




Character-building in the English classroom



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See-Think-Wonder



 SEE I notice...	 THINK I think that...	 WONDER I wonder...
What do you see? Describe.	What do you think? Interpret.	What does this make you wonder about fashion and its impact? Ask.

- **How:** Show a thought-provoking image/video/text. Students move from observing facts, to making guesses, to asking deeper questions.
- **Why it works:** Teaches students to *look beyond the obvious*, think critically, and connect ideas.
- **Tip:** Encourage students to answer each other's wonderings. Works best with students 11+.

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Gratitude Garden/Gratitude Snapshots



I'm proud of myself for staying positive despite all the hardships I've been through. Even though I had some very bad days where I felt hopeless and useless, I always found the good in every small things :). My friends, my family, my creative expressions, every small thing can make your day a little bit better.

So, my advice to everyone... Try to see the light in every little thing you do, even if the dark seems so full, there is light in everything :) ❤️🌸

- **How:** Students replace negative thoughts with grateful ones by adding representative images to a shared digital gratitude garden
- **Why it works:** This activity helps students reframe challenges and focus on the positive, promoting optimism, emotional regulation, and mindful reflection.
- **Tip:** Encourage students to revisit the gratitude garden whenever they feel discouraged. It becomes a growing visual reminder of their progress and positive thinking.

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The Zones of Regulation



- **How:** Students identify their current “zone” and use tools to stay in or shift zones as needed.
- **Why it works:** Simple, visual, non-judgmental system that makes emotions easier to understand and manage.
- **Tip:** For a fun variation, have students *mime* or *draw* their current zone and guess how others feel. Works best with students 8+.

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ESC in Action: Real Classroom Example

Student: “I don’t want to play this game!!”

- **E = Empathy (Listen & Reflect)**

Teacher: “Sounds like you feel bored or upset.”; “Anything else? Worried about losing?”

- **S = Share (Express Your Concern)**

Teacher: “I worry you’ll miss grammar practice and group fun.”

- **C = Collaborate (Solve Together)**

Teacher: “What’s a solution that works for both of us?”

Student: “I don’t play.”

Teacher: “That helps you, but not me. How about you try today, and then you suggest a different game for next time?”

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Six-Word Stories

English class is a challenging happiness.

Brings happiness to my long day.

My dose of socialization and distress.

English class: coffee for my brain

English class: sugar in the morning:)

- **How:** Students sum up their course experience/a text/a grammar point in *exactly* 6 words - quick, challenging, fun.
- **Why it works:** Zest often emerges from reflection; students see learning as *theirs*.
- **Tip:** Use [mentimeter.com](https://www.mentimeter.com)