



Teacher's guide

Idioms: Mindfulness & Meditation – Intermediate (B1-B2)

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

Warm-up

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

Reading activity

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

Answer Key:

1. She uses breathing exercises to clear her head.
2. She loses herself in the practice – time passes quickly.
3. Mind over matter.
4. To take things in your stride, one step at a time.

Definition matching

Part 1. Students match each idiom to its correct definition.

Answer key:

1. Keep your head
2. Lose yourself in
3. Be in the moment
4. Take things in your stride
5. Clear your head
6. Mind over matter

Typical usage matching

Part 1. Students match the idioms with what they are typically used with.

Answer key:

1. Lose yourself in
2. Keep your head
3. Mind over matter
4. Clear your head
5. Take things in your stride
6. Be in the moment

Sentence transformation

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

Suggested answers:

1. She **lost herself in** the painting and forgot everything else.

2. He **kept his head** during the emergency.
3. I needed a walk to **clear my head**.
4. It's important to **be in the moment**.
5. He **took things in his stride**.
6. It was **mind over matter** for her.

Sentence gap-fill

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

Answer key:

1. cleared my head
2. lost herself in
3. was in the moment
4. keep your head
5. took things in his stride
6. mind over matter

Speaking

Part 1. Students use at least 5 idioms from the lesson to talk about:

- A time they felt totally present and calm
- A challenge they overcame using focus or strength
- How they clear their head when they feel overwhelmed
- How they take things in their stride when facing pressure