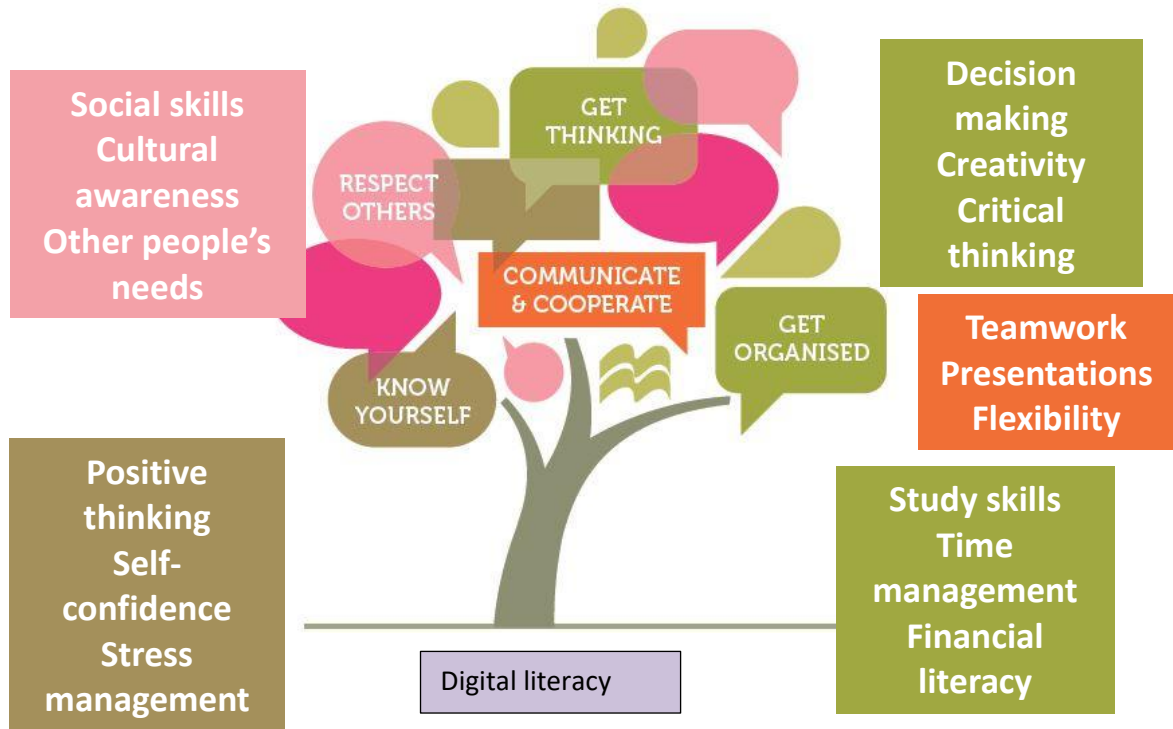


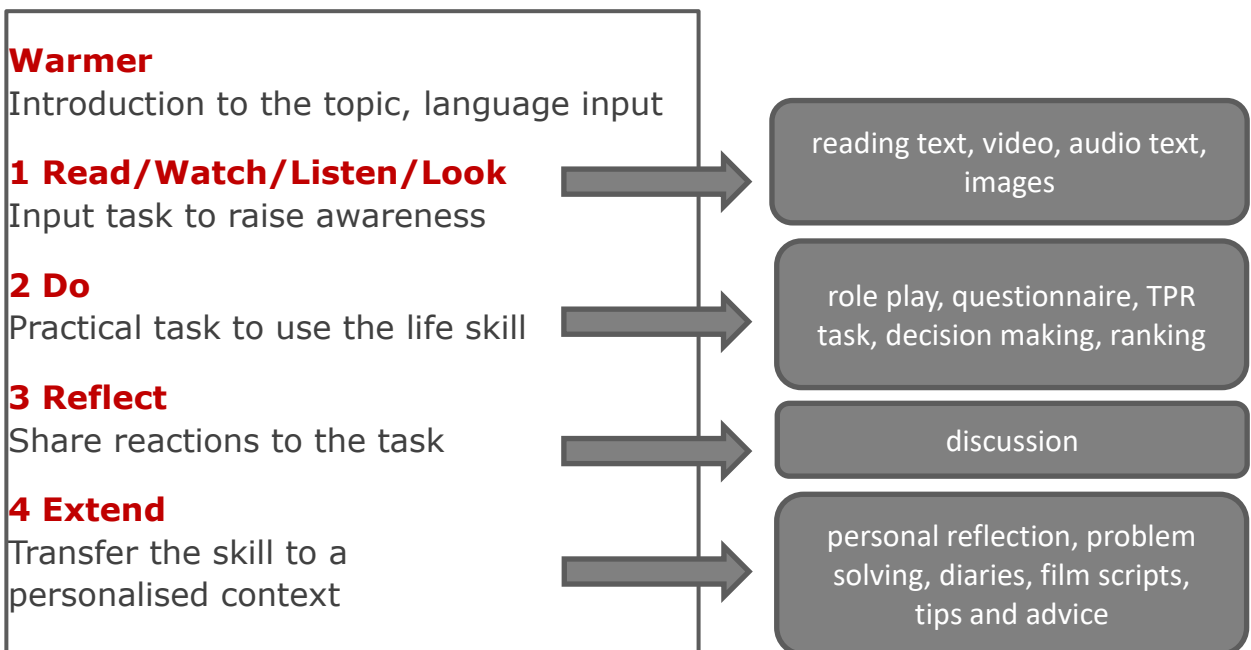
# TESOL ITALY 2016

## DIY life skills lessons

Rebecca Robb Benne



### Life skills lesson plan



**Sample lesson 1: Power poses (life skill: confidence)**

# HIGH POWER POSES



# LOW POWER POSES



Amy Cuddy ted.com

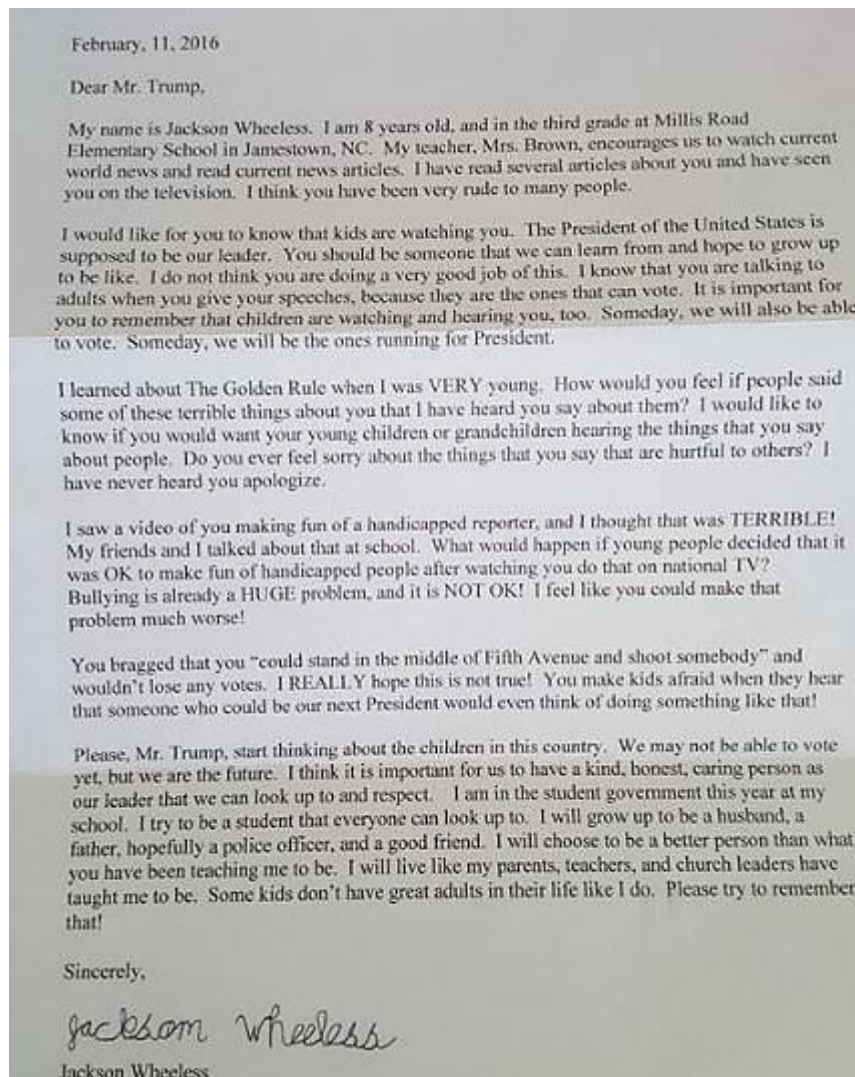
Amy Cuddy's TED Talk:

[http://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are](http://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are)

Amy Cuddy's profile (Harvard Business School)

<http://www.hbs.edu/faculty/Pages/profile.aspx?facId=491042>

## Sample lesson 2: A letter to a politician (life skill: respect)



Article

<http://wncn.com/2016/03/09/nc-third-grader-writes-letter-to-donald-trump-you-have-been-very-rude/>

Article and video

<http://www.wkyc.com/news/local/dear-donald-trump-kid-explains-epic-letter/77230750>

Rebecca Robb Benne [4]

### Sample lesson 3: A video about bullying (life skill: empathy)

Pablo Soberanis



Video

<https://www.stopbullying.gov/videos/2013/04/pablo-soberanis.html>

Resources to help the prevention of bullying

[www.stopbullying.gov](http://www.stopbullying.gov)

### LIFE SKILLS RESOURCES

*Beyond*

[mondadorieducation.it/libro/robert-campbell-rob-metcalf-rebecca-robb-benne/beyond/120900044032](http://mondadorieducation.it/libro/robert-campbell-rob-metcalf-rebecca-robb-benne/beyond/120900044032)

*The Life skills book* (Macmillan Education/Mondadori)

Macmillan life skills

[macmillanenglish/lifeskills.com](http://macmillanenglish/lifeskills.com)



### CONTACT

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