## **Method: Translate it!**

In the University of Latvia, Dace Siliņa has been trying out the "Translate it!" method with her course on "Stress management" which is run with 15 students.

Here are the steps Dace takes with the class in applying this method:

At the start she gives the students the concept about which they should express themselves, in this case the topic was stress....

Stress

Stress

or by creating a rebus of the word ....

ENERGY

NOTINE

NERVS

INSOMNIA

or by showing the concept in mime......



Go to the Translate it! method