HOW TO ENGLISH
With Gav & Em
Free teacher practice card

Can a One-Minute Mindful Pause Help an English Class Reset?

S06E13 | For teachers to adapt to their learners

Purpose

Invite learners to take a brief pause, settle comfortably and notice one slow breath before returning to the lesson. In S06E13, Gav guides a short reflection that reminds learners that mistakes are acceptable and trying is enough.

Try this in your next lesson

Offer a brief optional quiet pause before the next task, then give one clear instruction. Learners can keep their eyes open and breathe normally.

Our suggested routine

☐ Make the pause optional.

☐ Keep it brief and simple.

☐ Invite learners to settle, breathe normally and pause before the next task.

☐ Avoid promising that it will fix stress or concentration.

☐ Return to the lesson with one clear next instruction.

A classroom example

For our suggested transition, pause briefly, give learners time to settle and then name the next small action, such as reading the first question. Ask afterwards whether the transition was useful. This is a classroom routine, not a treatment or a guarantee about concentration. If the group prefers a stretch, a quiet look at the task or an immediate start, use the option that helps them take part comfortably.

After the attempt

What worked? What needs another model or a smaller step? Note one change for next time.

Read the full explanation and examples:
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