

It's all in your mind

The Mind Questionnaire.

Interview a partner. Find out how good their mind is!

- Are you good at remembering names and faces of people?
- How do you remember things? Do you have any special tricks that help you keep things in mind?
- Do you often have a piece of music or lots of useless information stuck in your head?
- If you are very stressed, do you have any methods to empty your mind and relax?
- Do you often have to search your memory for something?
- Do you feel you have an open mind or a closed mind to new ideas?

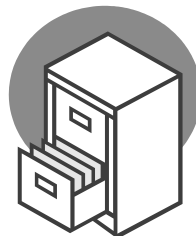
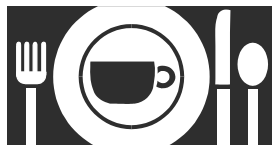
Mind the prepositions!

Complete the following sentences with the correct preposition. Some do not need a preposition. Do this WITHOUT looking at the questionnaire.

1. The memory is still fresh _____ my mind.
2. There were some doubts _____ the back of her mind.
3. My holiday was great. I really emptied _____ my mind of all my troubles at home.
4. You worry too much about things. Push it _____ of your mind.
5. I am searching _____ my memory but I can't remember your name.
6. Listen carefully, because you have to keep _____ mind that this is on the next test.
7. His name was forever fixed _____ her mind.

The Metaphor for the Mind

Look at the above examples. Which of these pictures is the best metaphor for the mind in English?



8 Expressions you should keep in mind

Look at the following expressions in English that use the word "mind". Match them to their definition.

1. Are you **out of your mind**? You can't go swimming in this terrible weather!
2. I can't believe she said that. I'm going to give her **a piece of my mind**!
3. He's **changed his mind** and doesn't want to help us now.
4. Yes, I'd love a coffee. You **read my mind**.
5. I felt comfortable with them because I could always **speak my mind**.
6. I wanted to invite him, but I was so busy that it **slipped my mind**.
7. Come to the cinema with us, it will **take your mind off** your exams.
8. Are you coming or not? **Make up your mind**!
 - a. To change your opinion about something
 - b. To know what someone is thinking
 - c. To forget
 - d. Crazy
 - e. To make a decision
 - f. To say exactly what you think or feel
 - g. To say what you think especially if you are angry
 - h. To make you think of something else

How do you keep things in mind? – Online Task

Learning styles are different ways of learning and remembering things. There are three main types of Learning Style:

Visual learners – These people learn through seeing.

Auditory learners – These people learn through listening.

Kinaesthetic learners – These people learn through moving, doing and touching.

What kind of learner are you? If you have access to the internet, take a test to find out! There is a free test available online at...

<http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>

It's all in your mind -Teaching Notes

by Lindsay Clandfield

This is a vocabulary and idiom lesson for pre-intermediate students and above. The aim is to highlight the metaphorical meanings of several words related to mind. The emphasis is on meaning, with an activity to incorporate these expressions into use. The sub aims of this lesson are to introduce some other expressions in English with the word mind and to encourage students to talk about and discover what their preferred learning style is.

Stage One

Ask students how they remember new words from English class. Do any of them have any special methods or tricks to help them remember? Make a list on the board. Tell students that in today's class they are going to talk about remembering things and their minds.

Stage Two

Distribute the questionnaire and ask students to do it orally in pairs. Clarify any expressions that they don't know. Feedback some of the interesting answers with the whole class. Now tell students to fold the paper so they can no longer see the questionnaire and ask them to do the gapfill which practises prepositions.

Answers: 1. in 2. at 3. – 4. out 5. – 6. in 7. in

Stage Three

If this is the first Metaphor Lesson you are doing with a class, explain that in English there are many phrases and expressions that have metaphorical meanings. Tell them to look at the pictures and imagine that each of them could represent a metaphorical meaning for the mind. Look back at the examples they have seen. Which picture best represents the metaphor of the mind?

Answers: *The filing cabinet. In English, the mind is like a container or an area, with thoughts being stored there or going in and out.*

It is worthwhile, especially if you have a monolingual class, to ask students if this metaphor for the mind exists in their own language. How would they translate the expressions from the first and second exercise?

Stage Four

Explain to the students that there are many expressions that include the word mind. Write on the board "Put your mind to the next exercise." What do students think it means? (answer: concentrate on the next exercise). You can tell them to do this alone or "put their minds together" and do it together.

Answers: 1.d 2.g 3.a 4.b 5.f 6.c 7.h 8.e

Stage Five – Follow up

Go over the notes about Learning Styles. If you did the Intelligence is a Light lesson, this is a logical follow up. What Learning Style do your students prefer? If you have access to computers and the Internet at your school or in the classroom, they can do an online test to find out what their Learning Style is. If not, this could be set for homework (if students have access to the Internet at home or work). You could do some feedback on this once they have their results, e.g. What do you think? Is it you?

More sites on Memory

If you or your students are interested in learning more about the mind and specifically memory, go and see this very interesting website with lots of interactive activities.

The Memory Exhibit - <http://www.exploratorium.edu/memory/>