



Teacher's guide

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

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

Warm-up

Part 1. Students discuss the questions.

Definition matching

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

Answer key:

1. Stillness
2. Awareness
3. Breath
4. Thoughts
5. Present
6. Mindfulness
7. Intention
8. Gratitude

Collocation matching

Part 1. Students match the verbs/adjectives with the correct nouns to form a collocation.

Answer key:

1. Set an intention
2. Embrace stillness
3. Practise mindfulness
4. Control the breath
5. Stay present
6. Develop awareness
7. Observe your thoughts
8. Cultivate gratitude

Sentence gap-fill

Part 1. Students complete the sentences using the correct collocations.

Answer key:

1. Many people begin their day by trying to **stay present**.
2. Deep breathing exercises help you **control the breath**.
3. Meditation can help you **observe your thoughts** without judgement.
4. It's useful to **set an intention** before starting your day.
5. Try to **embrace stillness** rather than fill every moment with activity.
6. Taking time to **practise mindfulness** can reduce anxiety.
7. Keeping a journal helps you **cultivate gratitude** for small things.
8. One benefit of meditation is that you **develop awareness** of your emotions.

Sentence transformation

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

Suggested answers:

1. She tries to **stay present**.
2. I started to **observe my thoughts**.
3. He decided to **set an intention**.
4. I managed to **control the breath**.
5. I try to **cultivate gratitude**.
6. We try to **embrace stillness** every day.
7. She's learning to **develop awareness**.
8. He takes time to **practise mindfulness**.

Tense challenge

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

Answer key:

1. I **have been practising mindfulness** regularly for the past six months.
2. She **sets an intention** before each yoga session.
3. While I was meditating, I **observed my thoughts** come and go.
4. We **stayed present** even though the room was noisy.
5. By the end of the retreat, they **had cultivated gratitude** for everyday moments.
6. **Controlling 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 **embraces stillness** with ease.
8. Over time, I **developed awareness** of how I react to stress.

Speaking

Part 1. Students answer the questions using the target collocations.