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| **Lesson Plan Template** |
| **Student Teacher:****BWY No.** |  | **Assignment Name and Number:** | F2 & F3: Basic Breathing and Guided Relaxation Micro Teaching Practice  |
| **Venue:** | Zoom |
| **Subject/theme:** | Basic Breathing and Guided relaxation teaching practice |
| **Level of students:** | Beginners |
| **Date:** |  |
| **Time/duration:** | 25 minutes |
| **Resources:** |  |
| **Aims:** | **By the end of the lesson the teacher will:**  |
| **Learning outcomes:** | **By the end of the lesson students will be able to:** |
| **Assessment methods:** |  |
| **Evaluation methods:** |  |
| **Bibliography:**  |  |

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| **Time** | **Content** | **Cautions: Modifications / Props** | **Rationale / Benefits** | **Notes** |
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