



## POST-TEACHING GUIDE

### *Enjoyable English*

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This teachers' guide is intended to give you ideas for helping your students reinforce vocabulary, grammar, and functions after the CLIL-Based Workshop.

## Attention Grabbers

### Circle Chants

Let's make a circle, circle (x3)  
Let's make a... CIRCLE!

### Make A Big, Big Circle

Make a circle, a big, big circle,  
Make it big and round  
A big, big circle!

### Make A Circle

Make a circle, make a circle,  
Make a circle (x3).

## Warm-Up/Circle Songs

### 1, 2, 3, 4, 5, Jump!

1, 2, 3, 4, 5, jump!  
6, 7, 8, 9, 10, jump!  
Clap your hands and turn around  
And jump, jump, jump!

*Repeat with different action verbs.*

### A Baby Fish

A baby fish, a baby fish  
Swimming in the water (x2)  
OH NO!  
Gulp, gulp gulp!

A big fish, a big fish

Swimming in the water (x2)  
OH NO!  
Gulp, gulp, gulp!

An octopus, an octopus  
Swimming in the water (x2)  
OH NO!  
Gulp, gulp, gulp!

A big shark, a big shark  
Swimming in the water (x2)  
OH NO!  
Gulp, gulp, gulp!

A blue whale, a blue whale  
Swimming in the water (x2)  
OH NO!  
OH WAIT!  
Yum, yum, yum!

### Body Shake

Arms, arms, arms, arms,  
Legs, legs, legs, legs,  
Feet, feet, feet, feet,  
Head, head, head, head.  
Eyes, ears, mouth, nose.  
WOAH!

### The Cappuccino Song

In, on, under,  
In front, behind (x3),  
In, on, under,  
In front, behind,  
Around and beside.

### Chicken Way

Thumbs out,  
Elbows in,  
Arms up,  
Bum out,  
Knees together,  
Toes in,  
Head up,  
And...

Chicken way, chicken way,  
This is the chicken way (x2).

### **Colour, Colour, Colour**

Blue! I see something blue.  
Blue! I see something blue.  
Blue, blue, blue, blue...  
I see something blue.  
Find something blue!

Yellow! I see something yellow.  
Yellow! I see something yellow.  
Yellow, yellow...  
I see something yellow.  
Find something yellow!

I see colors everywhere.

*Repeat with different colours.*

### **Going To The Circus**

Going to the circus (x2),  
Gonna see some monkeys (x2),  
Ooh-ooh-ooh ahh-ahh-ahh-ahh,  
Ooh-ooh-ooh ahhhhh (x2)!

*Repeat with elephants, lions, birds, etc.*

### **Goodbye, Goodbye**

Goodbye, goodbye, (wave goodbye)  
it's time to say 'goodbye'! (point at watch)  
We wave 'goodbye' (wave goodbye)  
and not 'hello' (move finger in a 'no' gesture)  
Goodbye, goodbye, (wave goodbye)  
goodbye... (waves goodbye)

*Repeat*

### **Head and Shoulders, Baby**

Head and shoulders baby 123 (x2)  
Head and shoulders  
Head and shoulders 123

To the front, to the back  
To the side, side, side (x2)

Knees and feet baby 123 (x2)  
Knees and feet (x2)  
Knees and feet baby 123

To the front, to the back

To the side, side, side (x2)

*(Continue adding body parts, e.g. tummy and back, all my body; the song can also be adapted for action verbs.)*

### **Hello Song**

Hello, friends (x3)  
It's time to say hello.

### **Jellyfish Song**

Hands Up!  
Wrists together!  
Aaaaaand...  
A jellyfish, a jellyfish (x4)  
*(Repeat and dance funny; add: elbows in, bottom out, knees in, toes in, tongue out, walk around the circle)*

### **Let's Go to The Zoo**

Let's go  
To the zoo  
And swing like the monkeys do.  
Swing, swing...

Let's go  
To the zoo.  
And stomp like the elephants do.  
Stomp, stomp...  
Swing, swing...

*Add actions each time:*

*Lion: Roar, roar*  
*Alligator: Snap, snap*  
*Kangaroo: Jump, jump*

*Final verse:*

Let's go  
To the zoo  
And dance like we like to.  
Dance, dance  
Snap, snap  
Roar, roar, etc.

### **Twist, Twist!**

Twist your left hand,  
Twist! Twist!  
Twist your right hand,  
Twist! Twist!

Turn around, shake it down,  
And twist, TWIST!

*Repeat with left foot/right foot/right arm/left arm/left leg/right leg.*

## Yoga

Take your students through a gentle series of yoga stretches. In the chart below is a list of poses. You may consider changing the names of some of the poses so that the vocabulary is more accessible and useful. Make sure to use (and elicit as appropriate) body part vocabulary as a natural part of the activity.

### Further Resources

- <http://cloud.acle.it/teacher-cloud/>
- ACLE Teachers' Community (Facebook)

<p><b>Boat Pose</b></p> <p>Rest on your bottom with your knees to your chest, then rock gently from side to side, and forward and back. <i>Other names: Boat, ship, canoe</i></p>	<p><b>Bow Pose</b></p> <p>Lie on your stomach, bend your knees, lift your head and chest, and hook your hands around your feet. <i>Other names: Fish, whale</i></p>
<p><b>Bridge pose</b></p> <p>Lie on your back, with your feet flat on the floor, rest your arms alongside your body, tuck your chin to your chest and lift your bottom to create a bridge.</p>	<p><b>Cat Pose</b></p> <p>On all fours, tuck your chin to your chest, and arch your back. When you breathe out, drop your stomach down and lift your head. <i>Other names: Lion, tiger, sheep, leopard</i></p>
<p><b>Chair Pose</b></p> <p>From mountain pose, with your feet hip-width apart, bend your knees and hop like a kangaroo. <i>Other names: Kangaroo</i></p>	<p><b>Child's Pose</b></p> <p>Sitting back on your heels, slowly bring your forehead down to rest in front of your knees, on the floor. Rest your arms by your sides either behind you or in front of you. <i>Other names: Mouse, rabbit, rock, ladybird, hedgehog, snail</i></p>
<p><b>Cobbler's Pose</b></p> <p>Sit on your bottom with a tall spine and bend your legs, placing the soles of your feet together and gently flattening your legs like a butterfly. <i>Other names: Butterfly, frog</i></p>	<p><b>Cobra Pose</b></p> <p>Lie on your stomach, lift your head and shoulders off ground, and place your palms flat on the floor under your shoulders. <i>Other names: Snake, seal, swan</i></p>
<p><b>Crescent Moon Pose</b></p> <p>From mountain pose, reach your arms up high over your head and bring your palms together. Tilt your upper body to one side. Come back to centre and then tilt your body to the other side. <i>Other names: Giraffe</i></p>	<p><b>Downward-Facing Dog Pose</b></p> <p>Inverted-V pose. From this pose you can move forward and around the room. Think of a bear. <i>Other names: Dog, bear, mountain</i></p>
<p><b>Happy Baby Pose</b></p> <p>Lie on your back with your chin tucked in, hug your knees into your chest, and grab the outer part of your feet with both hands. Then extend your legs and rock like a happy baby. <i>Other names: Bear cub, bug, pig in mud</i></p>	<p><b>Locust Pose</b></p> <p>Lie on your stomach, lift your chest and shoulders up, and lift your legs up. If it is comfortable clasp, your hands behind you. <i>Other names: Shark, scuba diver, swimmer, stingray, aeroplane</i></p>
<p><b>Mountain Pose</b></p> <p>Stand tall with your feet hip width apart, feet forwards. Arms either down alongside your body or above your head, finger intertwine above your head, shoulders down. <i>Other names: Bird (flapping arms)</i></p>	<p><b>Warrior Pose #1</b></p> <p>From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward. <i>Other names: Surfer, Snowboarder</i></p>

**Warrior Pose #2**

Stand on one leg. Extend the other leg behind you. Bend your torso forward and take your arms out in front of you as if you are gliding through the water like a submarine. *Other names: Submarine, scuba diver, bird, swimmer, airplane*