

# Mindfulness & Relaxation

Pre-intermediate (A2-B1)



## WARM-UP DISCUSSION

Discuss the following questions.

1. Where do you find calm in your day?
2. What's one small thing that helps you unwind?
3. What makes it hard to switch off sometimes?

## READING TEXT

Part 1. Read the following text.

### Calm in Everyday Moments

Life moves quickly, doesn't it? There's always another message, another plan, another thing to tick off. Mindfulness is simply the practice of pausing, taking a breath, and paying attention to what's happening right now. It's not about emptying your mind, but noticing your thoughts and letting them come and go.

For some people, mindfulness looks like drinking a cup of coffee slowly and really tasting it. Others find it in a short walk, a stretch, or just sitting quietly for a moment. Relaxation doesn't have to involve candles or yoga mats. It can be listening to music, having a chat with a friend, or lying down for a quick nap.

These small pauses remind us that calm isn't waiting somewhere far away. It's already here; we just have to notice it.

**Part 2. Discuss the questions below based on the text.**

**The text says, “Mindfulness is the practice of pausing.”**

- What helps you pause or slow down during your day?

**“It’s not about emptying your mind, but noticing your thoughts.”**

- When do you notice your thoughts the most – at work, walking, or before bed?

**“Relaxation doesn’t have to involve candles or yoga mats.”**

- What simple things help you relax?

**“Calm isn’t waiting somewhere far away. It’s already here.”**

- What does this mean to you? Do you agree?
  
- If you had five quiet minutes right now, what would you do with them?

**VOCABULARY & SPEAKING**

**Part 1. Match the first half with the second half to form collocations.**

1. Take	A. a nap
2. Find	B. stress
3. Reduce	C. peaceful
4. Focus	D. calm
5. Feel	E. on the breath
6. Stay	F. balance

**Part 2. Finish the sentences using your own ideas.**

1. I try to **take a nap** when ...
2. I try to **find balance** between ...
3. I do something that helps me **reduce stress**, like ...
4. It helps me **focus on the breath** when ...
5. I **feel peaceful** when ...
6. I remind myself to **stay calm** when ...

**Part 3. Look at the situations below. How could each person relax or stay mindful?**

1. A student feels tense before an exam.
2. Someone is scrolling on their phone at midnight and can't sleep.
3. A busy parent feels tired after work.
4. A person is walking home from work, feeling overwhelmed.

**Discuss:**

- What simple things could they do?
- Which idea would help you most, and why?

**Part 4. Mini Practice – One Minute of Calm**

1. Close your eyes for one minute.
2. Notice your breath. Notice the sounds around you.
3. If a thought appears, let it pass, like a cloud in the sky.

**Afterwards, discuss:**

- How did you feel?
- Was it easy or difficult to stay present?
- What surprised you about this short moment?

## Part 5. Personal Application – Your Relaxation Plan

Choose one small habit you'd like to try this week.

- What will you do?
- When will you do it?
- How will you remind yourself?

**Example:** "I'll take five slow breaths before checking my phone in the morning."

## REFLECTION

**Discuss the following questions.**

1. What's one sentence or idea you'll take away from today's lesson?
2. What does calm mean to you personally?

## WRAP-UP TASK (OPTIONAL HOMEWORK)

**Write 5–6 sentences or record a short voice message about a time when you felt relaxed and peaceful. Use at least 3 words or collocations from today's lesson.**

