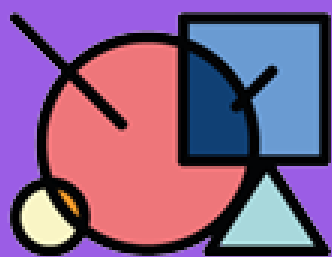




MICRO TASKS



S4B

Note to user: After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

SKILL

RESILIENCE AND STRESS MANAGEMENT

MICRO TASK NUMBER: 2

01 What are the objectives of the task?



The objectives of this task are:

- ✓ To be aware that effective communication can be visual.
- ✓ To be (more) able to increase the interest of learning through visual and creative elements.

02 What will teachers learn?



This task will give teachers the chance to practice their visual and creative skills to effectively communicate their lessons. To increase interest in blended learning, teachers can make lessons more attractive. Habits are more easily integrated into the daily routine if they are done visually, with elements that are easy to remember.

03 Tasks and procedure



The procedure for this micro-task makes it easy to quickly assimilate the necessary steps as follows.

Step 1: Before teaching the lesson, teachers create an attractive infographic with key information using their laptop or computer (it can also be drawn).

If there is the necessary knowledge, teachers can alternatively use Mentimeter (<https://www.mentimeter.com/>) or the free Word Cloud version (<https://www.wordclouds.com/>) to communicate the main ideas of the lesson. For at least one month (it can be once or twice a week) this task must be repeated to become a successful habit.

