

[1] Before We Start...

Almost everything starts with “a seed”.

[2] Definitions:

get attention

germinate

hostility

resentment

jagged

knotted

thorny stalks

sprout / sprout up

depend upon

fertile soil

nourish

affection

lush

bloom

organisms

preprogrammed

reproduce

ripe

multiplied

bear fruit

fulfillment

[3] Watch the presentation**[4] Read the text**

THE SEEDS

Inside of us, and all around us are seeds. Seeds that get attention and water grow strong. In your life right now, what kind of seeds are germinating?

If you plant seeds of hostility, jealousy, resentment and anger, then you'll find ugly, jagged, knotted, poisonous thorny stalks sprout up all around you. The value and quality of your life will depend upon the seeds that get planted in your consciousness. Your mind is filled with fertile soil so you need to be careful of the kinds of seeds that are planted there.

If you nourish seeds of tenderness, warmth, affection, kindness, inspiration, joy and love, then you'll have a gorgeous lush garden with fragrant and colorful flowers blooming all seasons.

All organisms on our planet are preprogrammed to reproduce. Once conditions are ripe, things get multiplied, so select the seeds you drop into your mind very carefully.

In every moment, select those seeds that will bear fruit and nourish you and support you, seeds that will produce fulfillment, abundance and meaning. You can make the most beautiful garden there is, and it all starts with a tiny seed.

Think about: What seeds are you sowing?

[5] Circle the correct word:

- Seeds that get [*attraction / attention*] and water grow strong.
- The value and quality of your life will depend upon the seeds that [*get picked / get planted*] in your consciousness.
- All organisms on our planet are preprogrammed to [*reduce / reproduce*].
- In every moment, select those seeds that will [*bear vegetables / bear fruit*] and nourish you.

[6] Finish the phrases:

all around us are _____
 seeds are _____
 your mind is filled with fertile _____
 a gorgeous lush _____
 fragrant and colorful _____
 select the seeds you _____
 it all starts with a tiny _____

HINTS: soil garden flowers seeds seed drop germinating

[7] Listen and fill in the blanks:

If you _____ of hostility, _____, resentment and anger, then you'll find _____, jagged, knotted, _____ thorny stalks _____ up all around you. The value and quality of your life will _____ the seeds that get planted in your consciousness. Your mind is filled with fertile _____ so you need to be careful of the kinds of seeds that are _____ there.

TODAY'S ASSIGNMENT

In pairs or in a small group, answer or do the following:

1. Word Search - Find collocates, other meanings, information, synonyms, etc., for the words 'richness' and 'purpose'

seeds	fulfill
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2. Fill in the chart with ORIGINAL examples what you will find in your life if you plant these seeds:

If you plants seeds of....	You will find in you life...
hostility	... unfriendly people and enemies all around you
jealousy	
resentment	
tenderness	
affection	
kindness	

3. Write a comment about today's topic.

STUDENT NAMES & CLASS NUMBERS: