

Teacher's Guide

Mindfulness & Relaxation – Pre-intermediate (A2-B1)



Canva Presentation Link: [Mindfulness & Relaxation](#)

Editable Presentation Link: [Mindfulness & Relaxation](#)

Editable Worksheet Link: [Student Worksheet: Mindfulness & Relaxation](#)

Warm-up discussion

Students discuss the questions.

Reading activity

Part 1. Students will read a text on mindfulness and relaxation.

Part 2. Students use the quoted lines from the text as prompts for discussion.

Vocabulary & speaking

Part 1. Students match the first half to the second half to form collocations.

Answer key:

1. A
2. F
3. B
4. E
5. C
6. D

Part 2. Students finish the sentences using their own ideas.

Part 3. Students look at each of the situations and discuss how each person could relax or stay mindful.

Part 4. If comfortable doing so, students try one minute of calm. Ask them to:

- Close their eyes for one minute.
- Notice their breath and the sounds around them.
- Let thoughts pass if they appear.

Afterwards, students discuss how they felt, whether it was easy or difficult, and what surprised them about this short moment.

Part 5. Students create a personal relaxation plan, choosing one small habit they would like to try this week. Ideas could include:

- Eating/drinking mindfully
- Going for a short walk
- Stretching
- Sitting quietly for a moment
- Listening to music
- Having a chat with a friend
- Lying down for a quick nap

Ask students to share what they will do, when they will do it, and how they will remind themselves.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write 5–6 sentences or record a short voice message about a time when they felt relaxed and peaceful. Encourage students to use at least 3 words or collocations from today's lesson.