

Título: Good vibes - Motivation

Área curricular: Lengua Extranjera Inglés.

Etiquetas: Inglés – Secundario – Buena Vibra – Motivación

Año/ Ciclo: Nivel Secundario. Sugerimos adaptar el siguiente material según el nivel y características de sus alumnos.

Contenidos: revisión de presente simple. Vocabulario relacionado al tema: energetic, successful, harmonious, happy, unique, creative. Opposites

Descripción de la Actividad: Observar el video. Reflexionar sobre el video. Escoger la frase y justificar porque me identifica. Leer los recuadros y responderlos. Completar el cuadro con los opuestos. Escribir oraciones simples. Dato adicional.

Fuentes

bibliográficas:

<https://en.islcollective.com/english-esl-worksheets/search/good+vibes>

<https://en.islcollective.com/english-esl-worksheets/material-type/fun-activities-and-games/good-vibes-motivation-and-inspiration/95816>

** Sugerencia al docente, en punto 3 puede utilizar diccionario o google para evacuar dudas**



1. Observa el video motivacional.

Watch the motivational video.

<https://www.youtube.com/watch?v=PjP9r-HU4fk>



2. Reflexiona acerca del video, ¿cual de estas frases te identifica? ¿Por qué?

Think about the video. Do you identify yourself with any of these sentences? Why?

1. never give up on your dreams
2. study hard to achieve your goals
3. spend more time with your family

E.g.: I chose nro 2 because I want to be a Doctor. Is going to be hard work but I can do it!



3- Lee las frases en el cuadro y respondelas.

Read the phrases in the box and answer them.

Good vibes, Motivation and Inspiration

<p>Think about 3 things that you are grateful for today</p> 	<p>Who are your role models and inspiration in life?</p> 	<p>What motivates you to study English?</p> 
<p>What is your 'go-to-song' whenever you need motivation?</p> 	<p>Name 3 things that you appreciate about your partner.</p> 	<p>Share your favourite inspirational or motivational quote.</p> <p>MAKE EVERYDAY COUNT</p>
<p>What is the nicest thing that someone has done for you recently?</p> 	<p>Name 3 things that make you smile.</p> 	<p>Think of a goal. How do you plan to achieve it?</p> 
<p>What lifts you up when life gets you down?</p> 	<p>What little thing could you do to make someone's day better?</p> 	<p>Compliment 3 things about your partner!</p> 



4- Encuentra el opuesto para las siguientes palabras, utiliza las palabras sugeridas del cuadro.

Find the opposite for these words, use the words suggested in the box.

UNCREATIVE - DISCORDANT - POOR - LETHARGIC - COMMON - MISERABLE

Positives	Negatives
ENERGETIC	
SUCCESSFUL	
HARMONIOUS	
HAPPY	
UNIQUE	
CREATIVE	



5- Escribe tres oraciones describiendo tu personalidad. Utiliza las palabras del punto 4.

Write three sentences describing your personality. Use the words in exercise 4.



6- Tema extra (opcional)

Bonus track (optional)



Every morning when you wake up or before you go to sleep, think about something you are grateful for.

Do this for 30 days.

Trust me it will change your life!!!