

# Your Creativity, Your IMPACT

## Dearlines & Lifelines

15 minutes to reset your classroom.

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**Institution:** Universidad Nacional de Río Cuarto



**Subject:** Practicum II (Teacher Training)



**Students' ages:** 18-99+ y/o



**Location:** Río Cuarto, Córdoba, Argentina



**Allotted Time:** 15 minutes (with a follow-up the next week)



## The ELEVATE+ Activity

### ELEVATE+ Pillar(s)



### Objective:

- To help students and teachers reclaim their schedules by transforming the "threat" of deadlines into opportunities for "lifelines" (intentional self-care), fostering a healthy academic–personal balance.

### Materials & Resources:

- Students' mobile phones/digital calendars.
- A "Lifeline" song to set the mood (Recommended: [\*It feels like I'm falling in love\* by Coldplay](#)).
- A whiteboard or collaborative digital board (Jamboard/Padlet).

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## Step-by-Step Description:

1. **The Context:** Share the origin of the word deadline (a boundary in military prisons). Contrast this with the concept of a Lifeline: a deliberate "opening" in a schedule for self-care.
2. **The Visual Audit:** Ask students to take a screenshot of their current weekly schedule and share it (you should share yours too!). Discuss the feeling of "frantic" schedules.
3. **The Lifeline Brainstorm:** Create a collective checklist of "Lifelines"—activities that take 15 minutes or less (e.g., drinking water mindfully, a phone-free walk, listening to a favourite track).
4. **The Scheduling:** Invite students to book a meeting with themselves literally. They must insert at least three "Lifelines" into their digital calendars immediately following their busiest deadlines.
6. **The Alarm (Techy Option):** Suggest setting a "Lifeline Alarm" to ensure the habit sticks.

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## Impact & Reflection

**Student Impact:** Students often view their schedules as "cages." By introducing the "Lifeline," the classroom climate shifts from one of survival to one of intentionality. They realise that balance is a skill to be practised, not a lucky accident.

### Teacher's Reflection:

*"Implementing this at the start of the year is a transformative experience. I enjoyed seeing students sharing self-care interests. It reaffirmed my role as a facilitator of connection, creating a safe emotional environment where academic learning can truly begin." — Adelina*

**A Tip for Others:** "Protect the Lifeline." Tell your students to treat these 15-minute breaks with the same respect they would give an important exam or a meeting with a boss. If we don't protect our lifelines, the deadlines will eventually sink us.

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## Call for Submissions!

Do you have an activity that brings the ELEVATE+ pillars to life? Whether it's a 5-minute check-in or a full-hour project, we want to see it!

Submit your activity [here](#)

let's elevate education together!

Adapted from: Olivero, M. M., Barbeito, M. C., & Sánchez Centeno, A. (2023). Positive Psychology Activities for Promoting Emotion Regulation and Wellbeing in Language Teacher Education. Transformation, Embodiment, and Wellbeing in Foreign Language Pedagogy Enacting Deep Learning. Bloomsbury, 201-222.



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