



[How to maintain your mental health]

Description

The OER consists of several different parts. The intended starting point is supposed to take place in class with a discussion of the infographic. The interactive book is supposed to be self-learning material for the students. The book consists of a big variety of different tasks in a carefully planned progression to each other. An answer key will also be provided.

Main target group / level

Sekundarstufe I, grade 7 and 8
(CEFR level A2)

Learning goals

By the end of the self-learning process students will be able to identify, differentiate between and formulate sentences with the conditional clauses types one and two in different contexts. Furthermore, they will be able to give advice and reflect on pieces of advice for others and themselves.

The complex topic of mental health can be discussed with the produced OER. Students will be provided with methods and know-how enabling them to talk proficiently about maintaining a good mental health.

Why is this topic important for TEFL?

Mental health is an important topic for TEFL because the personal mental health of each student heavily influences how a student learns, communicates and feels overall. When mental health issues are addressed in the classroom, a safe and positive environment that promotes language learning and nurtures good mental health.

Main competence(s)

Self-competence, *funktionale kommunikative Kompetenz* (i.e., *sprachliche Mittel*, usage of the conditional clauses)

License



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Learning contexts

Expected prior knowledge

- Basic understanding of English word classes
- Usage, formation and basic rules concerning the present simple, the will-future, the past simple and the conditional I
- Usage and rules concerning the modal verbs

Possible contexts of use

- Self-learning module in school in individual work
- Self-learning at home in a variety of ways and repetitions

Materials / tools / resources

- Infographic: *How to maintain your mental health* (PDF)
- Interactive workbook: *How to maintain your mental health* (H5P, HTML)
- Sample solutions (PDF)

Notes:

- Various tasks of the interactive book can also be applied to different scenarios. For example, the writing dialogue task towards the end of the book could also be done in class orally with a partner.
- Most of the tasks from the interactive book will be corrected automatically by the system. However, there are some open tasks the system can not correct, therefore answer keys are provided separately.
- The interactive book focuses on the explanation why something is the way it is and gives explanation once the students give a false answer.