

Yoga and Well-being Lesson Plan

English language lesson for secondary school students

Teacher	Bożena Uśniacka	Suggested level	CEFR B1; adaptable to B1+
Duration	90 minutes or two 45-minute lessons	Lesson type	Reading, vocabulary, grammar and speaking
School	Liceum Ogólnokształcące nr IV im. Stefana Żeromskiego we Wrocławiu		
Erasmus+ context	Classroom use and dissemination of learning from <i>Yoga and Meditation for Educators: Be a Great Teacher, Be Your Best Self</i> , Florence, 29 June - 4 July 2026		

Lesson purpose

Students use yoga and well-being as a context for reading, vocabulary, grammar and spoken interaction. They also reflect on stress, concentration, movement and healthy routines.

Learning outcomes - identify the main idea and key details in a factual text; - use vocabulary connected with physical and mental well-being; - use <i>should</i>, <i>shouldn't</i>, <i>must</i> and <i>don't have to</i>; - state an opinion, give two reasons and respond to a peer.	Success criteria - I can use at least six target words accurately; - I can find the main message and supporting details; - I can choose appropriate modal verbs; - I can justify my view with at least two reasons.
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Planning essentials

Methods and interaction Communicative teaching, guided reading, controlled practice and discussion; individual, pair, group and whole-class work.	Materials and links Worksheet, board/projector, pens and optional dictionaries; links to health education, PE and personal-social competence.
Differentiation Pre-teach words, keep sentence starters visible and allow notes before speaking. Challenge: cite evidence and add a counterargument. Students do not need to share personal experiences.	Assessment and safety Monitor work, check answers and use the exit ticket. No physical yoga practice is required; yoga is not presented as medical treatment.

Lesson procedure

Stage / time	Interaction	Activity	Learning check
1. Warm-up 8 min	Pairs / class	Introduce the aims and safety note. Students discuss the four opening questions.	Relevant ideas and topic vocabulary.
2. Vocabulary 8 min	Pairs	Match eight words and definitions; check pronunciation and meanings.	At least six correct matches.
3. Reading 12 min	Individual	Read for the main idea, then underline details about physical and mental benefits.	Main message and relevant evidence.
4. Comprehension 17 min	Individual / pairs	Answer eight questions; complete the true/false task and correct false statements.	Complete answers supported by the text.
5. Vocabulary in context 7 min	Individual / pairs	Complete six sentences and compare answers.	Accurate word choice in context.
6. Grammar 10 min	Individual / class	Review modal meanings; complete and explain five advice and safety sentences.	Advice, obligation and lack of necessity distinguished.
7. Discussion 20 min	Groups / class	Discuss whether yoga should be taught in every secondary school. Give an opinion, two reasons and a response to another view.	Clear viewpoint, two reasons and respectful response.
8. Exit ticket 8 min	Individual / class	Complete three prompts; review selected responses and clarify doubts.	Individual evidence of vocabulary, content and grammar.

Yoga and Well-being - Student Worksheet

Name: _____ Class: _____ Date: _____

1 Warm-up discussion

Discuss with a partner. Explain your answers.

1. What do you know about yoga? 2. Have you ever tried it? What was it like?
3. Why do people exercise? 4. Can exercise improve mental well-being? Why?

2 Vocabulary

Match the words 1-8 with the definitions A-H.

1. flexibility	A. a state of being calm and free from tension
2. posture	B. the way you hold your body when sitting or standing
3. balance	C. the ability to focus your attention on something
4. relaxation	D. taking air into and out of your lungs
5. stress	E. a state of being healthy, comfortable and happy
6. concentration	F. the ability to move your body easily
7. breathing	G. a feeling of worry or pressure
8. well-being	H. the ability to remain steady without falling

Answers: 1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____ 8. ____

3 Reading - Why Do People Practise Yoga?

Yoga is an ancient practice that originally developed in India. Today, millions of people around the world practise yoga for different reasons. Some people do it to become fitter, while others are interested in its relaxing and mental-health benefits.

Yoga usually combines physical movements, controlled breathing and concentration. There are many different styles of yoga, and some are more physically demanding than others. During a typical class, students may move through a series of positions, often called poses. They are encouraged to move carefully and pay attention to their breathing.

One of the main advantages of yoga is that it can improve flexibility and balance. Regular practice may also help people develop better posture and body awareness. In addition, yoga can be a useful way to relax after a stressful day. Focusing on slow movements and breathing can help people calm down and concentrate on the present moment.

Yoga is not just for adults. Some schools have introduced yoga activities because they believe these can help students deal with stress and improve concentration. However, yoga should not be seen as a replacement for medical treatment or other forms of exercise. A healthy lifestyle usually includes physical activity, good nutrition, enough sleep and time for relaxation.

4 Reading comprehension

Answer in complete sentences.

1. Where did yoga originally develop? _____	2. Why do people practise yoga today? _____
3. What three things does yoga usually combine? _____	4. Name two physical benefits of yoga. _____
5. How can yoga help after a stressful day? _____	6. Why have some schools introduced yoga activities? _____
7. Is yoga a replacement for medical treatment? _____	8. What else is important for a healthy lifestyle? _____

5 True or false

Mark T or F. Correct every false statement.

No.	Statement	T / F and correction
1	Yoga originally developed in India.	T / F _____
2	All types of yoga are physically demanding.	T / F _____
3	Yoga can improve flexibility and balance.	T / F _____
4	Yoga only benefits the body.	T / F _____
5	Some schools use yoga to help students manage stress.	T / F _____
6	Yoga should replace all other forms of exercise.	T / F _____

6 Vocabulary in context

Use each word once: **stress** | **posture** | **flexibility** | **concentration** | **breathing** | **well-being**

- Regular stretching can improve your _____.
- Sitting incorrectly for a long time can affect your _____.
- Deep _____ can help you feel calmer.
- Exams can sometimes cause students a lot of _____.
- Yoga exercises may improve students' _____ in class.
- Exercise and relaxation can contribute to our general _____.

7 Grammar - Modals for advice and obligation

Complete with *should*, *shouldn't*, *must* or *don't have to*.

- Beginners _____ start with simple exercises.
- You _____ push yourself into a position that causes pain.
- Students _____ wear expensive clothes to practise yoga.
- You _____ stop immediately if a position causes sharp pain.
- You _____ speak to a teacher if you are unsure how to do an exercise.

8 Group discussion

Yoga should be taught in every secondary school.

Do you agree or disagree? Give at least two reasons and respond to another person's idea.

Useful expressions

In my opinion, ...

I believe that ...

One advantage is that ...

On the other hand, ...

I agree because ...

I am not sure I agree because ...

To sum up, ...

9 Exit ticket - Write one new word, one benefit from the text and one sentence with a modal verb.

Answer Key

Accept equivalent wording where appropriate.

2 Vocabulary

1. F 2. B 3. H 4. A 5. G 6. C 7. D 8. E

4 Reading comprehension

1. Yoga originally developed in India.
2. People practise yoga to become fitter, improve flexibility and balance, reduce stress, relax and support their mental well-being.
3. It combines physical movements, controlled breathing and concentration.
4. Improved flexibility and balance; better posture is also acceptable.
5. It can help people relax, calm down and focus on the present moment.
6. These activities may help students deal with stress and improve concentration.
7. No. Yoga should not replace medical treatment.
8. Physical activity, good nutrition, enough sleep and time for relaxation.

5 True or false

1. True. 2. False - some styles are more demanding than others. 3. True.
4. False - yoga may benefit both body and mind. 5. True. 6. False - yoga should not replace other forms of exercise.

6 Vocabulary in context

1. flexibility 2. posture 3. breathing 4. stress 5. concentration 6. well-being

7 Grammar

1. should 2. shouldn't 3. don't have to 4. must 5. should

8 Group discussion

Answers will vary. A successful response states a clear opinion, gives at least two relevant reasons and responds respectfully to another viewpoint.

9 Exit ticket

Answers will vary. Check for accurate use of one target word, one benefit supported by the text and one appropriate modal form.

Teacher reflection: Which outcome was achieved most successfully? Which task required more support or time? What should be adapted for another group?

CEFR reference: Council of Europe (2020), *Common European Framework of Reference for Languages: Learning, Teaching, Assessment - Companion Volume*.