

# Meditation

Word of the month

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## 1. List 5 things you can do to remain calm during exam periods at school.

- 1.
- 2.
- 3.
- 4.
- 5.

/image: boy sitting on the grass in the park, cross-legged, with headphones on/

Sample answers:

- 1.Listen to music
- 2.Go for a walk
- 3.Meditate
- 4.Spend time with pets
- 5.Play sports

## 2. What are the benefits of meditation during exam periods? Underline the correct word, (a) or (b), in each sentence.

1. It helps you to get (a) focused / (b) distracted
2. It helps you to (a) forget / (b) remember information
3. It helps to (a) increase / (b) decrease stress levels.
4. It helps you to panic (a) more / (b) less.
5. It helps you to (a) manage / (b) have anxiety.

Answers: Tick 1a; 2b; 3.b; 4b; 5a

***Meditation is an ancient practice that is scientifically-proven to reduce stress.***

### 3. Complete the sentence.

Healthy eating, good sleep, regular exercise and \_\_\_\_\_ can all help students to prepare well for their exams.

Answer: Healthy-eating, good sleep, regular exercise and meditation can all help students to prepare well for their exams.

### 4. Complete this advice on how to meditate.

\_\_\_\_\_ some comfortable clothes.

\_\_\_\_\_ a mediation podcast.

\_\_\_\_\_ social media notifications on all devices.

Lie down or \_\_\_\_\_ in a comfortable position.

\_\_\_\_\_ your eyes and listen to the podcast.

\_\_\_\_\_ deeply and relax.

Answers:

**Put on** some comfortable clothes.

**Choose** a mediation podcast.

**Turn off** social media notifications on all devices.

Lie down or **sit** in a comfortable position.

**Close** your eyes and listen to the podcast.

**Breathe** deeply and relax.

### 5. Do you use meditation as a relaxation technique? Why / Why Not? Max 100 words.

Sample answer: I don't use meditation as a relaxation technique because I don't really know much about it. I normally go for a walk in the countryside with my dog when I'm stressed and that always makes me feel better. If the weather is bad then I stay home and listen to music- my dog enjoys that too! I might try meditation if I can find a good podcast.