

# Психотехнические игры как средство формирования УУД на уроках английского языка

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БУЙЛОВА Д.С.

# Отличительные особенности психотехнических игр в образовательном процессе

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Интенсивный тренинг лексического и грамматического материала

Введения эмоциональных реакций, ощущений, восприятия;

Личная заинтересованность участников игры;

Выполнение определённых физических действий;

Дети играют не индивидуально, а находятся в группе, подчиняясь её правилам;

Закрепление точных знаний путём воздействия на нервную и двигательную системы организма участников;

Воздействие психические процессы участников: воображение, мышление, внимание, память, восприятие;

Сподвижение учащихся к самостоятельности

# Функции психотехнических игр в обучении иностранному языку

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создание у обучаемых внутренней наглядности, необходимой для представления на учебном занятии определённой ситуации;

реализация дидактической основы в форме учебной задачи для синхронизации мыслительных и физических действий с речью на иностранном языке;

интенсивная тренировка употребления усваиваемого лексического и грамматического материала, а также его самостоятельное применение;

психолого-социальная подготовка учащихся к общению с иноязычными людьми на их языке.


# “Перевоплощения”

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# “Среди первых американцев”

**1** Culture Corner  
**Gateway to America**



Ellis Island, or the 'Island of Tears,' is located in New York Harbour just off the New Jersey 1) ..... and north of Liberty Island. It used to be an immigrant inspection station and between 1892 and 1954, over twelve million immigrants entered the United States through here. 40% of all Americans can trace at least one ancestor to Ellis Island.

Immigrants from all over the world 2) ..... in New York Harbour would stop at Ellis Island to pass through immigration before entering the US.

First and second class passengers underwent a brief 3) ..... aboard ship. The government felt wealthy passengers would not become a burden to the state. Third class or 'steerage' passengers, though, were 4) ..... from the pier by ferry to Ellis Island where everyone would undergo a medical and legal inspection. They entered the main building through the baggage room and 5) ..... their luggage there. Then they proceeded to the Great Hall.

The first test was the 'six second medical exam'. Doctors looked at the immigrants for 6) ..... medical problems or disabilities. They put chalk marks on the clothes of people they thought had something 7) ..... with them and sent them for a 8) ..... examination. Medical examinations weren't required for everyone until 1917. If someone had a problem that was curable, they were sent to the island's hospital. If not, the steamship company they came with would have to pay to send them back.

The next 9) ..... was an interview with a legal inspector. Immigrants had to have proof of where they came from

and where they expected to live and work. After 1921, people had to pass a literacy test and show a passport and visa. When there were no problems, the 10) ..... process could take a mere 3-5 hours. However, some people would stay longer on the island if they had legal problems or if they had to wait for a family member to be 11) ..... in the hospital. The next area was the money exchange area where people could acquire dollars and buy train tickets.

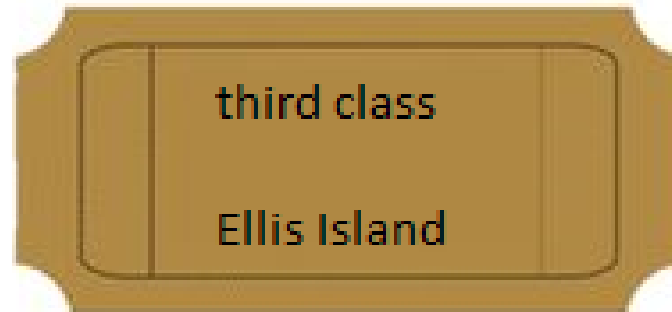
At the exit from Ellis Island, so many family reunions took place that the staff gave it the nickname 'the kissing post'. After that, the new Americans were 12) ..... to start their new lives.

1 A beach B border C coast D shore  
2 A showing B arriving C emerging D appearing  
3 A inspection B research C survey D investigation  
4 A moved B brought C carried D transported  
5 A left B put C handed D laid  
6 A distinct B apparent C clear D obvious  
7 A undesirable B false C wrong D incorrect  
8 A total B full C rich D filled  
9 A step B point C part D level  
10 A whole B full C total D absolute  
11 A cared B cured C treated D nursed  
12 A available B open C loose D free

**1** What is Ellis Island? Why is it called the Gateway to America? Read through to find out.

# *Пассажиры 1го и 3 класса*

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# “Смеховая Йога”

## Работа с текстом

### 3e Emotional health

**Reading**

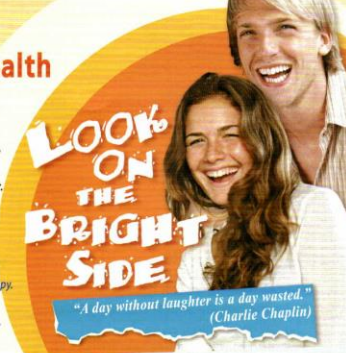
1 a) How often do you laugh? do something to help someone? meditate? stop to admire something beautiful e.g. a flower, a sunset? Tell your partner.

*I don't laugh very often. I sometimes help my mum with housework.*

b) What things in your life make you feel happy? Tell your partner.

*Listening to my favourite song makes me feel happy.*

2 Read the title of the article, the quote and the first sentence of each paragraph. What do you expect to read?  
 Listen and read the text and check.



**LOOK ON THE BRIGHT SIDE**

*"A day without laughter is a day wasted."  
(Charlie Chaplin)*

By the time I got to the community centre, I was already five minutes late. When I finally found the room, a diverse group of young and old people were wandering around, pointing at each other and giggling. It was one of the most ridiculous sights I had ever seen, but I shouldn't have been so taken aback, because this was a laughter yoga class!

Laughter yoga was started in 1995 in Mumbai, India, by Madan Kataria, a doctor. He had been looking into the medical advantages of laughter and found that a great way to relieve stress was to laugh for 15 to 20 minutes every day. He formed a public 'laughter club' in a park and before long, a new movement combining laughter and special breathing exercises had been created. The idea took off and, unbelievably, there are now around 5,000 laughter yoga classes taking place around the world!

At first, I was very sceptical. How could a bit of silly giggling feel like exercise? Our instructor, Maryanne explained that laughter reduces stress, improves circulation, tones muscles and even helps the respiratory system. In fact, just the simple act of smiling, she said, tricks our bodies into thinking we are happy as it releases stress-fighting hormones called endorphins.

Well, I was certainly willing to try it to help me let off steam after my stressful week!

As warm-up exercises, Maryanne asked us to walk around the room while chanting and clapping. Afterwards, we lay on the floor, kicking our legs in the air, and to my surprise I started to snigger. Then we pretended to joke with old friends and drink from imaginary tea cups. The room was soon full of chuckles, giggles and roars of laughter. I have to admit the laughter was contagious.

At the end of the session, I felt refreshed. It was as if a weight had been lifted from my shoulders. Before we

left, Maryanne gave us a list of 'easy actions for joyful living' and told us to try out some before the next class. The list included simple things such as meditation, helping a neighbour, learning a new skill or even stopping to admire a wild flower or looking up at a starry night sky. That should be easy enough, I thought!

Firstly, I tried meditating for 10 minutes each morning. I sat silently with my eyes closed and focused on my breathing while observing my thoughts. At first that was hard! But as the week progressed, the clutter in my mind was eventually replaced with a feeling of peace and calm.

The next thing I did was offer to help an elderly neighbour carry her shopping bags home. She appreciated it and I felt lighter in my step afterwards. Friday was a terrible day. I stepped in a huge puddle, got soaking wet on my way to college and then my car wouldn't start so I had to catch two trains home. Taking advice from Maryanne's list, at the end of the day I wrote down three positive things that happened that day. My friend brought me a warm drink when I arrived at the college. I listened to my favourite music on the journey home. My brother promised to look at my car for me the next day.

I read somewhere that happiness doesn't just happen, you have to work at it; but I found that it doesn't actually take that much work. So, try it out for yourself – you don't have to go to a laughter yoga class. You can smile and laugh more, look for small ways to bring joy to others and yourself and focus on the positive things in your life not the negative. I don't think you'll regret it!

**Check these words**

community centre, giggle, relieve, sceptical, circulation, tone muscles, respiratory system, hormones, chant, chuckle, roar, refreshed, a weight lifted from one's shoulders, meditation, puddle

### 3e

3 Read the text again. For questions 1-6, choose the best answer (A, B, C or D). Justify your choices.

1 When the writer arrived at her class, she felt  
 A embarrassed because she was late.  
 B more comfortable than she expected.  
 C relieved that she found the room.  
 D amused and surprised by the group's behaviour.

2 Madan Kataria founded laughter yoga in order to  
 A reduce his stress levels.  
 B make exercising more fun.  
 C improve public health.  
 D have a career change.

3 After listening to the instructor talk about laughter yoga, the writer felt  
 A more open-minded.  
 B embarrassed about her attitude.  
 C more uncertain about it.  
 D sure that she was right.

4 What does 'that' (l. 45) refer to?  
 A finding the time to meditate  
 B facing day-to-day worries  
 C not worrying about the past and future  
 D thinking about the future

5 On Friday, the writer managed to  
 A solve her problems quickly and easily.  
 B strengthen relationships with family and friends.  
 C avoid feeling unhappy about her day.  
 D try a few ideas from Maryanne's list.

6 How did the writer's attitude change during her experience?  
 A She realised that simple actions can make you happier.  
 B She began wanting to encourage others to try laughter yoga.  
 C She realised how much she had to be happy about.  
 D She started to appreciate those around her more.

### Vocabulary

4 Match the words in bold with their meanings: *laugh quietly, infectious, walking around without purpose, varied, calm down, became successful, confusion.*

5 Fill in: *relieve, lifted, ridiculous, clapped, sceptical, roars, progressed, focus.*

1 His decision to buy such an expensive car was absolutely .....

2 A great way to ..... stress is to exercise.

3 Initially, she was ..... about joining a gym, but she soon changed her mind.

4 The audience ..... their hands enthusiastically at the end of the performance.

5 ..... of laughter filled the room.

6 After I explained the situation to my parents, I felt as if a weight had been ..... from my shoulders.

7 Please try to ..... on the important details.

8 As the days ....., his performance improved.

### Ways to laugh

6 Choose the correct word. Check in your dictionaries.

1 The little girl **giggled/laughed** nervously at the guests.

2 Her hat was so funny we all **broke/burst** into laughter.

3 She **chuckled/grinned** broadly on hearing she was the winner.

4 Jane **sneered/beamed** at her friend's old-fashioned dress.

### Speaking & Writing

7 How has laughter yoga helped the writer? Tell your partner or the class.

8 **THINK!** Read Chaplin's quote. In three minutes write a few sentences expressing your opinion on the topic. Tell the class.

Vocabulary Bank 3 p. 1015 55

# Обсуждение прочитанного

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## Benefits of Laughter Yoga

Laughter yoga provides...

- ! Greater flow of oxygen to brain
- ! More energy
- ! More motivation
- ! A connection between participants
- ! A better quality of life
- ! A positive state of mind
- ! A way to alleviate difficulties and challenges
- ! Relief of stress
- ! Strengthening of the immune system



Sources: (laughteryoga.org) and (webmd.com)  
Compiled by Maddy Plack  
Graphics by Maddy Plack



# *Комплекс упражнений*

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# Рефлексия

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