

Teacher's guide



The Art Of Slowing Down – Upper Intermediate (B2–C1)

Canva Presentation Link: [🌐 The Art Of Slowing Down](#)

Editable Presentation Link: [🌐 The Art Of Slowing Down](#)

Editable Worksheet Link: [🌐 Student Worksheet: The Art Of Slowing Down](#)

Video Link: [🌐 The Art of Slowing Down](#)

Warm up

Part 1. Students describe what they see in the pictures, then discuss questions related to slowing down.

Part 2. Students discuss whether they agree, disagree, or partially agree with the statements and then explain their answers.

Part 3. Students discuss how each of the factors may stop us from slowing down and the changes we could make.

Video activity

Part 1. Students watch the video clip.

Part 2. Students discuss the questions based on the video.

Suggested answers:

1. The speaker wanted to get away from everything to figure things out.
2. At times, they felt lonely, but the experience also helped them grow as a person. It gave them a new perspective on life and self-discovery.
3. They realised that they had spent much of their life chasing something outside of themselves, always wanting more. Eventually, they understood that true peace is found in everyday moments, not in constantly seeking something bigger.
4. The speaker means that when people focus too much on making something perfect, they lose the enjoyment of creating. Fear of making mistakes can take away the freedom and fun that they had in the beginning.
5. Slowing down helps people notice and appreciate the small, meaningful moments in life instead of always chasing big achievements. It allows for deeper reflection and understanding of what truly matters.

Part 3. Students complete the missing parts of the quotes from the video. Then, share their thoughts on each statement.

Answer key:

1. Chasing/everyday
2. Small/big
3. Freedom

Part 4. Students explain what the quote *"It's funny how day by day nothing changes, but when you look back, everything is different"* means to them.

Suggested answer:

The quote, *"It's funny how day by day nothing changes, but when you look back, everything is different,"* could mean that change happens gradually. Even when life feels the same every day, over time, things shift, and looking back, you can see how much you've grown.

Video follow-up

Part 1. Students discuss the questions. Answers will vary.

Part 2. Students match the words to form common expressions related to slowing down in life.

Answer Key:

1. D. Take a breather
2. B. Slow down your pace
3. G. Appreciate the small things
4. A. Chase happiness
5. F. Let go of expectations
6. E. Find peace in the present
7. C. Feel overwhelmed by life's demands

Part 3. Students match the expressions to their definitions.

Answer Key:

1. Chase happiness
2. Feel overwhelmed by life's demands
3. Find peace in the present
4. Slow down your pace
5. Take a breather
6. Appreciate the small things
7. Let go of expectations

Part 4. Students fill in the gaps in the sentences.

Answer Key:

1. Let go of expectations
2. Find peace in the present
3. Chasing happiness
4. Appreciate the small things
5. Take a breather
6. Slow down her pace
7. Felt overwhelmed by life's demands

Part 5. Students answer the questions based on the expressions. Encourage students to use each of the expressions in a sentence.

Review activity & final thoughts

Part 1. Students discuss questions. Answers will vary.