

LISTEN A MINUTE.com

Meditation

<http://www.listenAminute.com/m/meditation.html>



One minute a day is all you need to improve your listening skills.
Focus on new words, grammar and pronunciation in this short text.
Doing the online activities, discussion, survey and writing will help.
Listen many times – enough for you to you understand everything.

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 **THE LISTENING TAPESCRIPT**

From: <http://www.listenAminute.com/m/meditation.html>

Meditation is one thing I'd really like to be able to do. I can't do it. I have tried many times but nothing seems to happen. I have read a lot about meditation and it sounds really good. You can relax anytime you want. Twenty minutes of meditation is the same as three hours' sleep. I love the idea of meditating for twenty minutes in my lunch time and then feeling totally refreshed. Meditation is also a good way of relieving stress. The thing I most like about meditation is that it makes you calm. All the people I know who meditate are always relaxed and easygoing. They never worry about anything. I think we should learn how to meditate at school. That would probably solve a lot of problems in society.



LISTENING GAP FILL

From: <http://www.listenAminute.com/m/meditation.html>

Meditation is one thing I'd really _____ do. I can't do it. I have tried many times _____ to happen. I have read a lot about meditation and it sounds really good. You can relax _____. Twenty minutes of meditation is the same as three hours' sleep. I _____ meditating for twenty minutes in my lunch time and then feeling totally refreshed. Meditation is _____ of relieving stress. The thing I most like about meditation _____ you calm. All the people I know who meditate are always relaxed and easygoing. They _____ anything. I think we should learn how to meditate at school. That would probably _____ problems in society.



CORRECT THE SPELLING

From: <http://www.listenAminute.com/m/meditation.html>

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 **DISCUSSION** (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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 **DISCUSSION** (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

STUDENT MEDITATION SURVEY

From: <http://www.listenAminute.com/m/meditation.html>

Write five GOOD questions about meditation in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET INFO: Search the Internet and find more information about meditation. Talk about what you discover with your partner(s) in the next lesson.

3. MAGAZINE ARTICLE: Write a magazine article about meditation. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

4. MEDITATION POSTER Make a poster about meditation. Show it to your classmates in the next lesson. Give each other feedback on your posters.

5. MY MEDITATION LESSON: Make your own English lesson on meditation. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

6. ONLINE SHARING: Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on meditation. Share your findings with the class.

