

Collocations: Mindfulness & Meditation

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What does mindfulness mean to you?
2. Have you ever tried meditation or breathing techniques? What was your experience?

DEFINITION MATCHING

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

Mindfulness

Breath

Awareness

Thoughts

Stillness

Gratitude

Present

Intention

1. _____ a calm and quiet state with no movement or noise
2. _____ conscious recognition or knowledge of something
3. _____ the air you inhale and exhale
4. _____ mental activity or ideas in your mind
5. _____ being in the moment, not thinking about the past or future
6. _____ a mental state focused on the present
7. _____ a purpose or aim behind an action
8. _____ a feeling of thankfulness or appreciation

COLLOCATION MATCHING

Part 1. Match the verbs with the correct nouns to form a collocation.

Mindfulness

Breath

Awareness

Thoughts

Stillness

Gratitude

Present

Intention

1. Set _____
2. Embrace _____
3. Practise _____
4. Control _____
5. Stay _____
6. Develop _____
7. Observe _____
8. Cultivate _____



SENTENCE GAP-FILL

Part 1. Complete the sentences using the correct collocations.

Practise mindfulness

Control the breath

Develop awareness

Observe your thoughts

Embrace stillness

Cultivate gratitude

Stay present

Set an intention

1. Many people begin their day by trying to _____.
2. Deep breathing exercises help you _____.
3. Meditation can help you _____ without judgement.
4. It's useful to _____ before starting your day.
5. Try to _____ rather than fill every moment with activity.
6. Taking time to _____ can reduce anxiety.
7. Keeping a journal helps you _____ for small things.
8. One benefit of meditation is that you _____ of your emotions.

SENTENCE TRANSFORMATION

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

1. She focuses on being in the moment.
2. I began to notice how my thoughts jump around during meditation.
3. He made a conscious decision to be calm and focused before work.
4. Breathing slowly helped me stay calm.
5. I try to be thankful for the small things every day.
6. We make time every day to sit quietly and appreciate the silence.
7. She focuses on being aware of her emotions during conversations.
8. Every day, he takes ten minutes to focus on the present moment.

TENSE CHALLENGE

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

1. I _____ (practise mindfulness) regularly for the past six months.
2. She _____ (set an intention) before each yoga session.
3. While I was meditating, I _____ (observe my thoughts) come and go.
4. We _____ (stay present) even though the room was noisy.
5. By the end of the retreat, they _____ (cultivate gratitude) for everyday moments.
6. _____ (control the breath) can help reduce anxiety and bring a sense of calm during stressful situations.
7. At first, she found it difficult, but now she _____ (embrace stillness) with ease.
8. Over time, I _____ (develop awareness) of how I react to stress.

SPEAKING

Part 1. Answer the questions using the target collocations.

1. How do you **stay present** when you're surrounded by distractions?
2. When and where do you practise **mindfulness**?
3. What techniques help you **control the breath** when feeling anxious?
4. Have you ever tried to **observe your thoughts** during meditation or rest?
5. Why do you think it's important to **develop awareness** of your habits or emotions?
6. What does it mean to you to **embrace stillness**?
7. How do you **cultivate gratitude** in your everyday life?
8. Do you usually **set an intention** before starting something important?

