

# Learning to learn toolbox

## 5. Setting the mood

### Mindfulness or imagery exercises

Sometimes a calming activity is needed. It relaxes and improves concentration.



### Physical activity

Physical activity boosts energy levels. For example singing game, yoga, mirror exercise or stretching. You can easily find exercises online.

### Humor moment

Let the student pick up a joke from joke bag to lighten the mood.



### Concept alias

A game where participants explain or act out concepts or ideas for others to guess, similar to traditional charades but focused on abstract concepts.

### Memory game

Try to find matching pairs from the cards which are placed face down. Use for example maths or new words at foreign languages.



### Greeting cards or posters by the door

Students can choose the greeting they prefer from the classroom door with which they will greet you when entering the classroom (wave, handshake, hug, elbow bump, binoculars). Greeting cards are easy to make with Canva.

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### "Am I the only one who...? game

The game is about sharing a characteristic or experience that one believes is unique to themselves.

### Positive feedback

Writing positive comments on paper without the person knowing who is praising them. For example, papers are taped to people's backs, and each person takes turns writing positive compliments about others.



### Dream map

A large pile of magazines is brought into the space, and the learners are tasked with cutting out images that resonate with them and are important to them

### Secret friend

At the beginning everyone receives a note with a classmate's name. Each person does positive actions for their secret friend such as sending kind messages, giving compliments or any other thoughtful gestures.



### What went well -reflection

This is done at the end of the day or workweek. Each participant selects something they want to share with others, where they have experienced success.

### Gonoodle.com

Good activities for energizing and warm-up: songs, physical exercises, etc.

