READING

A magazine interview

1 **Read the interview. Is this sentence true or false?**

Mindfulness doesn't help students with their exams.

2 **Match the underlined words in the interview with the definitions.**

1 I can't *concentrate* if you keep talking. You're getting on my nerves.

2 Humans have five _____ : hearing, sight, taste, smell and touch.

3 Lucas improved his _____ in tennis with practice.

4 Dr Morgan has written many _____ about stress.

5 The doctor gave Maya a _____ painkiller after her accident.

6 The doctor told my dad that he has to _____ his weight.

3 **Read the interview again and circle the correct options.**

1 Jeremy Parker says that *concentration* / *mindfulness* can stop people having negative feelings.

2 Mindfulness teaches us to pay more attention to *the present* / *difficult situations*.

3 Meditation is used to *control our feelings* / *make us happy*.

4 When we're depressed, *we sometimes make ourselves* / *other people sometimes make us* feel even worse.

5 Cognitive psychology *studies how mindfulness works* / *can teach people to understand their feelings*.

6 Safari Walk is *not difficult to learn* / *especially good for children*.

4 **Answer the questions so they are true for you.**

1 What do you do when you feel down or insecure?

_____

2 Would you like to learn more about mindfulness? Why / Why not?

_____

Mindfulness for students

Sometimes you're worried and insecure about everything and you can't concentrate. These feelings affect your personal life and your school work and can sometimes get worse. The psychologist Jeremy Parker (and many other experts) suggests using mindfulness.

What is mindfulness?

Mindfulness is a very powerful tool or technique that helps people to concentrate more on here and now. It helps you to stay calm in difficult situations, which you often create for yourself. The technique teaches you to practise breathing and uses meditation to calm you down and understand your feelings and thoughts.

How does mindfulness help?

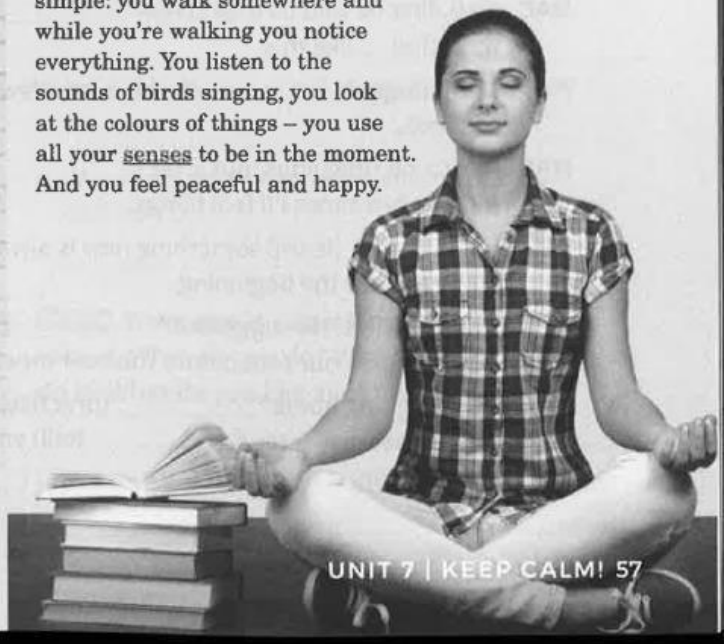
Everyone has times when they feel down or they feel hurt for some reason. Your mind is full of negative feelings, and there's a voice inside you telling you that you're a failure or that you're useless. Through meditation, you learn not to listen to that voice and after a time … the voice stops. So, you stop worrying about things so much and you avoid thinking those negative thoughts.

What is the science behind mindfulness?

There's an area of psychology called 'cognitive therapy' which helps people to understand how they are thinking and to change it. Mindfulness is based on this, and many studies show that it works. One study, for example, showed that meditating before an exam helps you to get better grades. Another study shows that it reduces stress and worry.

Can you give an example of a mindfulness activity?

There's a simple activity called 'Safari Walk'. It works for children, adolescents and adults, and it's very simple: you walk somewhere and while you're walking you notice everything. You listen to the sounds of birds singing, you look at the colours of things – you use all your senses to be in the moment. And you feel peaceful and happy.



LIVEWORKSHEETS