

EVERYDAY LIFE

FENG SHUI AT HOME

TEACHER'S NOTES

Age: Teenager/Adult

Level: Intermediate (B1)

Time: 45 minutes

Activity: In this lesson, students will:

1. describe their bedrooms;
2. read about and test their Feng Shui;
3. read more tips for other areas of their homes.

Language focus: vocabulary related to rooms and furniture

Materials: one copy of the worksheet per student; paper for taking notes

Finally, introduce the following useful phrases: *It's a load of rubbish. There may be something in it. There's no harm in trying it out.* Ask students to discuss their reactions to what they've read and see if they can think of any logical justifications for what is recommended.

PROCEDURE

Tell students they are going to test their home for Feng Shui. Brainstorm vocabulary for rooms and furniture and write these on the board. If students omit the following, elicit and add them to the list: *cooker, wardrobe, shelves, mirror, television, desk, shower, chest of drawers, sofa, washbasin, sink, dressing table, washing machine, cupboards, rug, chair.* Tell students they are going to start with the bedroom.

Hand out copies of the worksheet. In exercise 1, students draw a plan of their room and write the names of the furniture on it. Ask them to then exchange the plan with a partner. As an alternative, students could describe their bedroom to their partner, who draws the plan and labels the furniture from the description.

In exercise 2, ask students to first read the text and then make notes about good and bad Feng Shui in their partner's room. (They may need to ask their partner further questions about their room as they read.) Each student could then take the role of a Feng Shui expert and tell their partner about problems in their room and how they could improve the Feng Shui. The student listening can make a list of the changes or draw a revised plan of the bedroom.

Ask students to work in new pairs and to read and answer the questions in exercise 3, which relate to other areas of the house. Do they think their answers will be good or bad Feng Shui? When they've discussed all the questions, they should then read the article and find out if they were right. They should count up the number of good and bad things and find out if there are more good or bad. Then they can discuss with their partner ways to improve the Feng Shui.

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WORKSHEET

EXERCISE 1: MY BEDROOM



Draw a detailed plan of your bedroom.

A large empty rectangular box with a black border, intended for drawing a detailed plan of a bedroom.

EXERCISE 2: FENG SHUI IN THE BEDROOM

Read the article below. It will tell you if you have good Feng Shui in your bedroom or if there are some things you should change to improve your luck.

Energy flow

According to Feng Shui, the objects that occupy your personal space give off different kinds of energies. These energies can be beneficial or harmful. In order to see if there is a positive flow of energy in your room, draw a line through your room as you enter the door and move among the furniture. If the line is straight, the flow is bad. If there are too many sharp corners or objects that obstruct your way, then you will have obstacles and difficulties in your life. If the line curves and flows smoothly, the Feng Shui is good.

Carpet/rug

The carpet/rug on the floor should be the same shape as the room. This is to create harmony in your room. You should never put a carpet on the wall!



Your bed

The best place to put your bed is with your head pointing in the direction which is most favourable for success. If you don't know this, there are some points to remember. The bed shouldn't be positioned with your feet pointing towards the door. It's also bad to sleep with your head or toes pointing towards a toilet. In Feng Shui, the toilet is always a negative influence. The negative energy can cause you to be lazy and lacking in motivation. If there are two doors, avoid putting the bed between them. The positive energy that enters the room through one

door can easily escape through the other. The best place to put the bed is either to the left or the right of the door.

Other furniture

Open bookshelves are like knives that send out a killing influence. They are especially bad if they are behind you when you are working. The result can be illness or even death. It is better to put doors in front of the shelves to make a cupboard. You shouldn't have a television in your bedroom. If you do, cover it up while you are sleeping. A television in the bedroom can cause severe unhappiness. Mirrors are taboo in the bedroom. If you have a mirror, cover it up while you are sleeping and try to move it so that it doesn't reflect the bed. Plants and anything connected with water, such as an aquarium, should not be kept in the bedroom.



Your study area

If you study, your desk should face the direction that is favourable for your education. Your desk should be tidy. If it is untidy, it can cause disharmony. The part of your desk directly in front of you should be empty. This represents a clear space in front of you. And put your wastepaper bin under your desk or in a place where you can't see it when you walk in the door.

EXERCISE 3: GOOD OR BAD FENG SHUI?

Answer the questions below.

1. Do you have a mirror in your dining room? _____
2. Do you have pictures of fruit or real fruit in your dining room? _____
3. Do you have an aquarium in your home? _____
4. Do you have fresh flowers in your living room? _____

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5. Do you have plants in your home? _____
6. Do you have your cooker directly opposite or next to the sink? _____
7. Do you have a family portrait in the living room? _____
8. Do you ever leave washing hanging outside at night? _____
9. What's the number of your house/flat? _____

Now read the article below and find out whether you have good or bad Feng Shui!



A **mirror** in your dining room is a good thing. The reflection appears to double the quantity of food you have on the table. Have you ever noticed how many restaurants have mirrors on their walls?

Fruit brings a very positive energy to your dining room. Pictures of **fruit** make it seem as though you have lots of food in your house – a good thing!

Having **fish**, for example goldfish, in your home is very lucky according to Feng Shui. Ideally there should be eight golden fish and one black. If a goldfish dies, it means that the fish has absorbed bad luck that would otherwise go to someone in the family.

Flowers are extremely good in creating good Feng Shui because they bring fresh and refreshing energy. However, make sure that you remove the flowers quickly when they die to avoid negative energies.

Plants are good because they bring positive energy. But avoid cactus plants – the thorns are dangerous and can bring bad luck. Similarly, bonsai plants are unnaturally small and prevent the growth and prosperity of those who live in the house.

The **cooker** represents fire while the **sink** represents water. These are opposing elements and they shouldn't be next to or confronting each other.

A **portrait** helps create a sense of togetherness in the family. Every person in the family should be included, and they should all be smiling to symbolise happiness.

Never leave your **washing** hanging out at night. The bad spirits can enter the clothes and cause you to have bad luck.

The **lucky number** above all others is the number eight. The Chinese like to end a series of numbers with eight. If your house number ends with eight, you will have good luck. The most unlucky number is number four.

