

TeachingEnglish: Building understanding through dialogue

Workbook

Your reflective journal
and additional resources



Foreword

Welcome to the workbook for Building understanding through dialogue. Thank you for downloading it to continue your professional development with TeachingEnglish training.

In this workbook, you'll find learning resources, reflection prompts and practical support to apply new ideas from Building understanding through dialogue. On this course, you'll learn to create positive relationships and effective communication in your classroom by exploring techniques to develop empathy, critical thinking and intercultural competence.

You can use this workbook to develop your skills at any time, whether you're enrolled on the course or not. This workbook supports learning with colleagues, connecting with educators online, or working independently.

We're looking forward to learning with you.

The TeachingEnglish training team

Contents

Foreword and contents	2
What are TeachingEnglish training courses?	3
How can you develop your teaching knowledge and skills?	4
Module one: Dialogue and intercultural competence	5
Module two: Dialogue, trust and empathy	7
Module three: Dialogue and critical thinking	9
Action plan: What are you going to change?	11
Reflect: What have you learned from making a change?	12
What can you do next?	13

What are TeachingEnglish training courses?

TeachingEnglish training courses for teachers offer self-study modules, live events, resources and discussions with over 99,000 teachers in our Courses for teachers Facebook community – and this self-study workbook. Get practical support and advice from course tutors and other teachers as you try out new ideas in your classroom.

Self-study modules

Each online course takes around 12 hours to complete and includes:

- an introductory Getting started module
- three core modules exploring a different aspect of teaching
- downloadable resource documents for each module, containing extra materials and links
- a certificate of achievement on successful completion of all modules.



You can revisit activities as many times as you like before the course ends. Find out more about our free self-study modules, what they cover, when they're available and how to enrol.

Courses for teachers community

Get the support you need to apply course ideas in your classroom in our supportive Facebook community. Learn with course tutors and other educators following our courses, access extra learning resources, join live events and participate in discussions.

Live events

Attend live events led by course tutors and expert educators, or watch the recordings in our Facebook group or YouTube. These sessions offer teaching ideas and a chance to ask questions and share your own insights.

Workbook

Use this workbook to record key course content, questions for the community, links to resources and ideas from extra materials or live events. You can save it online, print it or do both.

How can you develop your teaching knowledge and skills?

This workbook provides guidance and prompts to help you reflect on your teaching, identify useful changes, plan how to apply them and learn from the process. We hope you'll use this reflective cycle as part of your ongoing professional development.

Using this reflective cycle during your course will help you learn from experience and improve your teaching. It can deepen your learning by guiding you to apply new ideas, assess their impact and adjust your approach. Use it after lessons, when trying new strategies or when facing challenges. By making reflection a habit, you'll continue to grow as a practitioner and better support your learners.



Gibbs' Reflective Cycle

Use the following questions to guide you through the reflective cycle as you apply your learning from the course.

Description	What did I expect to happen? What actually happened? What was the result?	Description
Feeling	How did I feel before, during and after? How did my learners feel about what happened?	Feeling
Evaluation	What went well and what didn't? How do I know what worked or didn't work?	Evaluation
Analysis	Why did things turn out this way? What could help me understand the situation better? What did I learn?	Analysis
Conclusion	What could I have done differently? What skills or knowledge do I need to improve?	Conclusion
Action plan	What will I do next time? What support or resources will I need? When will I take action?	Action plan

Module one: Dialogue and intercultural competence

Overview

The aim of this module is to help you help your learners better understand their own culture, identity and values – something which can help them to build dialogue and understand others.

Can you now ...?

- describe cultural intelligence and intercultural competence?
- use a range of techniques to help your learners explore their own culture?
- help your learners develop their intercultural competence?
- describe the four states of identity development?
- help learners better understand the role of values in decision making?
- use a range of activities to develop learners' understanding of diversity and its impact on communication?

Show how confident you feel now in terms of developing your learners' intercultural competence by putting a mark on the cline. You can return to these objectives and move your mark as you learn and make changes to your teaching.

Not confident

Very confident

Consider the development of intercultural competence in the language classroom. What happens where you teach? How does that affect your learners?

What would you like to happen? Which ways of developing intercultural competence work best in your context? What skills or knowledge might you need?

Further reading, teaching and learning resources

You can access the following resources at any time, whether the course and self-study modules are open or not.

Time (mins)	Type	Resource description (tap/click to open)
5	Read	Article: Storytelling ? benefits and tips
10	Use	Lesson plan (80 Minutes): Refugee poster project
10	Use	Lesson plan (40 minutes): Other cultures
10	Read	Article: Storytelling to celebrate cultural diversity
10	Read	Article: Intercultural learning 1
10	Read	Article: Intercultural learning 2
10	Read	Article: Cross-cultural awareness in monolingual classrooms
15	Use	Lesson plan (90 minutes): Cities and migration
30	Use	Lesson plan (90 minutes): Living together
40	Watch	Webinar: Cross-cultural awareness in monolingual classrooms
50	Watch	Webinar: Integrate intercultural competence in your lessons
55	Watch	Webinar: Creating engagement with multicultural learners
60	Watch	Webinar: Practical tips to promote intercultural learning
60	Watch	Webinar: Intercultural awareness in the classroom
65	Watch	Webinar: Working with intercultural communities of teachers

At TeachingEnglish, we're constantly updating and adding to the selection of free articles, publications, lesson plans, live sessions and webinars available for teachers. Check our TeachingEnglish website and TeachingEnglish YouTube for the latest resources.

Use this space to note ideas that may help you develop intercultural competence, identity and communication in your classroom and teaching.

Remember, you can get new teaching ideas from the self-study modules, further reading, teaching and learning resources, live events or the Courses for teachers community.

Module two: Dialogue, trust and empathy

Overview

The aim of this module is to explore a range of strategies and techniques that can help learners to use dialogue to have a positive influence on those around them.

Can you now ...?

- use a range of teaching techniques for developing empathy?
- use a pain-gain map to help learners understand others?
- describe the trust equation and the factors that impact on trust?
- use a range of activities for building trust with your learners?
- describe a range of features that can help your learners build trust with others?
- identify and use different styles of communication?

Show how confident you feel now in terms of exploring trust and empathy with your learners by putting a mark on the cline. You can return to these objectives and move your mark as you learn and make changes to your teaching.

Not confident

Very confident

Consider building trust and empathy through dialogue. What happens where you teach? How does that affect you and your learners? How do you feel about it?

What would you like to happen? Which ways of developing trust and empathy work best in your context? What skills or knowledge might you need?

Further reading, teaching and learning resources

You can access the following resources at any time, whether the course and self-study modules are open or not.

Time (mins)	Type	Resource description (tap/click to open)
2	Read	Definition: Ice-breakers
4	Watch	Video: Warmers
5	Read	Article: Active listening activities
10	Use	Lesson plan (60 minutes): Families
10	Use	Lesson plan (60 minutes): Managing emotions
10	Read	Article: How teacher educators can develop empathy
10	Read	Article: Helping learners become effective communicators
10	Read	Article: Listening to body language
10	Read	Article: Non-verbal communication
10	Use	Lesson plan (60 minutes): Starting a new school
10	Use	Lesson plan (60 minutes): Future expectations
55	Watch	Webinar: Active listening and how to do it
60	Watch	Webinar: How picture books can develop empathy
60	Watch	Webinar: Fostering dialogue through active listening
60	Watch	Webinar: How can you break down barriers in your classrooms?

At TeachingEnglish, we're constantly updating and adding to the selection of free articles, publications, lesson plans, live sessions and webinars available for teachers. Check our TeachingEnglish website and TeachingEnglish YouTube for the latest resources.

Use this space to note ideas that may help you develop trust and empathy in your classroom and teaching.

Remember, you can get new teaching ideas from the self-study modules, further reading, teaching and learning resources, live events or the Courses for teachers community.

Module three: Dialogue and critical thinking

Overview

In this module, you'll look at what critical thinking is and how it relates to building dialogue and better understanding.

Can you now ...?

- identify the elements of critical thinking and its role in dialogue?
- use a range of techniques to develop your learners' critical-thinking skills?
- identify logical fallacies and help learners avoid them?
- describe confirmation bias and raise learner awareness of it?
- recognise ways of forming persuasive arguments?
- use Socratic questioning help learners question their own beliefs and think more deeply?

Show how confident you feel now in terms of developing learners' critical thinking skills through dialogue by putting a mark on the cline. You can return to these objectives and move your mark as you learn and make changes to your teaching.

Not confident

Very confident

Consider critical thinking skills. What happens where you teach? How does that affect you and your learners? How do you feel about it?

What would you like to happen? How could you develop your learners' critical thinking skills?

Further reading, teaching and learning resources

You can access the following resources at any time, whether the course and self-study modules are open or not.

Time (mins)	Type	Resource description (tap/click to open)
9	Watch	Video: Critical thinking
10	Use	Lesson plan (60 minutes): The mystery of the sand
10	Use	Lesson plan (50 minutes): Thinking hats
10	Use	Lesson plan (60 minutes): Six blind men and the elephant
10	Use	Lesson plan (60 minutes): Asking for change
10	Read	Article: Asking questions
10	Read	Article: Helping learners develop their critical thinking
30	Listen	Podcast: Critical thinking in English language teaching
40	Watch	Webinar: Thinking skills
60	Watch	Webinar: Inquiry-based learning in primary classrooms
60	Watch	Webinar: Critical and creative thinking in the ELT classroom
60	Watch	Webinar: Problem solving through vocabulary games
75	Watch	Talk: Forum on critical thinking skills
120	Use	Videos: Lessons and self-study resources about fake news
120	Read	Publication: Critical thinking in English teacher education

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Use this space to note ideas that may help you develop learners' critical thinking skills.

Remember, you can get new teaching ideas from the self-study modules, further reading, teaching and learning resources, live events or the Courses for teachers community.

What are you going to change?

Now plan to change your teaching. Starting with a SMART goal will help you make the change and better understand the impact it makes.

A SMART goal is:

- **S**pecific (What exactly do you want to achieve?)
- **M**easurable (How will you know if it happened and the difference it made?)
- **A**chievable (Is it challenging but possible?)
- **R**elevant (Does it help you and your learners?)
- **T**imebound (When will you do it?)

Look back through this workbook and think about your learners. Choose one thing you'd like to be different about your teaching or classroom experience. Write it as a SMART goal.

Something I'd like to be different in my classroom or teaching is ...

A change I can make that will help achieve that is ...

I will need ...

Some challenges might be ...

To solve those challenges, I could ...

What have you learned from making a change?

Make the change you planned in the last section, then reflect upon it. Sharing your answers to the following questions will guide you through the reflective cycle on page four.

The change I made was ... When I made the change, my learners ...

After making the change, I felt ... My learners felt ...

Some good/bad things about the change were ... I know this because ...

I think things happened this way because ...

The main things I learned from making this change to my teaching are ...








In future I will ... I will develop the skills and knowledge I need by ...

What can you do next?

Well done, you've made it to the end of the course! We hope you've found it useful and you'll join us on another very soon.

By completing this workbook, you've also followed a reflective cycle (page four) – congratulations! You can use the reflective questions on page 12 to help you to reflect on and learn from other changes you make in your classroom. We hope you will continue to do this and share your experiences, insights and questions with other teachers in your school or community of practice (for example our Courses for teachers community).

Do you have any questions about the course contents? Share them with our Courses for teachers community and get advice and feedback from our tutors and 99,000+ members. You can also:

-  Join another free TeachingEnglish training course.
-  Connect with course tutors and 99,000+ teachers around the world in our Courses for teachers community on Facebook.
-  Explore our framework for teacher knowledge and skills for inspiration, support and materials.
-  Access TeachingEnglish webinars for teachers and teacher educators.
-  Listen to TeachingEnglish podcasts for teachers.
-  Explore our playlists and recorded events.
-  Find out what else is happening on TeachingEnglish.