

# Lesson Plan: Suggestopedia as a Method of Teaching

## **Grade Level/Target Audience:**

Pre-service teachers / In-service teachers / Education majors

## **Subject:**

Teaching Methods – Focus on Suggestopedia

## **Time Allotment:**

1 hour and 30 minutes

## 1 Objectives

By the end of the session, participants will be able to:

1. Explain the principles and characteristics of Suggestopedia.
2. Demonstrate a sample activity using Suggestopedia techniques.
3. Reflect on how Suggestopedia can be applied to language teaching in their own classrooms.

## 2 Materials

1. Sample story text
2. Soft background music (forest/nature sounds and mood-based tracks)
3. Speakers or sound system
4. Comfortable classroom setup (mats or floor space if possible)
5. Low/dim lighting
6. Printed summary of Suggestopedia characteristics
7. Chalkboard/Whiteboard or Presentation slides

## 3 Procedure

### 3.1 A. Introduction (10 minutes)

1. Begin with a short brainstorming activity: *"What makes learning a language difficult or stressful for students?"*
2. Briefly introduce Suggestopedia as a teaching method that reduces learner anxiety and increases retention using music, relaxation, and positive suggestion.

### 3.2 Presentation/Input (15 minutes)

1. Present the Nine Characteristics of Suggestopedia (from Villamin et al., 1994).
2. Discuss the theoretical basis:
  - Role of suggestion
  - Conscious and subconscious learning
  - Importance of a relaxing and emotionally engaging environment

Provide participants with a handout summarizing the characteristics.

### 3.3 Demonstration Activity (35 minutes)

(Modeling a Suggestopedia lesson for language development)

### 3.3.1 Preparation:

- Turn off or dim lights.
- Set up relaxing music (e.g., forest sounds or instrumental).
- Ask participants to sit comfortably (on chairs, mats, or floor).
- Set the mood: Invite them to imagine they are in a forest.

### 3.3.2 Visualization and Role Assignment (5 mins):

- Guide participants through a visualization exercise (e.g., “Imagine you are a bird, tree, flower, or animal...”).

### 3.3.3 Storytelling with Background Music (10 mins):

- Read a short story aloud with emotional expression.
- Background music should play softly throughout.
- Occasionally pause to ask comprehension or reflection questions.

### 3.3.4 Creative Language Task (10 mins):

- Group participants and ask them to create dialogues on how to care for the environment, speaking in character (as birds, trees, etc.).
- Emphasize content over form; do not correct grammar at this stage.

### 3.3.5 Sharing (5 mins):

- Invite volunteers to present their dialogues.
- Reinforce correct language use subtly through repetition or recasting.

## 3.4 D. Processing and Discussion (15 minutes)

Facilitate a reflective discussion:

- How did the activity feel?
- Which principles of Suggestopedia were applied?
- What did you notice about engagement, comprehension, and expression?
- How could you apply this method in your own teaching?

## 4 Assessment/Evaluation

Formative: Participation in discussions, role-play, and group dialogue

Summative (Optional): Short written reflection:

*“How can I use Suggestopedia in my own classroom to support language development?”*

## 5 Assignment (Optional)

Ask participants to design a short language lesson plan using the Suggestopedia method for their target grade level or subject.