



Teacher's guide

Phrasal Verbs: Mindfulness & Meditation – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Phrasal Verbs: Mindfulness & Meditation](#)

Warm-up

Part 1. Students discuss the questions and activate previous knowledge of the phrasal verbs. Provide guidance if necessary.

Reading activity

Part 1. Students read the dialogue, then answer the comprehension questions.

Answer Key:

1. She meditates every morning.
2. He sometimes drifts off while listening to calming music.
3. She focuses on her breath and breathing.
4. He says his mind races and he can't switch off.
5. She recommends trying a short guided meditation.

Definition matching

Part 1. Students match each phrasal verb to its correct definition.

Answer key:

1. Zone out
2. Tune in
3. Drift off
4. Let go of
5. Switch off
6. Breathe in
7. Focus on
8. Slow down

Collocation matching

Part 1. Students match the phrasal verbs with what they often collocate with.

Answer key:

1. Drift off
2. Tune in
3. Breathe in
4. Zone out
5. Let go of
6. Focus on
7. Switch off
8. Slow down

Sentence transformation

Part 1. Students rewrite the sentences using the target phrasal verbs so that the meaning stays the same.

Suggested answers:

1. She breathed in deeply and started to relax.
2. I find it hard to focus on my breathing during meditation.
3. He zoned out halfway through the meeting.
4. I take time to tune in to how I'm feeling.
5. I find it hard to let go of my thoughts during yoga.
6. I switched off by disconnecting from my work emails.
7. I drifted off as the music played.
8. It's important to slow down your pace and be present.

Sentence gap-fill

Part 1. Students use the correct form of the phrasal verb in brackets to complete each sentence.

Answer key:

1. zoned out
2. was focusing on
3. hasn't been switching off
4. slow down
5. have been tuning in
6. drifted off
7. had let go of
8. had breathed in

Speaking

Part 1. Students talk about a time they felt stressed and used relaxation techniques, using at least five of the target phrasal verbs in their discussion.