

Phrasal Verbs: Mindfulness & Meditation

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. Have you ever tried meditation or breathwork?
2. When do you feel most relaxed or present in the moment?
3. Do you ever **zone out** during work or conversations?
4. What helps you **switch off** at the end of the day?

READING ACTIVITY

Part 1. Read the following dialogue carefully.

Nina: I've started meditating every morning. It helps me **slow down** and **tune in** to how I'm feeling.

Alex: That sounds amazing. I sometimes **drift off** when I listen to calming music.

Nina: Yeah, that can happen! I try to **focus on** my breath — just **breathe in** slowly and **let go of** any tension.

Alex: I need that. My mind races all day — I can never **switch off** properly.

Nina: You should try a short guided session. Even five minutes helps me **zone out** and reset.

Part 2. Answer the comprehension questions.

1. What does Nina do every morning?
2. What happens to Alex when he listens to calming music?
3. What does Nina focus on during meditation?
4. What problem does Alex describe?
5. What advice does Nina give Alex?

DEFINITION MATCHING

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

Slow down

Tune in

Zone out

Breathe in

Let go of

Focus on

Switch off

Drift off

1. _____ to stop being mentally present or paying attention
2. _____ to become aware of your thoughts or emotions
3. _____ to become sleepy or enter a light dream state
4. _____ to release or stop holding onto something (emotionally or physically)
5. _____ to relax or stop thinking about work/life
6. _____ to inhale air deeply
7. _____ to give your full attention to something
8. _____ to reduce speed or intensity, mentally or physically



COLLOCATION MATCHING

Part 1. Match the phrasal verbs with what they often collocate with.

Slow down

Tune in

Zone out

Breathe in

Let go of

Focus on

Switch off

Drift off

1. _____ while meditating / watching a film
2. _____ to the present moment / inner thoughts
3. _____ deeply / slowly
4. _____ during repetitive tasks / lectures
5. _____ thoughts / tension / emotions
6. _____ your breath / the present
7. _____ from work / studying
8. _____ your breathing / your pace

SENTENCE TRANSFORMATION

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

1. She inhaled deeply and started to relax.
2. I find it hard to concentrate on my breathing during meditation.
3. He stopped paying attention halfway through the meeting.
4. I take time to become aware of how I'm feeling.
5. I find it hard to release my thoughts during yoga.
6. I relaxed by disconnecting from my work emails.
7. As the music played, I slowly fell asleep.
8. It's important to reduce your pace and be present

SENTENCE GAP-FILL

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

1. I _____ (zone out) completely during that long Zoom meeting.
2. She _____ (focus on) her breath when the anxiety came back.
3. He _____ (switch off) lately, even when we're on holiday.
4. You really should _____ (slow down) – you're always rushing.
5. I _____ (tune in) to my emotions more since starting mindfulness.
6. They _____ (drift off) while listening to ocean sounds.
7. By the time the session ended, I _____ (let go of) all the tension I'd been carrying.
8. If you _____ just _____ (breathe in) slowly, you might have felt more relaxed.

SPEAKING

Part 1. Describe a time when you felt stressed and used relaxation techniques. Use at least five of the target phrasal verbs in your discussion.

Slow down

Tune in

Zone out

Breathe in

Let go of

Focus on

Switch off

Drift off

You can mention:

- What triggered the stress
- What helped you calm down
- Any routines, practices, or tools you used
- How you felt afterwards

