

Teaching on Global Be Well Day with Lyfta

With the Global Be Well Day coming up, we wanted to make everything as easy as possible so that you can make the most out of the Lyfta activities with your students.

In this document you can find instructions about how to locate the GBWD lesson, launch the lesson and teach it to your students.

If you prefer video over text, we warmly recommend watching [this onboarding video](#), prepared by our wonderful training team. Please note that you can change the subtitle language once you've opened the video.

Let's start teaching with Lyfta



How to have the best experience

We recommend that you use either a desktop or laptop computer running Windows 10 or Mac OS X and Google Chrome as your browser.



Language options

Your platform language may be in English by default, but you can change it easily to Spanish or Portuguese by clicking the language options from the right hand corner at teacher.lyfta.com.



How to set your password and login

You will have received an email from us with the subject line "Welcome on board". Create your password if you haven't done this yet. If you missed that email, go to teacher.lyfta.com and type in your email address and click 'Forgotten your password?' to reset your password. After setting your password, go to teacher.lyfta.com and login with your email address and password.



How to access lesson plans

Once you login, please use the search function to search for the GBWD lesson. Click on the magnifying glass on the left hand side of the screen to open the search. Simply type in "Cognita" into the search bar and you will be presented with different lesson plans and materials based on languages and age groups.

How to launch the GBWD lesson

To teach the GBWD lesson, you will launch it on your device and present it from the front of the classroom on your whiteboard.

To launch the lesson for your students

The screenshot shows the Lyfta website interface. At the top, there is a navigation bar with the Lyfta logo on the left and a 'Teach' button on the right. Below the navigation bar, the page title is 'LESSON PLAN :: Cognita GBWD ENG (7-11)'. The main content area is divided into two sections: 'Lesson outline' and 'Teacher notes'. The 'Lesson outline' section contains the text: 'Explore the themes of sustainability, wellbeing and food through three storyworlds - fasten your seatbelts, we're going to Peru, Germany and Afghanistan!'. The 'Teacher notes' section contains the text: 'This lesson is adaptable for all ages. It's other title is 'From grubs to bees to bread!'. This lesson introduces Flora and William, members of the indigenous Matsigenka tribe in Amazonian Peru, Malte in Germany and Najibullah in Afghanistan. You could use it to explore themes such as: biodiversity, sustainability, sustainable eating, food, nutrition, tradition and community. Like ALL Lyfta storyworlds, these characters are real people and unique. We don't share stories as being 'typical' or as 'single stories' of people or places. Cognita Values: respect, integrity, and accountability.'



Open the "Lesson plan", click 'Teach' and select 'In front of the class' then simply share your screen.



Once you start your lesson, the lesson card displays the lesson plan name and lesson description.



Click 'LET'S GO!' to begin. The quest tracker is displayed on the right to show you your progress and the lesson structure. Click on anything that 'jiggles' on the screen.



Task cards guide you through the lesson step by step. They will appear from the bottom of the screen and can be closed with the 'X' to see and explore the Lyfta globe. The current task is highlighted in red; simply click on the red icon to re-open a task card.



To move through the lesson, you must complete each task card before moving onto the next one. Use the buttons at the bottom of each task card to complete the task and automatically open the next one.



When you have finished teaching the lesson, simply close the tab to return to the teacher interface. Click 'End lesson' in the top right hand corner to end the lesson.

Useful links and information

The lessons and the platform are available to you until the end of October 2022 so you are free to use the material even before and after the official GBWD activities.



If you ever face a problem, you can reach out to us via the chat box on the bottom right corner and our customer service team will reach out to you as soon as possible. We are located in the GMT+0 time zone so this may affect the response times.



[Watch this video](#) to learn more about Lyfta lessons and activities.



More information can be found at the website cognita.lyfta.com.