Watch a video about SLOW LIFE
https://youtu.be/y2PL4gNffBI

What is a key word for each day?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
little things	immerse	sense	self	listen	breathe	taste

Match to make phrases

tune into	for granted
take things	the body
clear things	the senses
treat yourself	every bite
nourish	off surfaces
savour	to flowers

Complete the sentences with these words:

mindset moment simple sensations race

We're gonna practise retaliating against rat
We're gonna keep it light and
It's the quickest way I can bring myself into a slow living
Just immersing all of my senses into the present
We're gonna tap into physical

Match the definitions of the underlined phrases:

1. We're gonna bring attention to our body
2. Feel free to go ahead and give yourself a little stretch.
3. We aren't just gonna do it quickly to get it over with.
4. We all pay lip service to being grateful for things like our health.

to finish an unpleasant but necessary piece of work so that you do not have to worry about it

to focus or concentrate your awareness on sth

to say that you agree with something but do nothing to suport it

to know that you can do something if you want to

If you liked this video and the ideas presented in it, you can download a PDF with more inspiration here
https://www.pickuplimes.com/video/7-days-of-slow-living-77

LIVEWORKSHEETS