



## English with Confidence & Wellbeing



Anytime between  
22nd June & 14th August

Do you want to feel more in control and confident? Do you find it difficult to express your feelings and ask for help?

Course	Age group (may vary slightly)	Level of English	No. of weeks
English with confidence and wellbeing	14 to 17 years	B1+ (Intermediate) TO: C1 (Advanced)	2 to 4 weeks
No. of lessons (50 minutes)		Price per week	Class Size
1 per day = 5 per week		£70 per week	Max. 10
2 per day = 10 per week		£140 per week	Max. 10



<https://www.loxdale.com/english-with-confidence-wellbeing-young-learner-online-course/>

Do you want to feel more in control and confident? Do you find it difficult to express your feelings and ask for help? Then this is the course for you.

We have a saying in English that 'A problem shared is a problem halved'. We will not be working on your personal problem but during the classes we will look at a range of emotions and scenarios to discuss the difficulties you, as a teenager, may experience in this fast-moving world and look at possible solutions and ways to work through them.

We will be looking at different difficult topics including change, happiness, nutrition, exercise, depression, future studies/work, family issues, personal friendships and relationships, social media. Together you will have discussions and debates looking a variety of different points of view using role play, video clips, literature and news articles. Students will often be given a role different to their own so discussions are not personalised.

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We may be discussing sensitive issues and our classes will be small, only 10 students to allow you to feel supported and free to talk.

We are not mental health experts but want use English and a range of topics to look at how you can increase your confidence, build resilience and find it easier to express yourselves to your friends, parents and teachers through a range of techniques. If you want, you will be able to talk to one our Designated Safeguarding Leads about any personal issues you wish to discuss in more detail.

You will have work to prepare for the following day's lessons each day.

### One week sample programme

Lesson Day	First Lesson	Second Lesson
<b>Monday</b>	<b>Mental and emotional health.</b> What stresses you? You will look at language to develop ways to express how you feel and research ways of building resilience	<b>What makes you happy?</b> Using a video clip, you will identify and discuss what makes people happy, developing vocabulary and listening skills
<b>Tuesday</b>	<b>How do we adapt to change?</b> The class will examine current situations and, through role play, suggest advice and strategies that might help	Yoga lesson
<b>Wednesday</b>	<b>What keeps you awake at night?</b> You will watch a video and examine ways that might help you sleep better. With your classmates you will discuss the use of mindfulness and how useful a tool this is.	<b>'We are what we eat'.</b> How can nutrition and exercise impact on our happiness? We will talk about eating habits, expressing preferences, and making suggestions through role play
<b>Thursday</b>	<b>Do you think social media can be bad for your health?</b> The class will debate the best and worst things about social media and how it can be used safely and healthily	Yoga lesson
<b>Friday</b>	<b>How do you see your future self?</b> We will explore our future goals and practice different scenarios through role play	<b>Our relations</b> Using comic strips, video, and quizzes, we will explore the relationships we have with our family and friends