**Title: Mental Health Break in the Park**

**Objective:** By the end of the lesson, students will be able to understand and use vocabulary related to mental health, identify key grammar points, comprehend a written passage, and engage in discussions related to the topic.

**Level:** Intermediate to Advanced

**Duration:** 90 minutes

**Materials:**

1. Whiteboard and markers
2. Handouts with the reading passage and comprehension questions
3. Audio clip or script for listening comprehension
4. Visuals related to mental health and relaxation (optional)

**Introduction (15 minutes):**

1. Begin with a discussion about the importance of mental health, especially in the workplace. Ask students about their experiences and perceptions of mental health.
2. Write key vocabulary on the board: mental health, well-being, relaxation, mindfulness, stress relief, etc.
3. Introduce the grammar point: Using modal verbs for expressing suggestions and well-being (e.g., "You should take breaks," "It's essential to practice mindfulness," etc.).

**Listening Comprehension (15 minutes):**

**Play both clips: Michael Roast and Michael feeding birds**

1. Play the audio clip or read a script of a conversation related to Michael's mental health break in the park in "The Office."
2. Provide students with a set of listening comprehension questions.
3. Discuss the answers as a class.
4. **Vocabulary and Grammar Practice (20 minutes):** Vocabulary: Mental health, Well-being, Relaxation, Mindfulness, Stress relief, Break, Essential, Practice Grammar: **Expressing Suggestions:**
   * You might consider...
   * It might be a good idea to...
   * How about...?
   * Have you thought about...?
   * You could try...
5. **Expressing Recommendations:**
   * I recommend...
   * It's advisable to...
   * I suggest that...
   * You may want to...
   * I would advise...
6. Conduct vocabulary exercises, such as matching words to their meanings, using the new words in sentences, or discussing personal experiences related to mental health.
7. Practice modals for expressing suggestions and well-being. Divide students into pairs and have them create mini-dialogues using modal verbs.

**Role Play (10 minutes):**

1. Put students in pairs.
2. Pass out role play slips and explain what to do.
3. Have students act out the roles and take notes of any grammar and vocab errors.
4. Correction

**Reading Comprehension (20 minutes):**

1. Distribute the reading passage about Michael's mental health break in the park.
2. Have students read the passage individually or in pairs and complete the sentences.
3. Check answers.

**Reading Exercise: "Michael's Mental Health Break"**

Read the passage about Michael's mental health break in the park from "The Office" and fill in the blanks with the missing words provided below.

In an attempt to prioritize his \_\_\_\_\_\_\_\_\_\_\_\_, Michael Scott decided to take a break and head to the park. He found a quiet spot, sat on a swing, and focused on his \_\_\_\_\_\_\_\_\_\_\_\_. During this mental health break, Michael realized the \_\_\_\_\_\_\_\_\_\_\_\_ of practicing \_\_\_\_\_\_\_\_\_\_\_\_. He acknowledged that taking short breaks and practicing mindfulness are \_\_\_\_\_\_\_\_\_\_\_\_ for overall well-being. The park became his go-to place for \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_.

**Missing Words:** Mental health Well-being Importance Mindfulness Essential Relaxation Stress relief

**Answers:**

In an attempt to prioritize his **mental health**, Michael Scott decided to take a break and head to the park. He found a quiet spot, sat on a swing, and focused on his **well-being**. During this mental health break, Michael realized the **importance** of practicing **mindfulness**. He acknowledged that taking short breaks and practicing mindfulness are **essential** for overall well-being. The park became his go-to place for **relaxation** and **stress relief**.

**Post Discussion:**

* How do you prioritize your mental health in a busy routine?
* Have you ever tried mindfulness or relaxation techniques?

Role Plays:

Student A – You are a colleague who notices Michael taking a mental health break. Express your concern and inquire about his well-being.

Student B – You are Michael. Explain the importance of mental health breaks and share your experience in the park.

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Student A – You are a friend who is stressed at work. Seek advice from your colleague (Student B) on incorporating mental health breaks.

Student B – You are a supportive colleague. Share tips on practicing mindfulness and taking breaks for well-being.

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Student A – You are a manager who encourages employees to prioritize mental health. Express the benefits of well-being programs.

Student B – You are an employee skeptical about the impact of well-being programs. Share your concerns and suggest alternatives.

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Student A – You are a co-worker who is curious about mindfulness. Ask your colleague (Student B) about their experiences with mindfulness.

Student B – You are a practitioner of mindfulness. Share your insights and encourage your colleague to give it a try.

Student Worksheet

Listening Comprehension

1. What led Michael Scott to decide to take a break in the park?
2. Where did Michael find a quiet spot during his mental health break?
3. What did Michael focus on during his time in the park?
4. What realization did Michael have about the importance of practicing something during his mental health break?
5. According to Michael, why are short breaks and mindfulness essential for overall well-being?
6. What did the park become for Michael during his mental health break?
7. How did Michael feel about the experience of taking a mental health break in the park?
8. How do you think Michael's colleagues might have reacted to his decision to take a mental health break?
9. How can incorporating mindfulness and relaxation techniques benefit individuals in a workplace?
10. Can you relate to or share any personal experiences of taking a mental health break or practicing mindfulness?

**Reading Exercise: "Michael's Mental Health Break"**

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**Missing Words:** Mental health Well-being Importance Mindfulness Essential Relaxation Stress relief