



Access English Centre
Immigrant Centre Manitoba
Multi-level: Cool-Down Activity
Enjoy the Scenery
15 minutes



Objective/Goal:

Gives participants the opportunity to express themselves creatively and exercise relaxation techniques.

Materials:

Participants need:

- none

Facilitator needs:

- computer(with internet access)
- projector
- screen

Procedure:

1) **Have** the projector ready on the following website to display on the screen:

www.calm.com

2) **Have** a discussion circle. **Gather** the participants together. **Have** them sit in a circle.

3) **Ask** the participants what causes stress in their lives. **Brainstorm** together.

Ex. job
money
children, teenagers
school, etc.

4) Next, **ask** them how they relax. **Brainstorm** together.

Ex. exercise
going to the spa, etc.

5) **Explain** that they will look at 2 easy ways to relax.

6) The facilitator will **instruct** the participants that they will **learn** a relaxation technique by breathing.

7) **Demonstrate**.

8) The facilitator will then **say**," Breathe in and breathe out. **Do** this 5 times.(**Do** this slowly.)



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- 9) **Ask** the participants if they feel better.
- 10) **Breathe** in and out 5 more times.
- 11) Next, **have** the participants face the screen.
- 12) **Explain** to the participants that they will listen and then view 6 slides.
- 13) **Have** the participants close their eyes, first.
- 14) **Ask** for some volunteers to share what they hear.
- 15) **Discuss**.
- 16) Now have the participants **view** and **look** at the slide. **Ask** them what do they see.
- 17) **Discuss**.
- 18) **Explain** that looking at peaceful/tranquil scenery with accompanying soft, soothing sounds can also be relaxing. **Ask** the participants if they have done the same.
- 19) **Divide** the whole group into 5 smaller groups.
- 20) Each group will **sit** together.
- 21) Each group will **first listen** and then **view** the slide. The rest of the groups will **listen** to each of the small group's discussion.
Slide #1: (sound of crickets)/ (river bank scene)
- 22) Ex. **Group #1 will listen and view slide #2**
(crickets/ river bank scene)
Group #2 - slide #3
(loons/ stream/meander through fields)
Group #3 - slide #4
(sound of birds/ meadow)
Group #4 - slide #5
(ocean waves-surf sounds/sunset at beach)
Group #5 - slide #6
(sound of wind blowing through tall grass/ fields)
- 23) Whole Group Discussion: **Pose** the following questions to the whole group:
Ex. Which relaxing technique did you like better? the breathing or pictures?



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sounds or pictures and sounds?

Ex. Which slide was the best slide? Why?

Ex. Which slide looked more relaxing?

Ex. Do you think soft sounds helps? , etc.

- 24) **For beginner levels**, you are looking to **see** for how well they can **interact** with each other and **share** responses. Can they **identify** some vocabulary or colours? **Teach** them new vocabulary.

For high beginners levels, you are looking to **see** how well they can **describe** the scenery and sounds.

For intermediate and advanced levels, can they accurately **identify** the sounds and landscapes? Can they also **use** more descriptive words in describing them? Will they be able **share** more of their creative ideas for relaxation techniques?

Extension Activities:

- *Extension Activities are alternative/extra activities that can be done to supplement the main activity when there is extra time. It can also be done in the next class as a review of previous vocabulary or conversation.*

Please see the websites for additional info or to share and display to the participants:

- A. The following exercise could be used to accompany the breathing exercise.
<http://www.morethanmedication.ca/en/article/index/Breathe>
Breathing Exercises (1:10)
- B. For a beginning level, do the cool-down activity together as a whole group. Guide them through the whole exercise. Ask simple questions like:
- What do you hear?
 - What do you see?
 - Go over vocabulary. ex. river, field, etc.

For research, please see the following websites:

- 1) <http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot?page>



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- 2) The following website can be used for beginner English learners to focus on vocabulary:
<http://www.youtube.com/watch?v=XIRx27b1aaE>
"Relaxing Pictures and Music" (2:58)
- 3) The following website is an assortment of beautiful nature pictures which can be viewed:
<http://www.nature-pictures.org/collection/125/3354/>