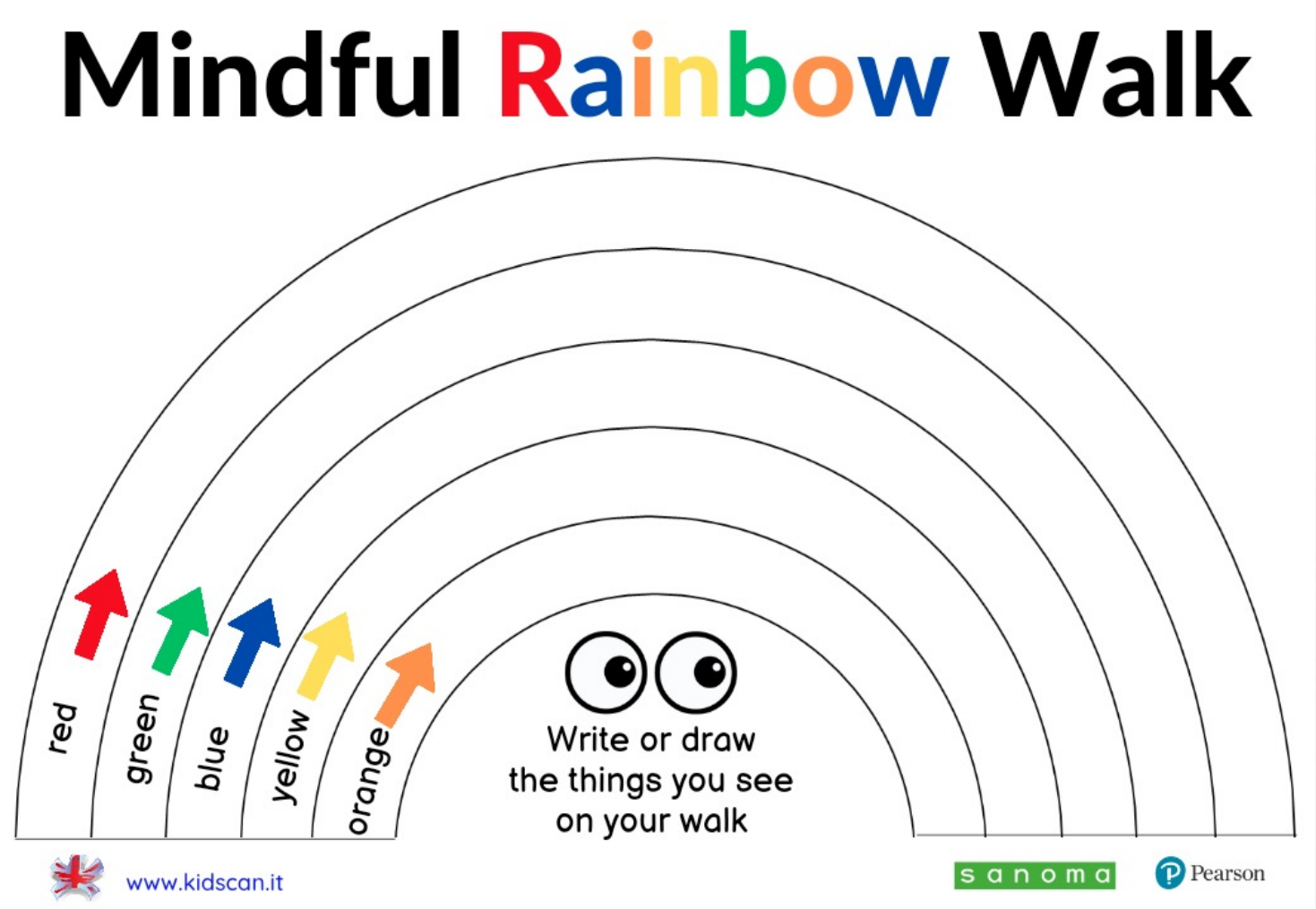
www.kidscando.it

A mindful walk can help you reset and enjoy the present moment.
Notice the things you can

See
Hear
Smell
Taste
Touch

After your walk note down or draw the things you noticed.

Rainbow noticing



@ News Shopper

What can you see that is

Red
Yellow
Blue
Green
Orange

What skills can mindfulness give us?

What skills can mindfulness give us

Paying attention

Awareness

Focus and Concentration

Curiosity

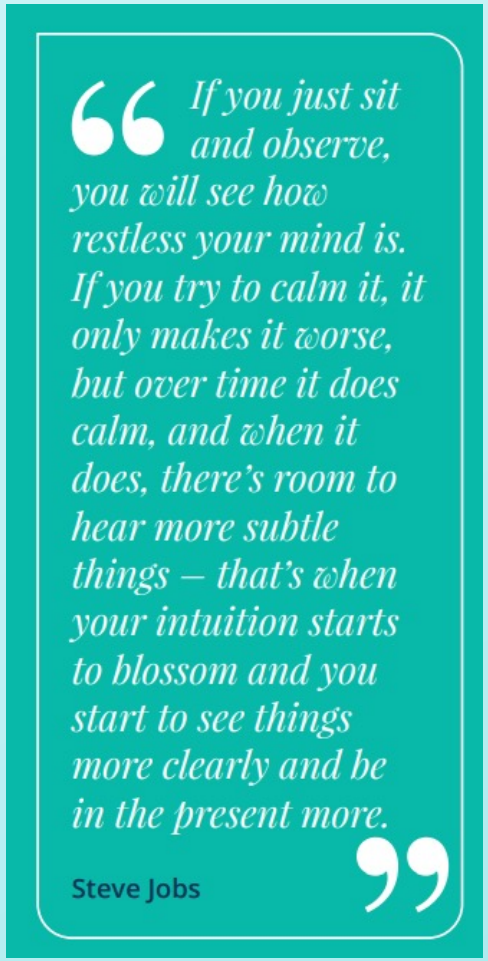
Observation without judgement

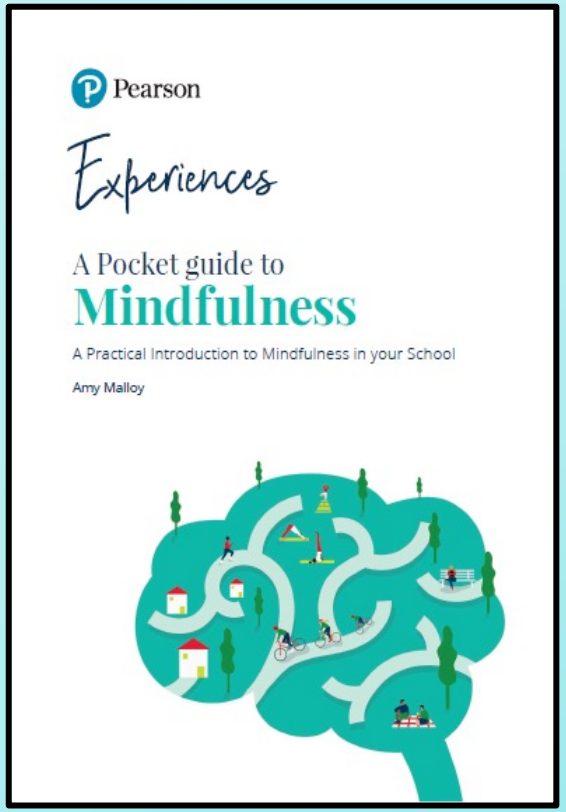
Acceptance and self-compassion

Stress management

Performance and productivity – achieving our goals

Finding time - manage busy lives





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https://www.pearson.com/english/resources/experiences/mindfulness.html

Making positivity a keystone habit.

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What is the film?

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Think positive

Write or draw three things that have made you smile this week

1

2

3

Students write down or say one good thing that has happened this week or last week.

sanoma

What is the story?

Cheshire cat

Alice in wonderland

Storytelling

The power of smiling

Smiling is contagious. It's not just **celebrities**, but you who can **light up a room** if you enter **smiling**.
If you like to help others **and lift the spirits of everyone** you see, just **smile** (like the **Cheshire Cat**).

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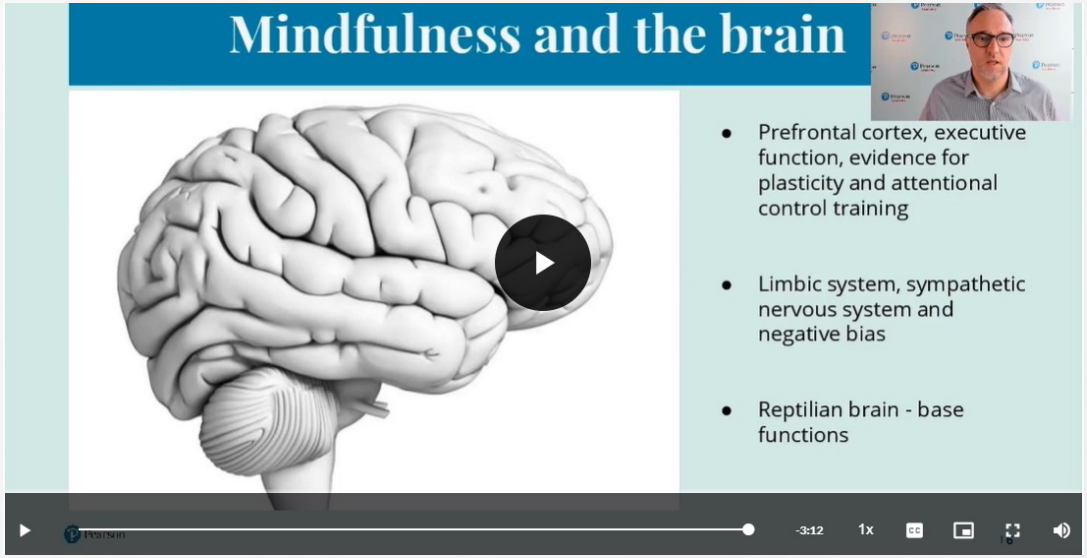
Tipping the balance to positivity

"The alarm bell of your brain — *the amygdala* — uses about two-thirds of its neurons to look for **bad news:** it's primed to go **negative**. The ***negativity bias*** is part of human evolution, but we have the chance to change this, by **appreciating and lingering on tiny positive moments** every day."

Rick Hanson

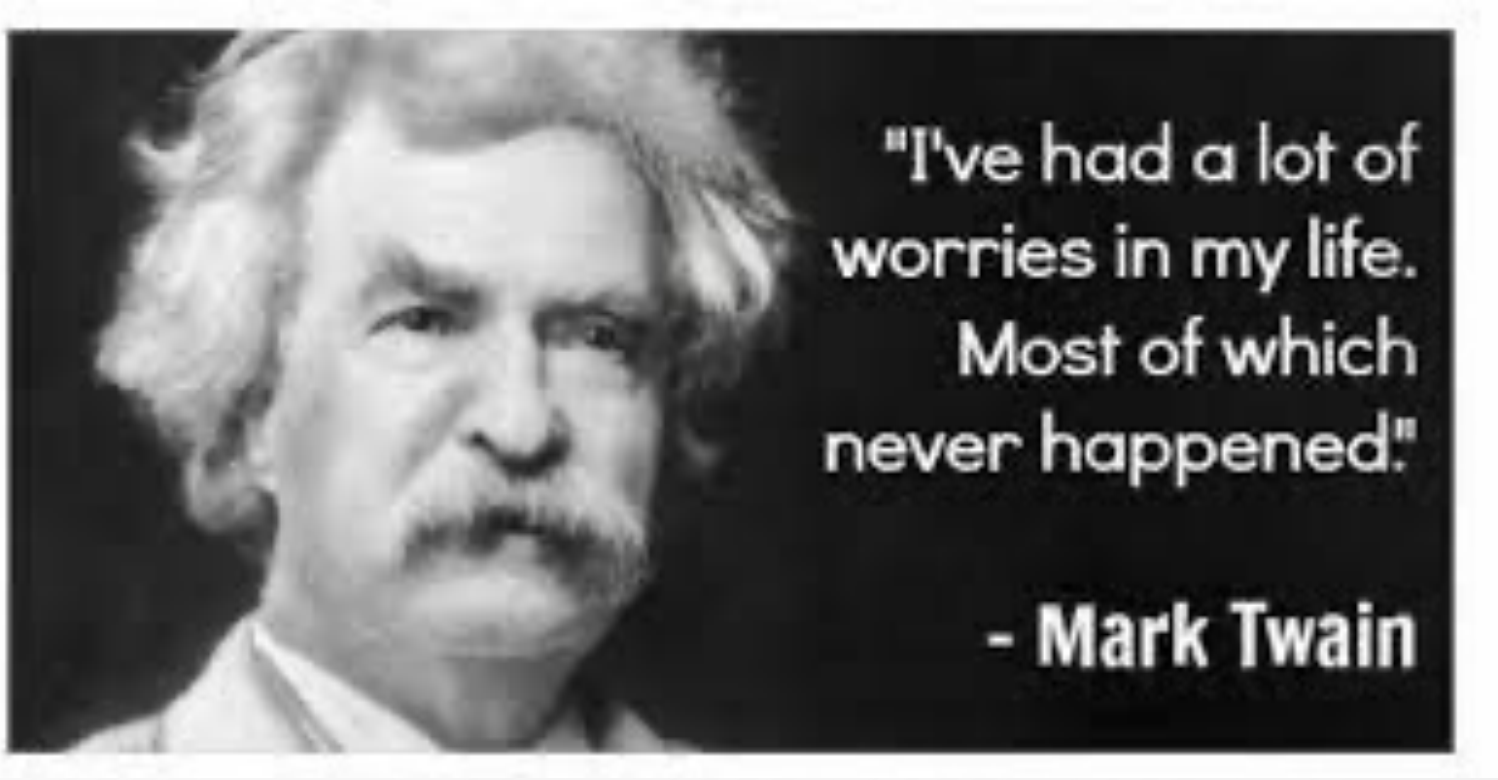


https://www.eltbuymylab.com/accesscode/teachercertifications/

https://www.verywellmind.com/negative-bias-4589618

Thoughts are not facts!

Managing anticipatory worry



Thoughts are not facts!

Storytelling

Gratitude

"… A 2019 study published in the Journal of Happiness Studies found that gratitude is linked to happiness in children by age 5. This means that instilling gratitude in your children at a young age could help them grow up to be happier people…. grateful children (ages 11 to 13) tend to be happier, more optimistic"

Ask children to think about what they are thankful for.

Mindfulness and language learning

Pause

Concentration & Focus

Learning from mistakes

Non judging

Setting goals

Gratitude

How can mindfulness help with language learning?

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Mindfulness and language learning

Reading

- Finding a place to read
- Mind wandering
- Focus and concentration

Writing

- Free writing
- What you notice and feel
- Notice the narrative
- Approach with curiosity
- Thinking before you write (email)

Listening

- Being present in your conversation so others feel heard and perceive your intention to listen and understand.
- Can help your mind to focus on what is being said so understand better.
- Listening carefully

Speaking

- Reduce tension
- Thinking before you speak (Speech filters)
- Fight, Flight, freeze reaction

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Future Skills: Active Listening

You become an **active listener** when you focus with all of your senses and give complete attention to stories. Becoming a better and active listener is a great social skill to have.

Time to shine!

3 Imagine and act out.

Are you a good listener?

- *Yes, I am.*
- *Mmmm, not really.*
- *Not at all.*

Reflect Is it easy or difficult to listen?

FUTURE SKILLS 3

Listening

1 Listen and read. Who's good at listening?

2 How does Jack feel at the end of the story?

3 How can we be good at listening?

- Pay attention when someone is talking.
- Don't speak when someone is speaking.
- _____
- _____

Useful language

Be quiet, please.
Please, listen.

Time to shine!

3 Imagine and act out.

Are you a good listener?

- *Yes, I am.*
- *Mmmm, not really.*
- *Not at all.*

Reflect Is it easy or difficult to listen?

60

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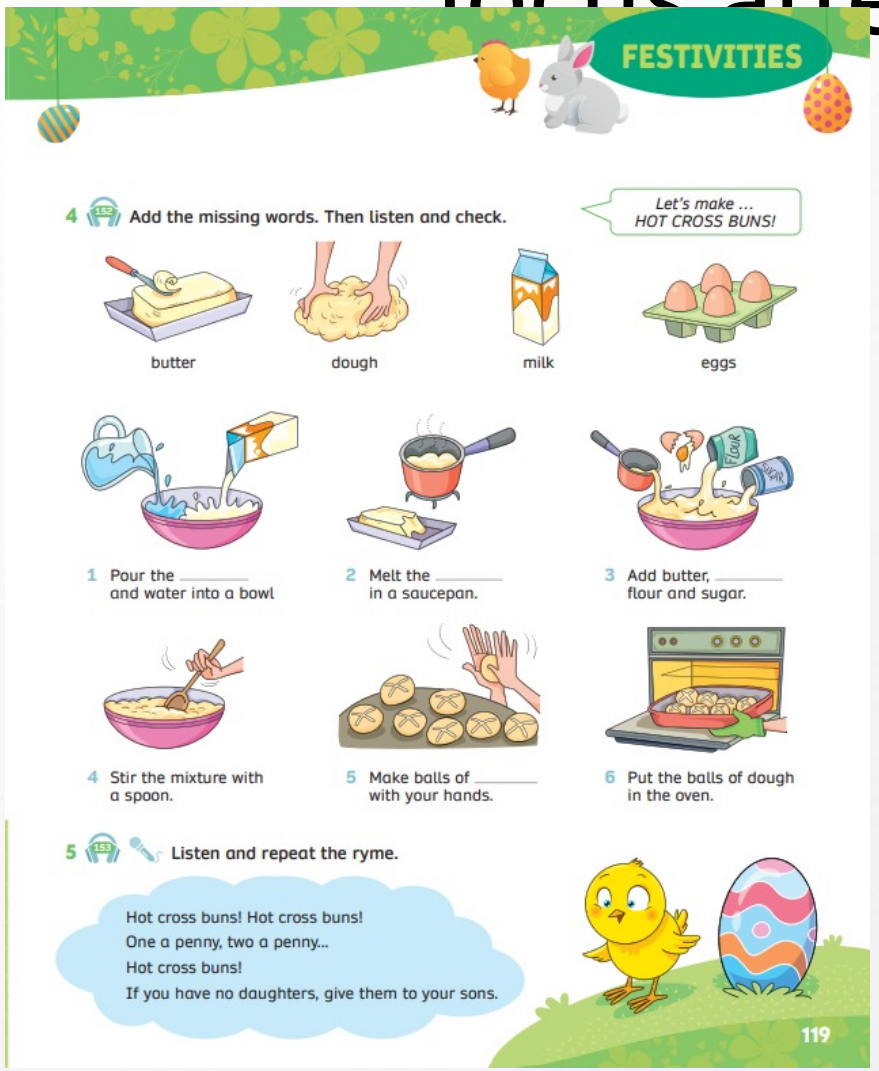
Listening for specific information to help focus attention



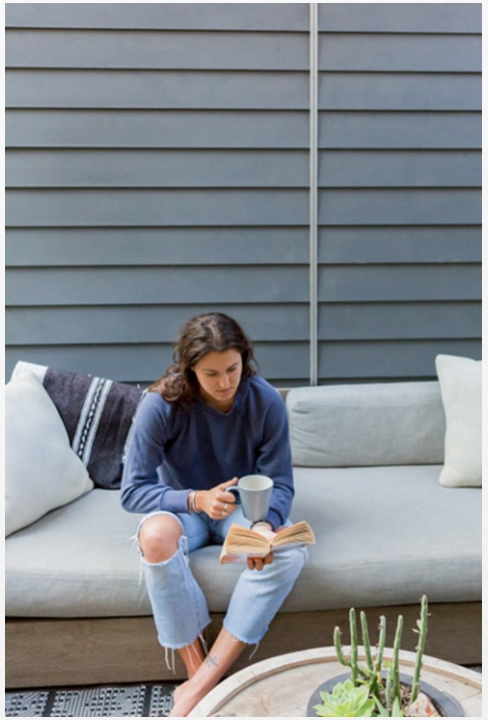
Things that nourish you

Write down a list of daily activities

Now decide
Nourishing
Depleating

Which can you transform into nourishing by a different mind set or a more positive mindful approach?

Talk to your partner

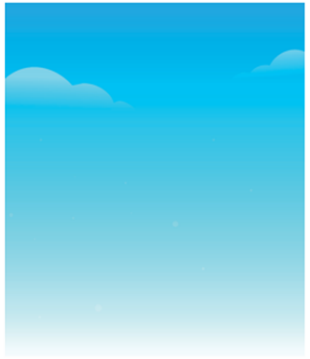


Practicing renewal in spring

Renewal is not the same as rest or relaxation. It is a deliberate practice of nurturing and sustaining ourselves.

Use Easter break to connect and remind yourself of the things that nourish you.
Walking in Nature
Cooking a meal
Spending time with friends and family.

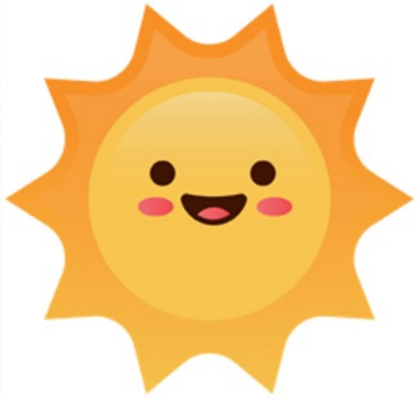
Spring



BLUE SKY

BIRD

BEE



SUN

FLOWERS

GREEN GRASS

FLOWER

TREES / BLOSSOM

https://it.pearson.com/elt-revolution/billy-bot.html

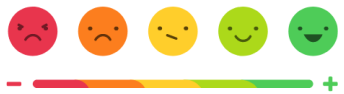
DAILY REFLECTION - MY DAY

MY NAME:

TODAY'S DATE:

MON TUE WED THU FRI SAT SUN

MY MOOD



TODAY'S WEATHER

SOMETHING I LEARNED TODAY

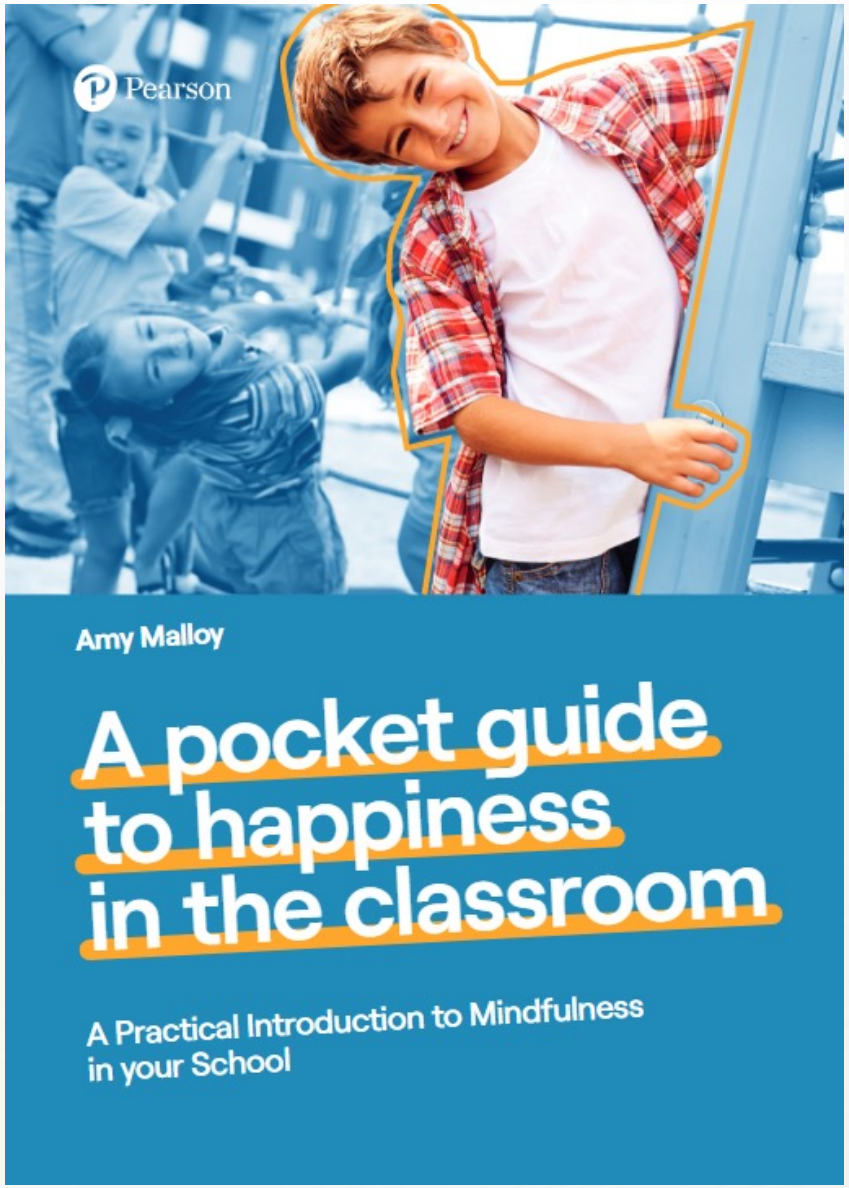
3 THINGS THAT MADE ME HAPPY TODAY

1. _____
2. _____
3. _____

3 THINGS THAT I AM GRATEFUL FOR TODAY TODAY

1. _____
2. _____
3. _____

5 steps to happiness



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Happiness is...

1 Connect with others

2 Be physically active

3 Give to others

4 Pay attention to present

5 Learn new skills

Illustrations © Amy Malloy

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WITH EVERY ACTION WE TAKE, WE BUILD NEW PATHWAYS AND RESILENCE IN THE BRAIN

- It's not a destination
- It's already inside us
- Happy habits, little and often, build new, more resilient pathways

3 GOOD HEALTH AND WELL-BEING

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Coronation King Charles III

concept of the monarchy

What is monarchy?

Monarchy is a political system in which supreme authority is vested in the monarch, an individual ruler who functions as head of state. It typically acts as a political-administrative organization and as a social group of nobility known as "court society."

What is the difference between monarchy and democracy?

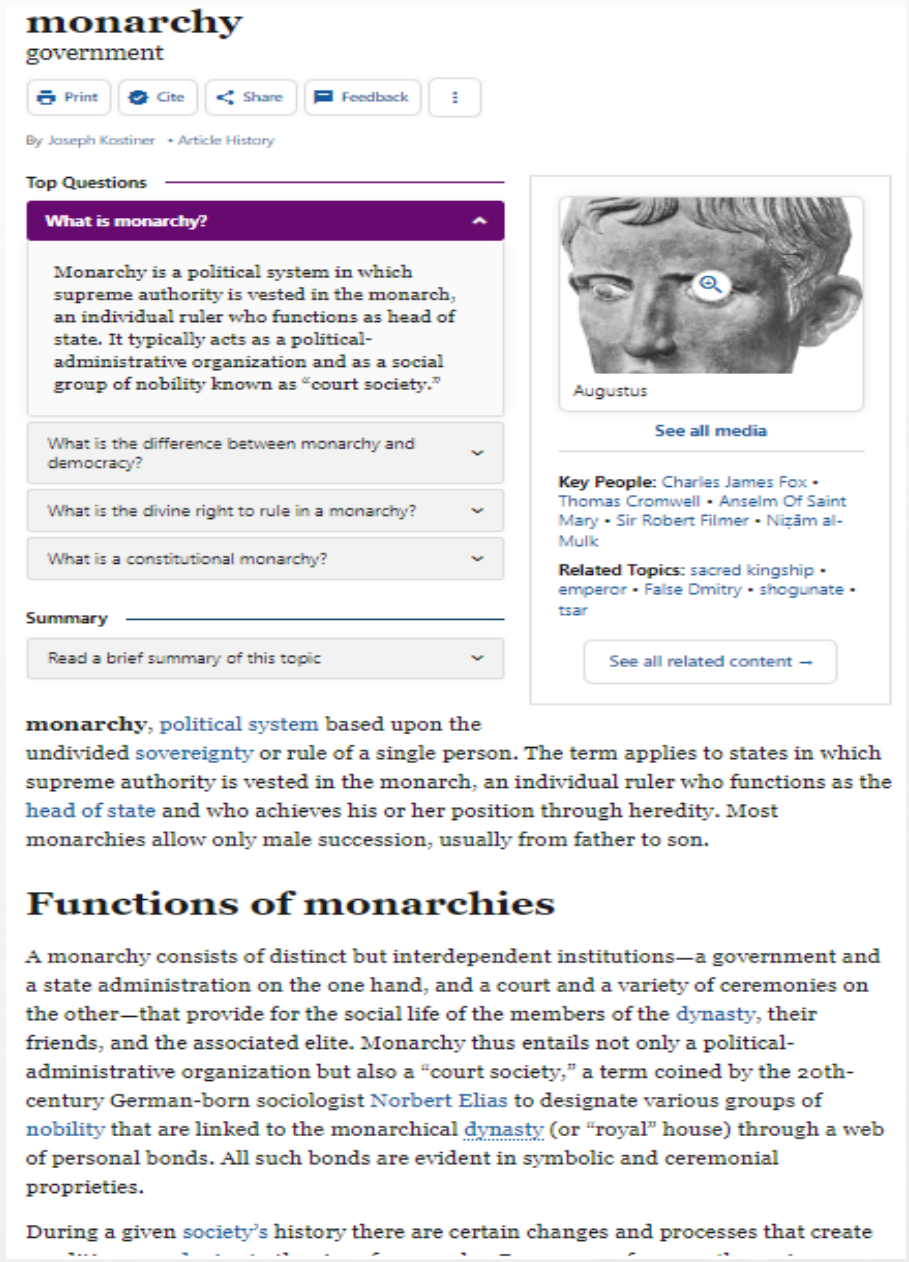
Monarchy is a political system based on the sovereignty of a single ruler. Democracy, a term that means "rule by the people," is a political system in which laws, policies, leaders, and major state undertakings are decided directly or indirectly by the citizens.

What is the divine right to rule in a monarchy?

The divine right to rule, also known as the "divine right of kings," is a political doctrine asserting that monarchs derive their authority from God and cannot be held accountable for their actions by human means. The divine-right theory can be traced to the medieval European conception that God awarded earthly power to the political authority and spiritual power to church authorities.

What is a constitutional monarchy?

A constitutional monarchy is a political system in which a monarch shares power with a constitutionally organized government. Monarchs in constitutional monarchies act as symbolic heads of state while waiving most political power. Countries governed by constitutional monarchies today include the United Kingdom, Belgium, Norway, Japan, and Thailand.



monarchy
government

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By Joseph Kostiner • Article History

Top Questions

What is monarchy?

Monarchy is a political system in which supreme authority is vested in the monarch, an individual ruler who functions as head of state. It typically acts as a political-administrative organization and as a social group of nobility known as "court society."

What is the difference between monarchy and democracy?

What is the divine right to rule in a monarchy?

What is a constitutional monarchy?

Summary

Read a brief summary of this topic

Augustus

See all media

Key People: Charles James Fox • Thomas Cromwell • Anselm Of Saint Mary • Sir Robert Filmer • Niẓām al-Mulk

Related Topics: sacred kingship • emperor • False Dmitry • shogunate • tsar

See all related content →

monarchy, political system based upon the undivided sovereignty or rule of a single person. The term applies to states in which supreme authority is vested in the monarch, an individual ruler who functions as the head of state and who achieves his or her position through heredity. Most monarchies allow only male succession, usually from father to son.

Functions of monarchies

A monarchy consists of distinct but interdependent institutions—a government and a state administration on the one hand, and a court and a variety of ceremonies on the other—that provide for the social life of the members of the dynasty, their friends, and the associated elite. Monarchy thus entails not only a political-administrative organization but also a "court society," a term coined by the 20th-century German-born sociologist Norbert Elias to designate various groups of nobility that are linked to the monarchical dynasty (or "royal" house) through a web of personal bonds. All such bonds are evident in symbolic and ceremonial proprieties.

During a given society's history there are certain changes and processes that create

https://www.britannica.com/topic/monarchy

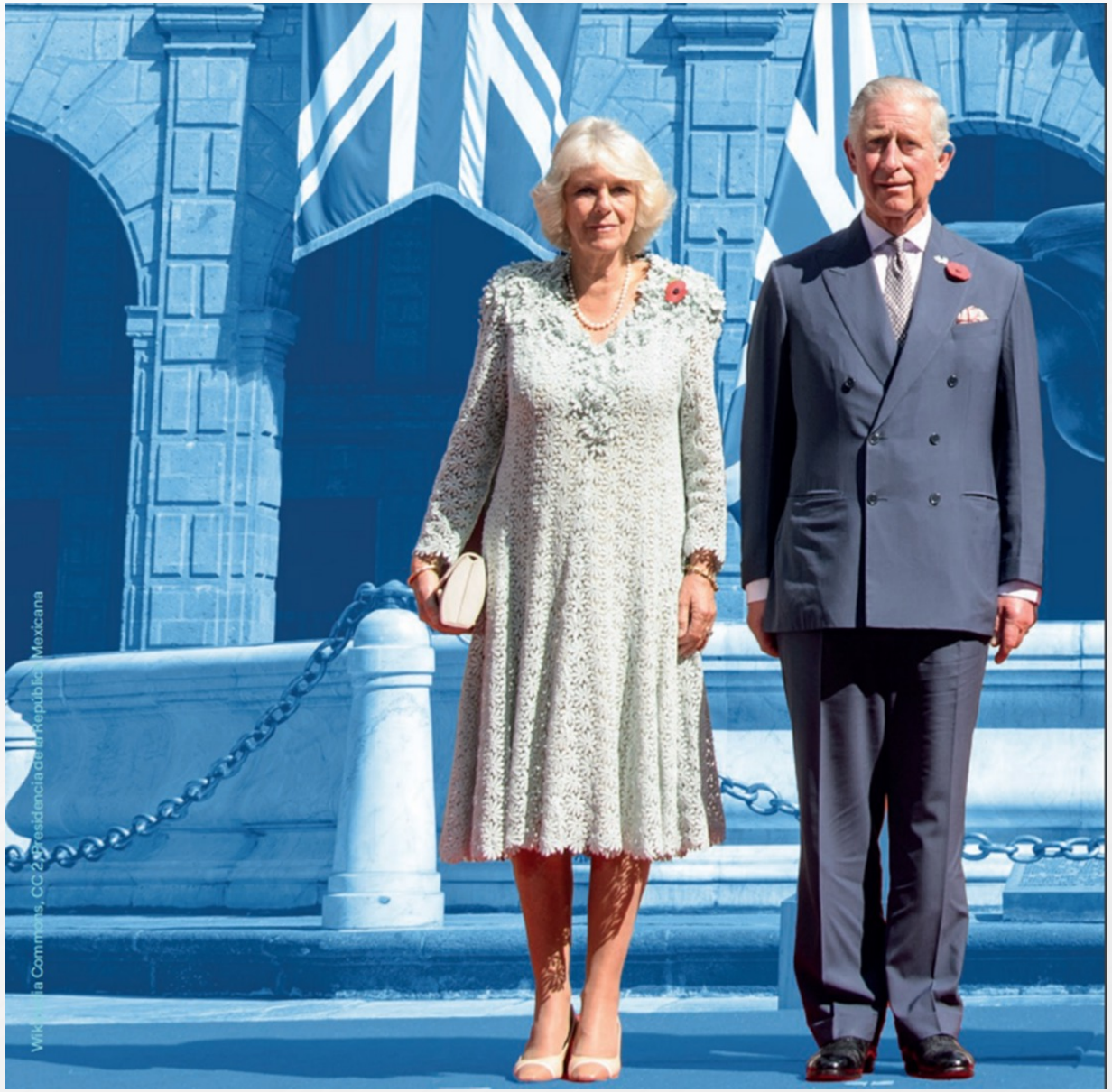
The coronation of King Charles 111

The New King

As Queen Elizabeth II's eldest son, Charles, becomes the new King, as King Charles III.

He will be officially crowned at a Coronation ceremony in May.

His wife, Camilla, will become the Queen Consort.



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Key information for the UK

- **Date:** 6th May 2023
- **Place:** Westminster Abbey
- **Time:** The morning of Saturday 6th May
- **Priest conducting the service**: the Archbishop of Canterbury
- **Length of time:** It's not clear. The Queen's coronation was 3 hours, but Charles wants something shorter.
- **Another difference:** Charles's Queen Consort, Camilla, will be crowned at the same time (so a double coronation) though her ceremony will be shorter
- **Yet another difference:** The coronation will represent a multi-faith country, not just the CoE – so all faiths will be present

Diary of events – 3 days of celebration

- **Saturday 6th May**

– Coronation at Westminster Abbey

- Procession in royal coach by King and Queen
- Balcony at Buckingham Palace to greet crowds

- **Sunday 7th May**

- Coronation Concert at Windsor Castle – staged by the BBC – members of the public will be able to apply for tickets – given out by ballot
- Coronation Big Lunch – as in Jubilee celebrations, neighbourhoods across the country will have street parties and big lunches to celebrate the event

- **Monday 8th May**

- The Big Help Out – members of the public will be encouraged to take part in volunteering and other events, to help the community

The coronation emblem

The emblem pays tribute to The King's love of the natural world, unifying the flora of the four nations of the United Kingdom; the rose of England, the thistle of Scotland, the daffodil of Wales and the shamrock of Northern Ireland. Together, the flowers create the shape of St Edward's Crown, with which His Majesty will be crowned on 6th May. The emblem has been designed using the red, white and blue of the union flag.

. Created by the internationally revered designer Sir Jony Ive KBE and his creative collective, LoveFrom, the emblem symbolises and celebrates the historic beginning of the new Reign.

https://www.royal.uk/coronation-emblem

Symbols of the United Kingdom

England - St. George **the Rose**
The national flower of England is the rose. The flower has been adopted as England's emblem since the time of the Wars of the Roses - civil wars (1455-1485) between the royal house of Lancaster (whose emblem was a red rose) and the royal house of York (whose emblem was a white rose).

Scotland - St. Andrew **- the Thistle**
The national flower of Scotland is the thistle, a prickly-leaved purple flower which was first used in the 15th century as a symbol of defence. The Scottish Bluebell is also seen as the flower of Scotland

Wales - St. David **the Daffodil**
The national flower of Wales is the daffodil, which is traditionally worn on St. David's Day.

Northern Ireland – St Patrick – Shamrock. It is a number considered lucky in Irish folklore courtesy of **the Holy Trinity — the Father, the Son, and the Holy Spirit**. The triad also represents ideals like faith, love, and hope

King Charles III

043

The monarch with a strong social conscience

King Charles III is a philanthropist[1] and environmentalist[2]. Let's look at some of the causes that are close to his heart.

Young people in the UK (11-30 years old)

1976 Charles uses his own (1)_____ for charity projects. The money helps a social centre in East London and pays for the training of young lifeguards in Cornwall.

The 1980s Fundraising concerts in London with famous (2)_____ like Phil Collins and Kate Bush raise more money for Charles' charity projects. His projects include helping young people start their own businesses, providing mentoring for teenagers in care and support programmes for young **offenders**[3].

The 21st century Young people who are experiencing poverty, homelessness, crime or mental health problems continue to receive help from charities connected with King Charles.

The planet

1985 Charles starts an organic farm at Highgrove House, his residence in Gloucestershire. Home Farm produces (3)_____ vegetables and meat. Organic farming methods reduce the impact on the environment. There is a wildflower meadow and a wildlife habitat at Highgrove too. Charles also keeps (4)_____. These initiatives all help to sustain biodiversity.

2017 Queen Elizabeth lets Charles manage the farm at Sandringham, a royal residence in Norfolk. It is now an organic farm with a flock of 2,700 organic sheep. There are solar panels on the farm buildings to help reduce the estate's carbon footprint.

2021 Charles gives the opening speech at the United Nations (5)_____ on Climate Change. He tells world leaders that they have to 'take action'.

GLOSSARY

1 philanthropist filantropo
2 environmentalist ambientalista
3 offenders delinquenti
4 legacy lascito

Now

The King of England's main residence is Buckingham Palace and as monarch he cannot give 'political' opinions on issues such as poverty and climate (6)_____. However, his **legacy**[4] lives on and his children and their families also do a lot of charity work. William, the Prince of Wales, and his wife Catherine, the Princess of Wales, work through the Royal Foundation. William primarily supports conservation and wildlife projects and the emergency services communities while Catherine focuses on projects with young children. Prince Harry, Duke of Sussex, and his wife Meghan, the Duchess of Sussex, also do a lot of charity work and support projects through their organisation, the *Archewell* Foundation. The aim of this organisation is to 'uplift and unite' communities around the world.
They work with local and global communities, both online and offline.

ACTIVITIES

1 043 **Complete the text with the words below. Then listen and check.**

Conference • money • bees • singers • change • fruit

2 **Read about one of the following philanthropists online and complete the sentence.**

- Bill Gates
- Michael Jordan
- J.K. Rowling
- Oprah Winfrey

_____ is a philanthropist because _____.

The Royal Family

16

042

WARM UP

Read the titles of the paragraphs. What is the text about? Tick.

1 ☐ Young members of the Royal Family.
2 ☐ Old members of the Royal Family.

The next generation

King Charles III and his late mum Queen Elizabeth II are famous around the world but it is often other members of the Royal Family who are in the news. The King's children, nieces and nephews and grandchildren are the modern representatives of the British monarchy. Let's take a look at some of them and what they do.

Members of the Royal Family and the late Queen Elizabeth II after the Trooping the Colour ceremony, as she celebrated her official birthday, 2019.

INTERDISCIPLINARY MAP

KEY WORDS

A monarchy: a state that has a monarch (a king or queen).

Royal duties: official jobs that a member of the Royal Family does for the monarch.

William

Prince William, King Charles III's son, is a future king of England. William and his wife Catherine (Kate) are one of the nation's favourite royal couples. They are down to earth[1] and live a relatively normal life with their three children.

Perhaps this is because Kate is from an ordinary middle-class family and she does not have any royal blood. Their first-born child Prince George is second in line to the throne.

Harry

Harry is William's brother but he is not a future king of England. His wife Meghan Markle is an American actress. They do not live in London and they do not have any official royal duties. However, as the duke and duchess of Sussex, they are a very famous couple and are often in the newspapers. They live in California with their children.

Harry and Meghan

Beatrice

Beatrice

Princess Beatrice, the first daughter of Prince Andrew (King Charles' brother) and his ex-wife Sarah Ferguson, is married to the Italian property dealer and billionaire Edoardo Mapelli Mozzi. She is not a working member of the Royal Family, she has a full-time job, but she is the patron of some organisations and charities[2].

Zara

Zara Phillips, married name Tindall, does not have a royal title. Her mum, Princess Anne (King Charles' sister), is responsible for this decision and Zara is happy. Zara is an Olympic equestrian and her husband Mike is an ex-rugby player for the England team. They both have an MBE[3]: Zara for her services to equestrianism and Mike for his contribution to rugby. Zara does not do any official royal duties but she attends Royal Family events and does charity work.

Zara and Mike

ACTIVITIES

1 Read the texts and match the sentences (1-5) to the right name (a-f).

1 She is an American actress.
2 She does not have a royal title.
3 He has got three children.
4 She works full time.
5 He lives in California.
6 She is from a normal family.

a ☐ William
b ☐ Kate
c ☐ Harry
d ☐ Meghan
e ☐ Beatrice
f ☐ Zara

2 DEBATE Life skills **Monarchy versus Republic. Debate the advantages and disadvantages.**

GLOSSARY

1 down to earth: alla mano
2 charities: organizzazioni di beneficenza
3 MBE: Member of the Order of the British Empire (titolo onorifico)

Coronation Fun Facts & Gossip

- **Who is performing at the Concert**

- Stars such as Take That are performing at the concert, but a lot of stars declined, including:

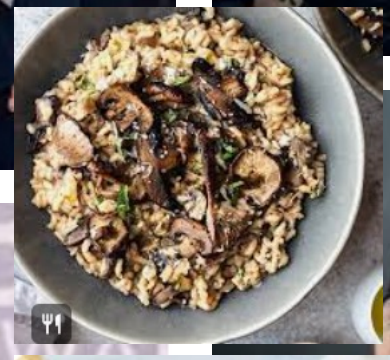
- Elton John (friends with Diana)
- Adele
- Ed Sheeran
- Robbie Williams
- Kylie Minogue

- **Harry and Meghan**

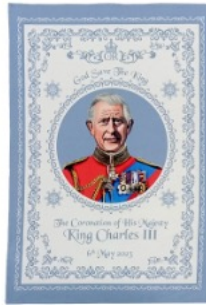
- They've been invited, but it isn't clear if they will come
- Their children (Archie and Lilibet) have not been invited
- They won't be present on the Balcony
- They won't be present in the royal procession

- **Fun food**

- Coronation chicken as a dish was invented for the Queen's coronation in 1953
- Charles favourite food is a boiled egg
- As the owner of Duchy Organics, he loves organic food, especially wild mushroom risotto



Memorabilia



Past coronations

- **William the Conqueror (1066)**

- Crowned on Christmas Day 1066 after victory at Battle of Hastings
- It was inside Westminster Abbey – which had just been completed by Edward the Confessor
- The Norman guards heard the acclamation and thought a fight had broken out so they started burning down Saxon houses

Past coronations

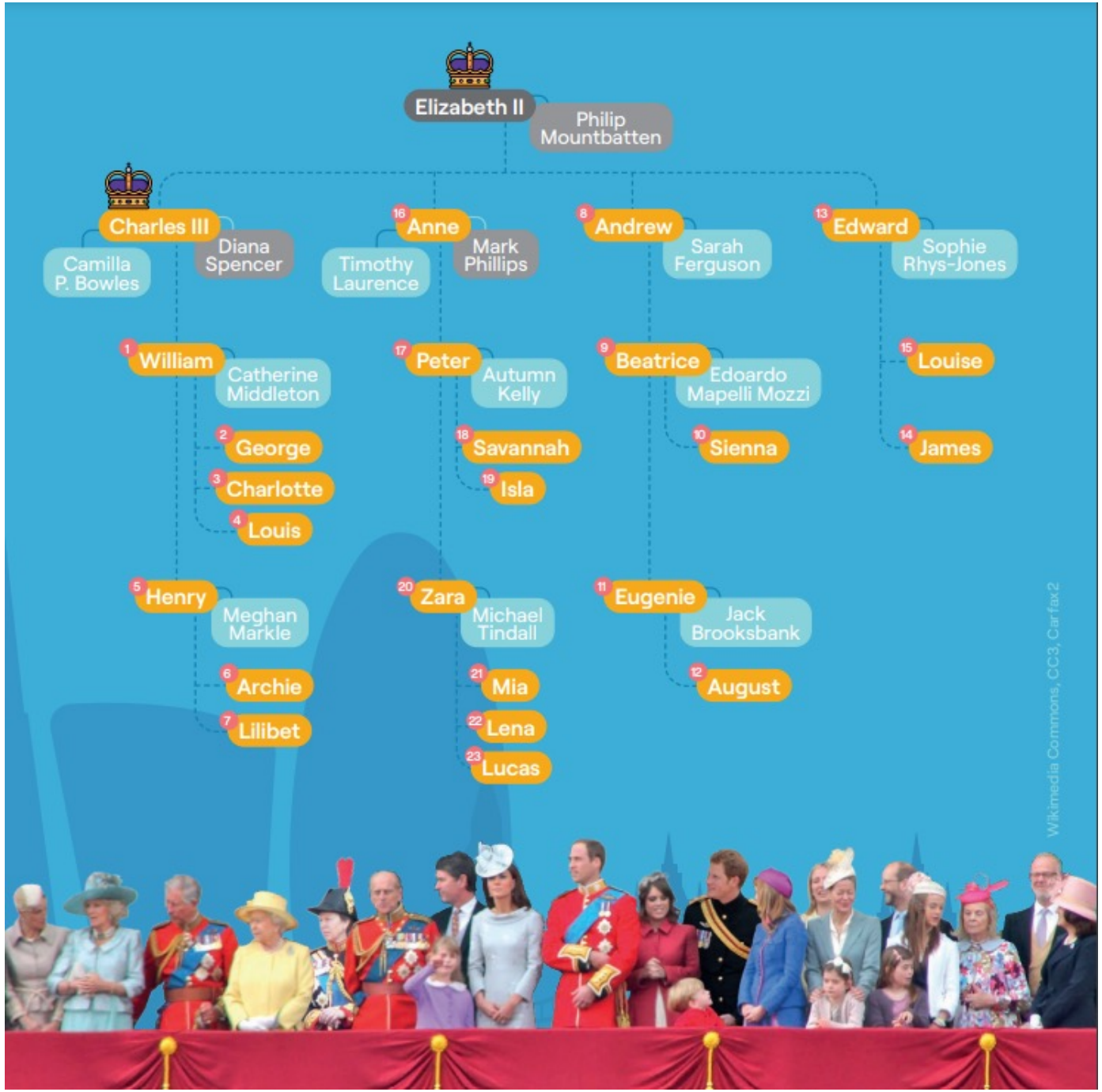
- **George IV**

- It took place at Westminster Abbey on 19th July 1821
- George was married to Caroline of Brunswick – he married her for her money – but there was no love between them
- On the day of the Coronation, Caroline was told to stay away, even though she was queen
- She turned up, nevertheless, and demanded to be let into the abbey, even banging on the doors
- They did not let her in and she died a month later

First Changes

Now that we have a new king, some things we see everyday will need to change.

- The words to the National Anthem change to "God Save The King".
- Money will change, new notes and coins will be made with a picture of the new king.
- New stamps will also need to be made.


Elizabeth II
Philip Mountbatten
Charles III
Camilla P. Bowles
Diana Spencer
16 Anne
Timothy Laurence
Mark Phillips
8 Andrew
Sarah Ferguson
13 Edward
Sophie Rhys-Jones
1 William
Catherine Middleton
17 Peter
Autumn Kelly
9 Beatrice
Edoardo Mapelli Mozzi
15 Louise
2 George
18 Savannah
10 Sienna
14 James
3 Charlotte
19 Isla
4 Louis
5 Henry
Meghan Markle
20 Zara
Michael Tindall
11 Eugenie
Jack Brooksbank
6 Archie
21 Mia
12 August
7 Lilibet
22 Lena
23 Lucas
Wikimedia Commons, CC3, Carfax2

PRIMARY SCHOOL

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The King's Coronation Goodie Bag

It is the event of the year and your students will be very keen to get involved and celebrate with some King's Coronation activities in the classroom this year.

Keep reading to find out more about the different events that will take place to celebrate King Charles III's reign; some facts about his life to share with your class; and a fantastic list of amazing coronation ideas and resources created for teachers and students!

- **Royal Family Worksheet**
- **Royal Family Worksheet - Teacher Notes**
- **Tea Worksheet**
- **Tea Worksheet - Teacher Notes**
- **Photo Frames**
- **Photo Booth**
- **UK Activity Map**
- **London Monuments Minibook**
- **London Icons Minibook**

Tea

1. **Read.**

The British love tea but it's not easy to make the perfect cuppa. The first thing you need is good quality tea of course, tea bags or tea leaves, but there are other factors to consider too.
The water must be the right temperature for example. For black tea the best temperature is usually between 90-98° but for green tea the best temperature is around 80°c. Brewing time also varies depending on the kind of tea you use but it is usually between 2-4 minutes. What about milk and sugar? It's a personal choice but remember don't add milk to green tea. Experts also recommend that you put your milk in last, after the tea, but again it's up to you really. One more thing: don't forget about the planet when you're making a brew. Buy fairtrade biodegradable tea bags that protect workers' right and that can go in the food waste bin for recycling.

Glossary
cuppa/ brew - slang for cup of tea.
brewing time - the number of minutes you must leave the tea bag or tea leaves in your cup/ teapot

2. **Read the text. Are the sentences 1-6 true, false or not given? Put a cross (X) in the correct box.**

	T	F	NG
1. It's not difficult to make the perfect cup of tea.	☐	☐	☐
2. The temperature of the water is important.	☐	☐	☐
3. A temperature of 100°C is ideal for herbal teas.	☐	☐	☐
4. The average brewing time is 2-4 minutes.	☐	☐	☐
5. You should always add milk and sugar to tea.	☐	☐	☐
6. Fairtrade biodegradable tea bags can help the planet.	☐	☐	☐

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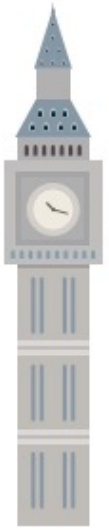
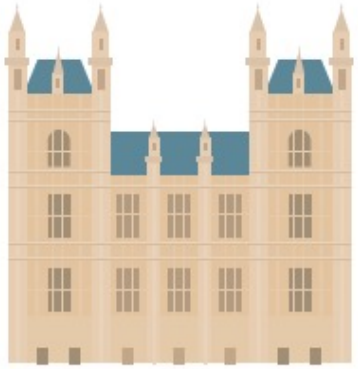


BIG BEN

BUCKINGHAM PALACE



HOUSES OF PARLIAMENT

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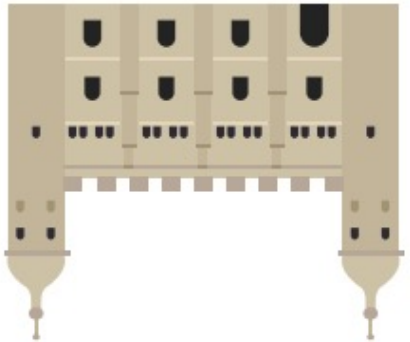
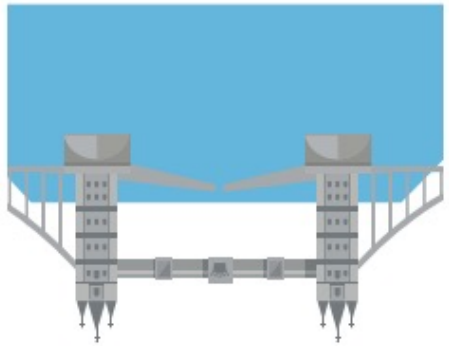
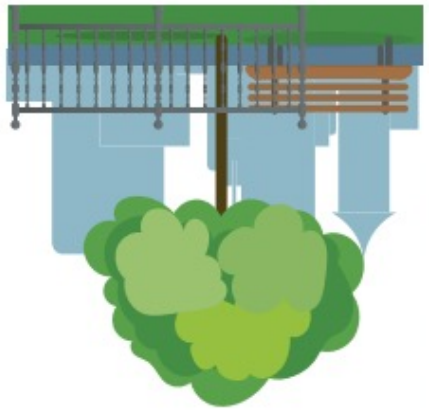
TOWER OF LONDON



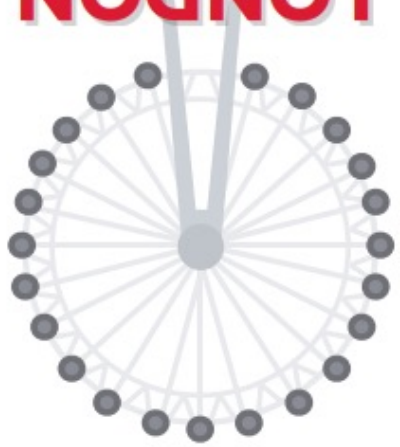
RIVER THAMES



LONDON PARKS



LONDON EYE



Interactive Map

https://it.pearson.com/elt-revolution/billy-bot.html

SECONDARY SCHOOL

Pearson

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- Royal Family Worksheet
- Royal Family Worksheet - Teacher Notes
- Tea Worksheet
- Tea Worksheet - Teacher Notes
- UK Activity Map
- London Activity Map

2 The London Underground

1. **Read.**

The London Underground, or the Tube, has got 11 underground lines. Each line has its own name and colour. There are 272 stations over 402km and this means that you can travel all around London, from the city centre to the suburbs. The London transport area has got 6 zones. Zone 1 is the most central area and zones 2-6 form rings around the centre.The Bakerloo line is one of the zone 1 lines that city centre residents, workers and visitors to the capital use. Its stops include the exclusive residential area of Maida Vale, the vibrant Piccadilly Circus and the much-loved Regent's Park. There is another stop on this line that intrigues tourists: Baker Street, home of Sherlock Holmes! Sir Arthur Conan Doyle's world famous detective lived at 221b Baker Street from 1881- 1904 according to the stories. Today, you can visit the Sherlock Holmes Museum at this address, see where the super-sleuth lived and experience life in Victorian England. Don't forget to take your photo outside one of London's most famous front doors.

2. **Read. Read the text. Are the sentences true, false or not given? Put a cross (X) in the correct box.**

	T	F	NG
1. The London Underground has got 272 lines.	☐	☐	☐
2. The Tube is another name for the underground.	☐	☐	☐
3. Zone 1 is the nicest area.	☐	☐	☐
4. People can get the Bakerloo line to The Sherlock Holmes Museum.	☐	☐	☐
5. Sir Arthur Conan Doyle was a world famous detective.	☐	☐	☐
6. Sherlock Holmes was a detective in Victorian times.	☐	☐	☐

3. **Think. Discuss.**

What places can you visit on the Bakerloo line?

4. **Compare.**

Does your capital city have an underground transport system?

a. Yes. Describe it. Max 50 words.
b. No. Describe your ideal underground system. Max 50 words.

a. *The underground system in my city has got ...*

b. *In my ideal underground system there are ...*

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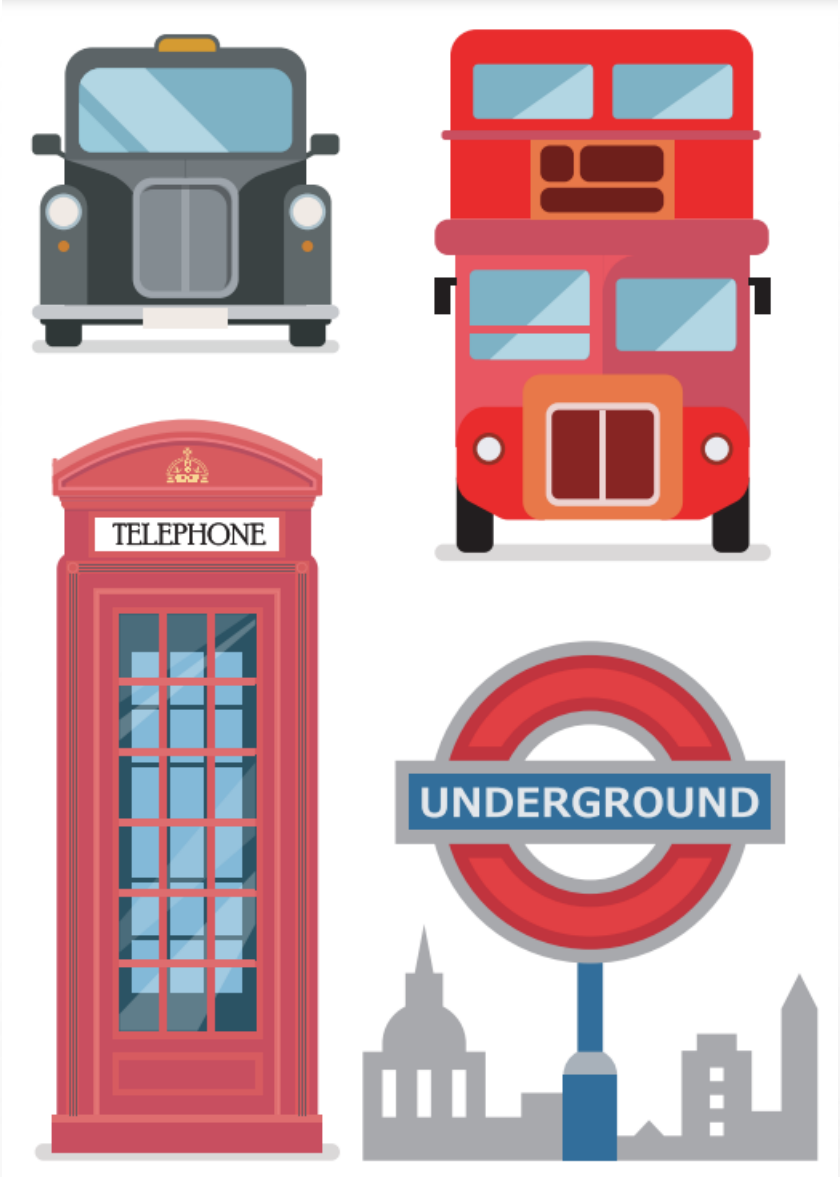
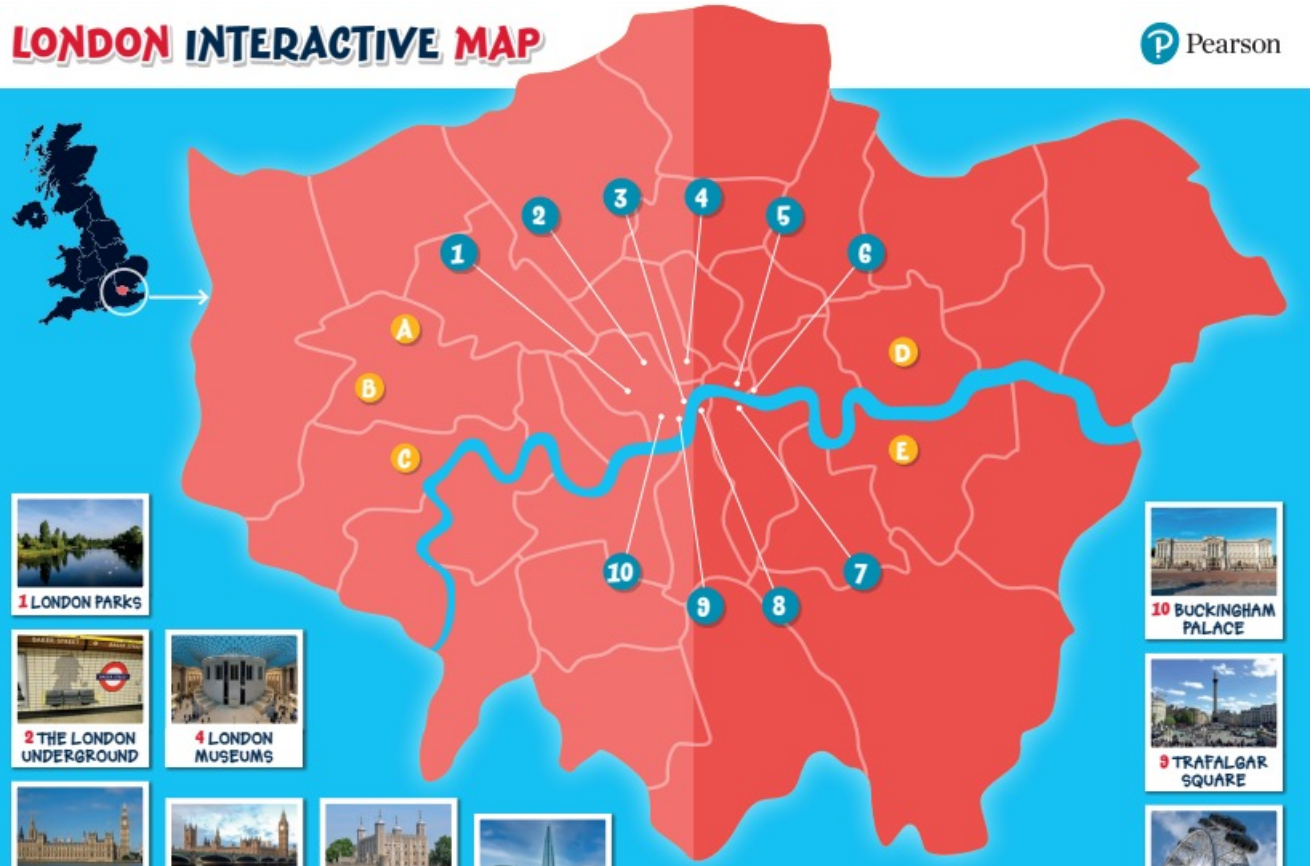
Photo Booth



LONDON INTERACTIVE MAP

Pearson



1 LONDON PARKS

2 THE LONDON UNDERGROUND

4 LONDON MUSEUMS

3 THE PALACE OF WESTMINSTER AND BIG BEN

5 THE THAMES, LONDON BRIDGE

6 TOWER OF LONDON

7 THE SHARD

10 BUCKINGHAM PALACE

9 TRAFALGAR SQUARE

8 LONDON EYE

"Reading can take you places you have never been before." (Dr Seuss)

Enjoy reading more about London with Pearson's Readers!

3 The Palace of Westminster and Big Ben

1. Read.

The Uk Houses of Parliament sit in the Palace of Westminster. People often call this building just Parliament or Westminster but whatever the name, this Gothic-Revival style palace is an iconic London landmark. The Great Fire of London destroyed the original 11th century building in 1834. The 19th century architect Charles Barry designed the new palace which is now a Grade 1 listed building and a UNESCO World Heritage Site. In fact, apart from the stunning 19th century architecture the palace is also home to many statues, frescoes, murals and paintings all of which depict British history. Westminster also has an iconic scound: Big Ben. Again, many people are a bit confused about this name: they think it's the name of the clock tower at Westminster but it's actually just the name of the Great Bell. This bell first rang in 1859 and and continues to ring out the time on the nation's favourite clock. You can hear Big Ben's chimes on the hour and at fifteen minute intervals.

2. Read. Complete the sentences. Choose option a, b, c or d.

1. The _____ are in the Palace of Westminster
   a. UK Houses of Parliament **b.** Westminster **c.** houses **d.** palace
2. The Great Fire destroyed the original Palace of Westminster in _____
   a. the 11th century **b.** 1859 **c.** 1834 **d.** the 18th century
3. There are lots of artworks about _____ history in the Palace of Westminster.
   a. Gothic **b.** British **c.** Revival **d.** UNESCO
4. Big Ben is a _____
   a. clock **b.** tower **c.** bell **d.** clock tower
5. The bell chimes _____
   a. every fifteeen minutes **b.** for one hour **c.** for fifteen minutes **d.** once an hour

3. Think. Discuss.

Why is the Palace of Westminster a Grade 1 listed building and UNESCO World Heritage Site?

4. Compare.

What is your country's most iconic landmark? Find a photo/ magazine cutting and stick it here. Write a short description below.

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A The Crown

M. R. James

1. Read. Read this extract.

'The three crowns were magic,' the old man said. 'Their magic protected the country.'

'Do people believe that?' Paxton asked with a smile.

'Many people here in Seaburgh believe it,' the old man answered.

'But do *you* believe it?' Paxton said.

The old man looked at the dark sea. His eyes were dark, too. He didn't answer Paxton's question.

'And where are these crowns now?' Paxton asked.

He looked at the water, too. There was a boat on the sea. It was small on the dark water.

'That's a difficult question,' the old man said. 'One of them is in London now. Every day people on holiday can go and look at it. One of the crowns is in the sea. Now only one crown is in the gr ound. But its magic is working today.'

'Do you know about the last crown?' Paxton asked. 'Where is it?'

'I don't know that,' the old man said.

'*Who* knows?' Paxton said.

'Only the Agers family.'

'Who are they?'

The old man looked into Paxton's eyes. 'Agers is a very old name in Seaburgh. The Agers were a family here for many years. Families come and go. But the Agers always stayed. They never moved away.'

'Why not?'

'The men of the family had a very important job.' The old man was quiet now. 'The crown protected the country, and the Agers protected the crown.'

This original tiltle of this story was 'A Warning to the Curious'. It was publihed in a collection of ghost stories by M.R. James in 1925.

2. Read. Answer the questions. Use maximum four words.

1. What did the three magic crowns do?
2. One crown is in London but where is the second crown?
3. Where does the old man say the last crown is?
4. Who knows where the last crown is?
5. What did the Agers do?

3. Think. Discuss.
Where in London do you think the crown is?

4. Compare. There is another legend in England about protecting the country. It says that there must always be 6 ravens at the Tower of London otherwise the 'kingdom will fall'. Are there any similar legends in your country? Max. 50 words.

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Coronation big lunch & big help

Big Help Project is a multi-award winning national charity.

Our mission is to feed the hungry, overcome poverty, free people from the burden of unmanageable personal debt, help people into affordable housing and to assist people onto a better future.

Hello.
We're here to help

https://www.bighelpproject.com/

https://www.edenprojectcommunities.com/the-big-lunch

Design a crown competition

Pearson

British Embassy
Rome

British Embassy
Rome

Design a Crown Competition for the Coronation of Their Majesties The King and The Queen Consort

Theme: "To reflect the modern, diverse, multi-faith United Kingdom and particularly promote the themes of youth, community, diversity, and sustainability"

The Coronation of Their Majesties The King and The Queen Consort will take place on Saturday, 6 May 2023, at Westminster Abbey in London.

During the ceremony the King will be crowned with King Edward's Crown and the Queen Consort with Queen Mary's Crown.

During the coronation weekend there will be many celebrations across the United Kingdom and the Commonwealth, including a coronation procession, A Big Lunch, A Big Help Out, a Coronation Concert and Lighting Up the Nation. There is also a Coronation Emblem which will feature throughout the celebrations and this depicts the flora of the four nations of the United Kingdom; the rose of England, the thistle of Scotland, the daffodil of Wales and the shamrock of Northern Ireland in the shape of St Edward's Crown. The emblem has been designed using the red, white and blue of the Union Flag.

An invitation for your students to be creative and take part in preparing for the Coronation of Their Majesties The King and The Queen Consort on 6 May 2023. The British Embassy Design a Crown Competition is open to all students of all ages!

To enter the competition:

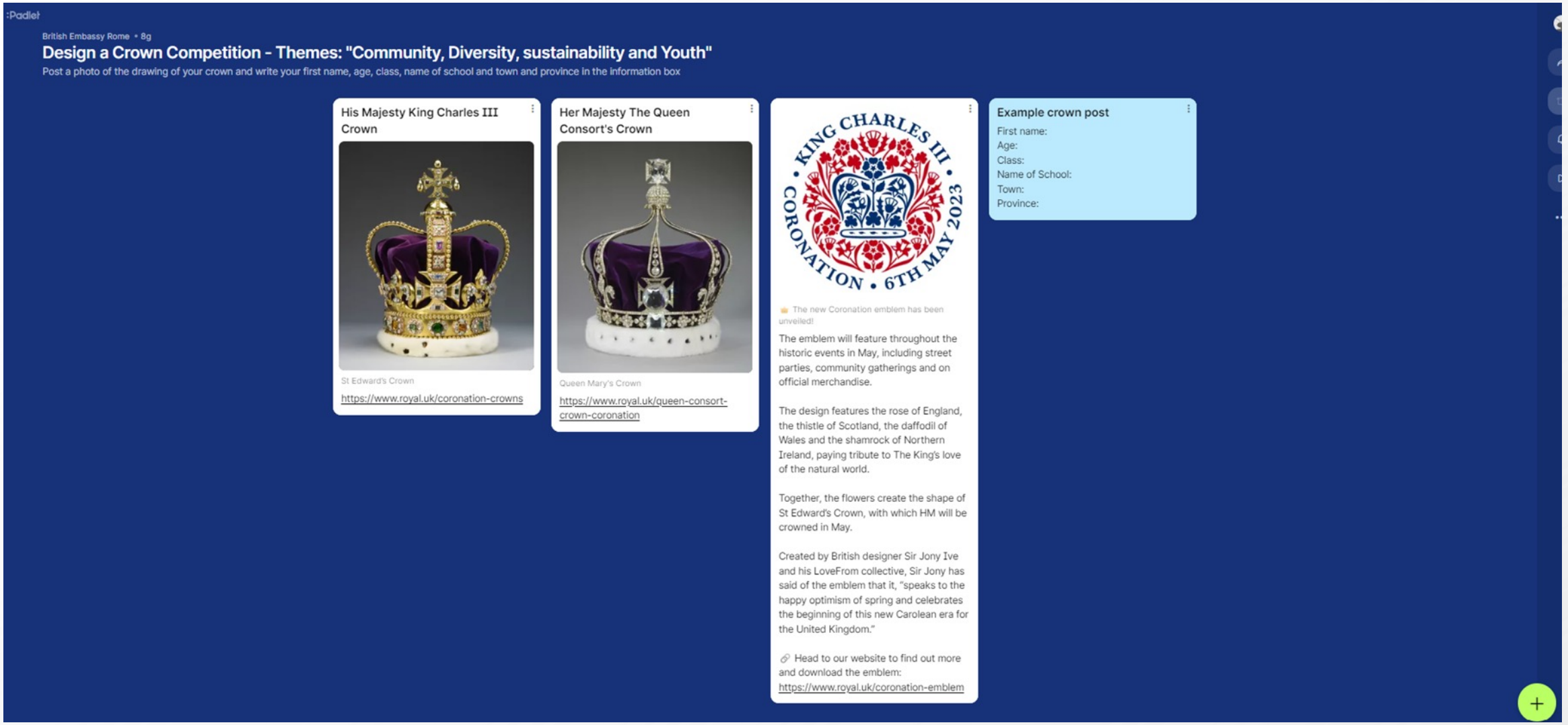
Design your crown with one or all of the themes: "Community, Diversity, Sustainability and Youth ". You can hand draw the crown and then upload it on to the padlet. Please write your first name, name of class, school, town, province in the information box.

The categories for entries are: Primary School, Lower and Upper Secondary School. There will be one drawing of a crown from each category chosen by the Ambassador. The winners will be invited to Villa Wolkonsky, the Ambassador's Residence in Rome, on May 6th with their family and teacher, to watch the Coronation of Their Majesties The King and The Queen Consort.

All participants will receive a special certificate of participation from the Ambassador and the British Embassy.

Link to upload the photo of your crown:
https://padlet.com/BritishEmbassyRome/design-a-crown-competition-themes-community-diversity-sustai-re6soaps15ahb7by

Upload a photo of your crown drawing



https://padlet.com/BritishEmbassyRome/design-a-crown-competition-themes-community-diversity-sustai-re6soaps15ahb7by

Plan a cornation party in your school

Prepare for the coronation in 2023
In groups choose an aspect of the British royal family:
A person
Places
History
Role
Monarchy in another country
Commonwealth

Make a poster, video, fact sheet
Present it to the class

https://www.royal.uk/royal-family

“You can find magic wherever you look.

Sit back and relax, all you need is a book.”

Dr. Seuss, The Cat in the Hat

Piccola Guida alla Lettura estensiva Letizia Cinganotto @ Pearson

Pearson

mondly

Learn 41 languages on any device anywhere from your mother tongue

Rise and Shine
It's a beautiful day!

Note to Self:

When things feel overwhelming, remember:

- One thought at a time
- One task at a time
- One day at a time

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NOT ALL SUPERHEROES HAVE CAPES
SOME HAVE TEACHING DEGREES
TEACHERS ARE THE TRUE SUPERHEROES
YOU INSPIRE, MOTIVATE, & CHANGE THE WORLD.
#TeachersAreSuperheroes
You are at the heart and soul of what we do. Thank you!

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mondly WORKS
by Pearson

Thank You