Walk away

Introduction

In this micro activity, you will find out how to get students re-energised by getting them out of their chair and walking around.

This is a useful activity to use with remote learners who spend long periods of time sitting at the desk. It should help to relieve their stress and anxiety as well as get their blood circulating a little and provide context for a simple quick speaking activity.


Level: Any age or level.

Time: 10 – 20 minutes

Aim: To re-energise students.

Preparation:

- None

Procedure:

- When you feel your students are low on energy, ask them to stand up and walk to their door or window.
- Ask them to look outside once they get there and try to remember what they can see.
- Tell them to count the number of steps.
When the students get back to the computer, ask them to describe what they saw. Note: You could put the students into groups to do this.

Next, ask them to find someone who is nearer to their door/window and someone who is further. Note: They'll need to compare the number of steps.

Find out who is nearest and who is farthest from their door/window.

Additional resources

Teaching pathways: Skills for remote teaching

In this practical five-week course, you will develop the skills you need for remote teaching and reflect on how they relate to your learners’ learning. You will learn about different approaches to remote teaching and consider what factors make the transition from the physical to online classroom successful.

https://www.teachingenglish.org.uk/article/teaching-pathways-skills-remote-teaching

Remote teaching tips

This publication offers a range of practical tips and advice for remote teaching in all contexts.

https://www.teachingenglish.org.uk/article/remote-teaching-tips

Getting started with online teaching

Many classes and school systems all over the world are taking steps to offer lessons online. However, stepping into the digital world overnight can be challenging for many teachers. This guide is useful for teachers and teacher educators who have little experience of online teaching and need some advice on where to start.

https://www.teachingenglish.org.uk/article/getting-started-online-teaching
Lesson planning for teaching live online

- While there are many similarities between face-to-face lessons and virtual lessons, there are a lot of differences too. Take a look at these ideas for structuring live online lessons.

https://www.teachingenglish.org.uk/article/lesson-planning-teaching-live-online

Total physical response – TPR

- This is an introduction to the teaching approach known as total physical response.

https://www.teachingenglish.org.uk/article/total-physical-response-tpr

Stirrers and settlers for the primary classroom

- In this article, Sue Clarke looks at teaching in the primary classroom and the amount of energy children have! Knowing how to channel this energy, or when to 'stir' and when to 'settle' children, will help you achieve balanced lessons without children becoming over-excited on the one hand or bored on the other.

https://www.teachingenglish.org.uk/article/stirrers-and-settlers-primary-classroom