Meditation

Vocabulary

Match the words/phrases to their definitions:

Deep breathing
Guided meditation
Inner peace
Mindfulness
To be absorbed in thought
To unwind

a) the feeling of calm and clarity achieved through meditation
b) focusing fully on the present moment, without distraction
c) to relax and release tension
d) a meditation session where someone leads you with instructions
e) breathing slowly and fully to reduce stress and tension
f) to be fully focused on your thoughts or imagination

Complete the sentences with the correct word or phrase

1. I like to practice _____ every morning to start the day calm and focused.
2. After a long day at work, I just need ten minutes to _____ and let go of stress.
3. Many people use _____ apps when they are new to meditation.
4. Yoga often teaches people _____ to help them feel relaxed and present.
5. During the train ride, she was completely _____ and didn't notice the noise around her.
6. Meditation can help you achieve _____ and reduce anxiety.

LIVEWORKSHEETS

Speaking

1. Have you ever tried meditation or mindfulness exercises? How did it make you feel?
2. What do you do to relax and unwind after a stressful day?
3. Do you prefer guided meditation or meditating on your own? Why?
4. How can deep breathing or being absorbed in thought help with concentration or emotional control?
5. Can meditation or mindfulness improve your daily life? Give specific examples
6. Describe a situation when achieving inner peace would be especially useful for you

LIVEWORKSHEETS