

Unit 11 Quiz: Life in the Slow Lane

A CONVERSATION

Complete the conversation below using the words in the box.

appreciate juggling leisurely meaningful restore

A: When is the last time you took a(n) ¹ _____ walk in the park?

B: I can't remember. I run in the park for exercise sometimes. Why do you ask?

A: I feel like I'm constantly busy. I'm always ² _____ work and family responsibilities. I don't have time to stop and ³ _____ simple things like a nice park.

B: It sounds like you need to take a break and ⁴ _____ some balance in your life.

A: I do. I'd love to slow things down and have more ⁵ _____ relationships with my family members.

B GRAMMAR

Circle the correct article or quantifier. If no article is necessary, circle x.

1 (A / The) sun is setting behind the clouds.

2 Spending time in (the / x) nature is important.

3 Just (a little / every) relaxation can help a person's stress level go down.

4 I'd like to go to (a / the) retreat, but I'm not sure which retreat to go to.

5 A large (amount / number) of my friends have started cloudspotting.

C TED TALK

Complete the paragraph below using the words in the box.

moan fondness obstructions stands up for meditation

Gavin Pretor-Pinney has a great ¹ _____ for clouds. He loves looking at them. He says clouds are "like a bit of everyday ² _____. Unfortunately, many people tend to complain or ³ _____ about clouds. They think of clouds as ⁴ _____ that block the sun. But Pretor-Pinney ⁵ _____ clouds. He encourages people to look up at the clouds and imagine what shapes the clouds are taking. Cloudspotting, he believes, can help us to live in the present and be more mindful of our surroundings.