

Initial discussion

Introduce PSA

Normalise fear. Show you understand

Brainstorm symptoms. Share in groups

fun topics

Students choose the topic. Make it fun
Or you give a list of topics they love
Provide engaging vocabulary sheets
Don't grade them. Only give praise
Ask students to begin with a smile

practical ideas

Students work in groups of 3-5. Sitting

Each speaks for 2 minutes max.

Have a timer. Everyone claps. 'Change'

Students work in groups of 3-5. Standing

Have topics on cards. Improv

Discuss how they feel

advanced

suggestions

**Have different topics at work stations
love as a group. Improv or not
students work in groups of 10-15. Standing
progress over a term (or year) before sole
resentation to whole class**