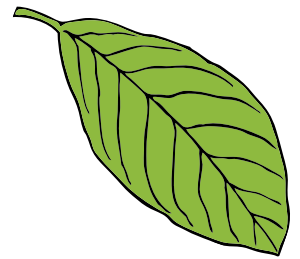
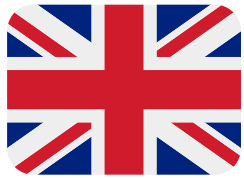




BIOSEM



GOOD PRACTICE 26



TITLE	<i>Less is more!</i>
COUNTRY	<i>Italy - IT</i>
MODULE	<i>7a- A rich life with less stuff</i>
CLASSROOM ACTIVITY OR OUTDOOR ACTIVITY	<i>Classroom activity</i>
INTRODUCTION	<p>1. Answer these questions using the net: What are words that describe minimalist living? What minimalist lifestyle words or phrases can you think of?</p> <p>2. Read the following sentences and discuss if you are familiar with these situations and what they refer to: <i>"I might need that in the future"</i> <i>"Oh, that's my favourite shirt. I will try to lose/gain weight in the future to wear it"</i> <i>"It was so expensive when I bought it"</i> <i>"I will keep this one to show my children/grandchildren what trend there were when I was little/young."</i></p> <p>3. Watch the video from Youtube and summarize it: Minimalist living- 25 Benefits of minimalism</p> <p>4. 30-second Declutter Challenge: set a timer for 30 seconds and make a quick decluttering of your desks .</p>
TYPE OF ACTIVITY	<i>Implementation / Practice / Research</i>
EXTRA MATERIALS	<p>Behavioral engagement to convey the presence of general on-task behavior. This entails effort along with paying attention, asking questions;</p> <p>Cognitive engagement that conveys deep processing of information whereby students gain a critical understanding of the subject matter and solve challenging problems;</p> <p>Emotional engagement that connotes emotional reactions linked to task investment. The greater the student's enjoyment, the greater the affective engagement.</p> <p>Summarization: the students provide a shorter version of the video "Minimalist Lifestyle" in their own words. This activity helps identify key details that contribute to the central theme.</p> <p>Debate: The class may engage in a debate or discussion about the merits of minimalism and the consequences of consumer culture, drawing on insights from the videos and their own observations.</p> <p>Conclusion: The activity concludes with a synthesis of students' reflections and insights, emphasizing the importance of critical thinking and mindful consumption in contemporary society.</p>
HYPERLINKS TO INTERACTIVE PLATFORMS	<p>https://minimalistlifestyle.wordpress.com/2012/02/29/words-that-describe-minimalist-living/#:~:text=</p> <p>https://youtu.be/GhKx9dbAsZ0?si=iqRv8KyT8z_2RkcU</p>

