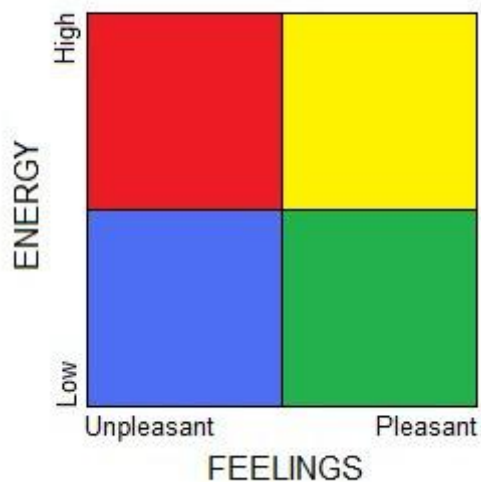


At this moment, I'm feeling ...

Mood Meter



http://www.csh.k12.ny.us/webpages/ksmith/the_mood_meter.cfm

Is your feeling enhancing your learning?

Is it interfering with your learning?

Can you alter it, improve it, control it..?

How would you want to be feeling right now?

What can you do to get there?

GUESSING HOW OTHERS MIGHT BE FEELING

I think the others are feeling ...

Can we do something about that?

Can we alter other people's feelings? How?

Should we do that?



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The Importance of Emotions in Language Learning

WHAT IS EMOTIONAL INTELLIGENCE FOR YOU?

For me, emotional intelligence means ...

Practical outcomes of being emotionally intelligent are ...

POWERFUL EMOTIONS

FEAR

In my teaching I fear.....

What can we do with the fear?

FAILURE

I feel I failed when I

Which to me means

What does your failure mean to others?

How do you know? Do you ever ask them?

What is failure for your students... in their eyes, in their peers' eyes?

IDENTITIES

My ideal identities as a teacher (student):

- 1)
- 2)
- 3)
- 4)
- 5)



My unwanted identities as a teacher (student):

- 1)
- 2)
- 3)
- 4)
- 5)

When one (or more) of my unwanted identities manifests in my classroom, I feel

.....

Where do you feel it in your body? I feel it in my

What are the other symptoms?

What could be the remedies?

What to do to prevent it?

KNOWING OUR TRIGGERS

When my students do/say

I get

MINDFULNESS

When I am teaching, I am not always ON THE TASK because there are many distractions for a teacher in a lesson.

What typically distracts ME is

What about your students?

I ensure they are always on task by



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LOWERING ANXIETY

How can I lower my students' anxiety?

How can I lower MY OWN anxiety in the classroom?

TAKING RISKS

In my classroom I am often taking risks by

I want my students to understand that taking risk is important in learning. I can encourage them by

STEPPING OUT OF COMFORT ZONE

Think of a task you typically do in your lessons:

Now try to match it to the zone your students might be in when asked to carry out this task.....

Is this what you expected?

MOTIVATION

What motivates YOU in your classroom?

Is there anything you can do to help your students with their motivation?

SELF-ENCOURAGEMENT

Do you pep talk to yourself?

Or do your gremlins talk to you? Control you? (Brené Brown)

Do you do power-posing? Amy CUDDY

Do you use story telling?

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Your Notes:

~~In this workshop you will get a chance to reflect on the role of emotions in language learning. You will revisit and discuss your learning strategies from the perspective of your emotions. The aim is to demonstrate how feelings affect learning and to consciously and efficiently apply it to the teaching process.~~