



# Diabetes

## Running Dictation

<b>ELSA Level:</b>	Level 2/3
<b>Activity:</b>	Learners work in groups of 3 to relay text information to each other
<b>Time:</b>	45 minutes
<b>Materials:</b>	Running Dictation: Get More Exercise! (page 30)

### Learning Outcomes:

Learners will be able to:

- Recognize ways to increase their level of physical activity.

### Suggested Approach:

- Learners are in groups of three. One learner is the “reader”, one is the “runner” and one is the “writer”.
- The reader reads one sentence at a time from the text, and conveys the sentence orally to the runner.
- The runner then runs to the other side of the class where the writer waits. The runner conveys the sentence to the writer, who writes the sentence. The runner continues to go back and forth between reader and writer until the story has been constructed.
- For lower level/multi-level classes – have groups of 2 or 3 learners with the story in sentences cut up and placed on their table. Have another learner (higher level) take the role of both reader and runner, running to read the story, remembering one sentence at a time, and then repeating the sentence to the group mates who then place the sentences in order on the table. (These roles can be switched mid-exercise).

## **Running Dictation: Get More Exercise!**

- 1. Here are some ways to get more exercise.**
- 2. Make time for exercise every day.**
- 3. Try to walk more.**
- 4. Don't always take your car or the bus.**
- 5. Start exercising slowly.**
- 6. Exercise faster when you are stronger.**
- 7. Exercise with your family. Don't stay inside.**
- 8. You can go swimming or biking together.**
- 9. Try new things like dancing or playing basketball.**
- 10. You will feel healthy if you exercise more.**