

Meditations by Marcus Aurelius

Warm Up Activities

1

Write the phrase "Focus on what you can control" on the board. Ask students to reflect individually for a minute and then share with a partner what this phrase means to them. After a few minutes, invite some pairs to share their insights with the class.

2

Organise students into small groups and provide them with scenarios involving common life challenges (e.g. a disagreement with a friend, a stressful exam). Ask each group to discuss how they might apply Marcus Aurelius' advice to these scenarios, focusing on acceptance and response. Allow a few minutes for discussion before asking for volunteers to share their thoughts with the class.

3

Distribute sticky notes to each student and ask them to write down one thing they are grateful for today. After a couple of minutes, invite students to place their notes on a designated "gratitude wall" in the classroom. Then, facilitate a brief discussion on the role of gratitude in maintaining a positive outlook, asking for volunteers to share their notes and thoughts.

Multiple Choice Answers

1

d

2

c

3

b

4

b

5

c

Comprehension Questions

1

The book "Meditations" was written by Marcus Aurelius.

2

One important idea in "Meditations" is to focus on what we can control.

3

Marcus Aurelius suggests that instead of getting upset about things we cannot change, we should focus on our own actions, thoughts, and decisions.

4

According to "Meditations", we should accept life's challenges and use them as opportunities to grow and become stronger.

5

Marcus Aurelius emphasizes the importance of living in the present moment because the past is gone, and the future is uncertain.

6

Marcus Aurelius believes that our thoughts have a big impact on how we feel and act, so it's important to think positively.

7

Marcus Aurelius stresses the importance of being kind and just to others to create better relationships and make the world a better place.