

The Art Of Slowing Down

Upper Intermediate (B2-C1)



WARM UP

Part 1. Take a look at the pictures below. What do you see? Talk about what's happening and then discuss the questions.



1. Describe a time when you felt overwhelmed and needed to slow down. What was happening in your life?
2. What small, everyday moments help you feel more grounded?
3. Can you think of a situation where "slowing down" was the best decision? Why?



Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. Being busy means being productive.
2. If you slow down, you might miss out on important opportunities.
3. Small, everyday moments are more meaningful than big achievements.
4. People only slow down when they have no choice.
5. If you're not busy, you're wasting time.
6. Life slows down when you stop chasing big goals.

Part 3. Read each of the common factors that may prevent people from slowing down. Then, discuss the questions.

**Social Expectations
& Pressure**

**Technology & Constant
Connectivity**

**Fear of Missing Out
(FOMO)**

**Work & Financial
Responsibilities**

1. How does each factor stop us from slowing down?
2. What changes could we make to reduce its impact and create a slower, more mindful lifestyle?

VIDEO ACTIVITY

Part 1. Watch the video clip "The Art of Slowing Down".

Part 2. Based on the video, discuss the questions below.

1. Why did the speaker decide to travel alone?
2. How did they feel during their travels?
3. What realisation did they have about slowing down?
4. What do they mean by "losing the sense of play" as an artist?
5. How does slowing down change our perspective on life?

Part 3. Complete the missing parts of the quotes from the video. Then, share your thoughts on each statement.

1. I think I spent a lot of my young adult life looking for answers in a life outside myself, always _____, always wanting more, only for a couple of years later to find out that the real peace is in the _____ stuff.
2. The _____ things that happen every day matter more than the ____ things that happen every once in a while.
3. I think I found some _____ in slowing down.

Part 4. Look at the quote from the video clip and discuss the question.

"It's funny how day by day nothing changes, but when you look back, everything is different" – CS Lewis

What does this quote mean to you?

VIDEO FOLLOW-UP

Part 1. Share your thoughts on the video using the questions below.

1. Would you ever consider travelling alone?
2. Do you feel like you've ever lost your sense of play?

Part 2. Match the first half of the phrase with the correct second half to form common collocations related to slowing down in life.

1. Take

2. Slow down

3. Appreciate

4. Chase

5. Let go of

6. Find

7. Feel

- A. Happiness
- B. Your pace
- C. Overwhelmed by life's demands
- D. A breather
- E. Peace in the present
- F. Expectations
- G. The small things



Part 3. Match each expression to its correct definition. Can you guess any before looking at the options?

Take a breather	Slow down your pace	Appreciate the small things
Chase happiness	Let go of expectations	Find peace in the present
	Feel overwhelmed by life's demands	

1. To actively seek happiness, often by pursuing goals, experiences, or material things.
2. To experience stress or anxiety due to responsibilities, pressures, or expectations.
3. To feel calm and content by living in the moment rather than worrying about the past or future.
4. To reduce the speed at which you are doing something, either physically or mentally.
5. To pause and rest for a short time, especially after working hard or feeling overwhelmed.
6. To find joy and gratitude in simple, everyday moments.
7. To release the pressure of how things "should" be and accept things as they are.

Part 4. Complete the sentences with the correct expressions. Pay attention to how the words fit into the context!

1. She _____ about her career and started focusing on what truly made her happy.
2. Meditation helps me _____ instead of stressing about things I can't control.
3. Many people think success will make them happy, but sometimes _____ can be exhausting.
4. Instead of stressing about the future, he learnt to _____, like a morning coffee or a sunset.
5. After hours of studying, I needed to _____ before continuing.
6. She realised she was working too much and needed to _____ to avoid burnout.
7. He _____, juggling work, family, and personal goals all at once

Part 5. Answer the questions below based on the collocations.

1. Which of these collocations do you relate to the most? Why?
2. Can you think of other expressions that relate to slowing down in life?

REVIEW ACTIVITY & FINAL THOUGHTS...

Part 1. Discuss the questions below to reflect on what you've learnt during the lesson.

1. After learning about the benefits of slowing down, do you think you'll make any changes to your daily routine? Why or why not?
2. The speaker emphasises appreciating the small moments in life. What is one small moment from your day that you now see as more meaningful?
3. The idea of letting go of expectations is discussed in the video. Have you ever experienced a situation where letting go helped you feel happier or more at peace?
4. How do you think technology and social media affect people's ability to slow down? What changes could you make to be more present in daily life?
5. The speaker talks about the pressure to always be busy. Have you ever felt this pressure? How do you balance productivity with relaxation?
6. How does this lesson connect to your personal views on success, happiness, and wellbeing?
7. What's your biggest takeaway from this lesson?

