

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

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| 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. |