

Idioms: Mindfulness & Meditation

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. When you feel stressed, what helps you **clear your head**?
2. Have you ever completely **lost yourself in** an activity? What was it?
3. How do you try to stay **in the moment** when you're busy?
4. Do you usually **take things in your stride**, or do you get stressed easily?

READING ACTIVITY

Part 1. Read the following dialogue carefully.

ayla: Lately, I've been trying to practise mindfulness every morning.

Omar: That's great! What kind of mindfulness do you do?

Layla: Mostly breathing exercises to **clear my head** and stay grounded.

Omar: I've heard that helps you **be more in the moment**.

Layla: Definitely. I even **lose myself in** it sometimes — twenty minutes feels like two!

Omar: That's the goal, right? Total focus.

Layla: Exactly. It's not always easy, though. Some mornings I have to remind myself that it's **mind over matter**.

Omar: Same here. I'm trying to **keep my head** at work lately. Stress levels are crazy!

Layla: Just **take things in your stride** — one step at a time.

Part 2. Answer the comprehension questions.

1. What mindfulness technique does Layla use?
2. What happens when she really focuses?
3. What phrase describes using mental strength to overcome challenges?
4. What advice does Layla give at the end of the conversation?

DEFINITION MATCHING

Part 1. Match each idiom to its correct definition. Can you guess any before looking at the options?

Clear your head

Be in the moment

Mind over matter

Lose yourself in

Keep your head

Take things in your stride

1. _____ to stay calm and think clearly in a difficult situation
2. _____ to completely focus on and be absorbed in an activity
3. _____ to think only about the present, not past or future worries
4. _____ to remain calm and deal with problems without getting upset
5. _____ to remove stress or mental clutter
6. _____ to use mental strength to overcome physical or emotional challenges



TYPICAL USAGE MATCHING

Part 1. Match the idioms with what they are typically used with.

Clear your head

Be in the moment

Mind over matter

Lose yourself in

Keep your head

Take things in your stride

1. _____ an activity / a hobby
2. _____ when you are extremely stressed but need to stay calm
3. _____ when faced with physical exhaustion or emotional stress
4. _____ when overwhelmed with busy thoughts
5. _____ when handling unexpected difficulties
6. _____ when focusing during a conversation or activity

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target idioms so that the meaning stays the same.

1. She was completely focused on the painting and forgot everything else.
2. He managed to stay calm during the emergency.
3. I needed a walk to relax and free my mind from stress.
4. It's important to stay present and focus on what's happening now.
5. Even though the situation was stressful, he dealt with it calmly.
6. She pushed through her tiredness with mental strength.

SENTENCE GAP-FILL

Part 1. Use the correct form of the idiom in brackets to complete each sentence.

1. After the stressful meeting, I _____ (clear your head) by walking in the park.
2. She _____ (lose yourself in) a good book for hours yesterday.
3. I _____ (be in the moment) during the yoga session and forgot my worries.
4. You need to _____ (keep your head) if problems come up unexpectedly.
5. He _____ (take things in your stride) even though his schedule was chaotic.
6. Sometimes you have to believe it's _____ (mind over matter) when you feel like giving up.

SPEAKING

Part 1. Use at least 5 idioms from today's lesson to talk about:

Clear your head

Be in the moment

Mind over matter

Lose yourself in

Keep your head

Take things in your stride

- A time you felt totally present and calm
- A challenge you overcame using focus or strength
- How you clear your head when you feel overwhelmed
- How you take things in your stride when facing pressure

