



Mountains

Triple Well-Being

May 2024



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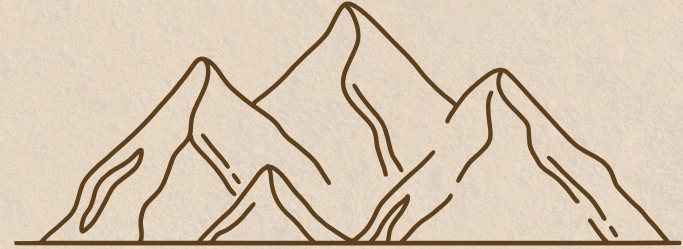
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Group Activity



Mount Everest	Mont Blanc	Pikes Peak
Mount Fuji	Kilimanjaro	Aconcagua
Mount Meron	Mount Hermon	Mount Ararat

Divide into nine groups. Each group chooses one of the mountains. Find out the following information about the mountain:

- Where is this mountain located?
- How high is it?
- Find three interesting facts about it.
- What threats does it face? What are the solutions?

Present your findings to the rest of the class. You can create a poster for your mountain.



Pre-Watching

Study the list of vocabulary used in the video:

[word](#)

[pdf](#)

Vocabulary is the “Everest of language” (David Crystal)



Watch the following video



Video

In pairs or groups, discuss the following questions:

- Why are mountains so important?
- What are the main threats to the mountains?
- How can we look after mountains?





Kahoot!
Get Ready!



Click on the Kahoot image!
Contains a word quiz from the
previous video and a new video
about the Rocky Mountains.

Look at these quotes/idioms about mountains. In groups, discuss what they mean, and choose one that you identify with.

"The mountains are calling, and I must go." - John Muir

"The best view comes after the hardest climb." – Unknown

"The highest peak is not for the faint of heart. It's for the brave of spirit." – Unknown

"The mountains are my teachers. They teach me patience and perseverance." - Tenzing Norgay

"Life is a mountain. Your task is to get to the top." – Unknown

"Don't make a mountain out of a molehill."



Quotes

Writing



My Mountain

We all have “mountains” to climb in life—goals we want to reach, challenges we must overcome, and dreams we hope to achieve.

Write a short essay or personal reflection describing the “mountain” you feel you must climb in your life. Do not worry about language or the length of the essay!

- What is this mountain for you?
- Why is it important to you?
- What challenges might you face along the way?
- What do you hope to find or feel once you reach the “summit”?

Share your writing with a partner!



Suggested Songs



You Are the Reason

Calum Scott ([Link](#))



Climb Every Mountain

Barbara Streisand and
Jamie Foxx ([Link](#))



Ain't No Mountain High Enough

Marvin Gaye and
Tammi Terrel ([Link](#))



**A picture is worth
a thousand words**



