1. Talk with a partner:

a) What do you do to relax?

b) Do you like quiet moments?

LISTENING TASK 1 – FILL IN THE BLANKS

a) Grounding uses your _____ to help you relax.

b) Journaling means writing your _____.

c) Eating mindfully means focusing on _____, _____ and _____.

d) These activities don't need _____ or special places.

e) They help people slow down and enjoy the _____ moment.

LISTENING TASK 2 – MATCH THE PEOPLE WITH THE CORRECT LETTER

1.	Oliver	a.	had a baby
2.	Louise	b.	started to spend more time with his/her children.
3.	Karen	c.	started studying.
4.	Sam	d.	was fired by his/her employer.
5.	Oscar	e.	stopped working full time.
		f.	got a new job.

LIVEWORKSHEETS