



Národní agentura udělila organizaci Základní škola a mateřská škola Ostrava Hrabůvka, Krestova 36A, příspěvková organizace, Krestova 1387/36A, 700 30 Ostrava-Hrabůvka grant z finančních prostředků rozpočtu Evropské unie na projekt s názvem „Škola pro život“ v rámci programu Erasmus+, KA 1: Vzdělávací mobilita jednotlivců. Na základě inspirace z mobility „*Yoga and Meditation for Educators: Be a Great Teacher, be your Best Self*“, která byla uskutečněna na základě tohoto projektu, byla vytvořena příprava pro výuku nejazykových předmětů v anglickém jazyce.

## Yoga and Meditation Techniques Through Sicily

**Written by:** Mgr. Lenka Vařáková, CLIL in Geography

**Age:** 12-14 years

**Duration:** 60 minutes

### Materials Needed:

- Flashcards/images of Sicily and yoga poses
- Audio music for meditation
- Whiteboard and markers
- Map or images of Sicily

### Objective:

- By the end of the lesson, students will be able to describe basic wellbeing practices
- Understand simple yoga poses
- Practice basic meditation techniques using English
- Learning about Sicily's geography and cultural approach to wellbeing.

---

### Warm-Up

- Greet students and ask: “*How are you feeling today?*”
- Introduce the topic by asking students what they do to relax and feel good.
- Write the word **Wellbeing** on the board and brainstorm words related to it (e.g., health, happiness, calm, relax, breathe, sleep, yoga, exercise).
- Show a map of Sicily and ask students if they know anything about the region's natural beauty, food, or lifestyle.

---

### Vocabulary

- Introduce key vocabulary related to wellbeing, yoga, meditation, and Sicily:



- Wellbeing: *health, happiness, balance*
  - Yoga poses: *Sun salutation, Tree pose, Downward dog, Mountain, Flamingo...*
  - Meditation: *breathe in, breathe out, focus, relax*
  - Sicily: *island, sea, volcano, Mediterranean, nature, historical buildings, food*
  - Show images of Sicily's natural landscapes to illustrate relaxation and wellbeing.
  - Encourage students repeat the words and match them to pictures.
- 

### Listening & Speaking Activity

- Play a short, simple guided meditation audio (2-3 minutes) with clear instructions like *"Close your eyes," "Breathe in and out."*  
<https://www.youtube.com/watch?v=eK0kiYEtHFQ>
  - Ask students how they felt afterward.
  - Discuss how Sicilian nature and culture (the sea, mountains, fresh air, holidays, typical food) can help people feel relaxed.
  - Pair work: One student gives simple relaxation instructions (*"Breathe in, breathe out, relax your shoulders"*), and the other follows.
- 

### Yoga Practice

- Play relaxation music <https://www.youtube.com/watch?v=eK0kiYEtHFQ>
  - Demonstrate three simple yoga poses (Tree Pose, Downward Dog, Mountain Pose) and relate them to Sicily's landscape (e.g., standing tall like Mount Etna, flowing like the Mediterranean waves).
  - Guide students in following along while describing the actions.
  - Ask students to describe how they feel after practicing.
- 

### Reflection

- Ask students: *"How do you feel now? What was your favourite part of the lesson?"*
  - Review key vocabulary and phrases.
  - Encourage students to try one relaxation technique at home.
  - Assign a simple task: *Write 3-5 sentences about what they do to relax and how Sicily could be a relaxing place to visit.*
-

## Flashcards

## Palermo – capital



Trapani



Trapani Misteri



Taormina



Lampedusa Beach





Etna volcano



olives



Cannoli



Arancini

## 11 SIMPLE YOGA POSES FOR A COMPLETE BEGINNER

