

Paket

# Meditation 9

„Features all major parts of the RS Exams, such as Listening, Reading, Writing, Interpreting and Mediation as well as an extended collection of exercises covering ,the past perfect!.“



# Stempelkarte

English Listening, Mediation, Reading, Writing 9

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AB:  
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# INFO: Meditation

English 9

1

Name LP

Name LB

Date



Picture made by Jared Rice

## Meditation



### Read

How to meditate - Well Guides  
By David Gelles  
The New York Times

**Part: What is meditation**  
**Discovering the present moment**



## A . Text-based tasks

① **Decide whether the statements are true, false or not in the text.**

	true	false	not in the text
Mindfulness meditation is when you accept everything as is.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The breath during meditation is only important for the beginning.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
A different meditation method are for example walking meditations.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meditation can help you to fight your fears.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
In order to meditate, you should try to find a quiet place where nobody can disturb you.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mindful meditation is based on traditions of Jews.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

② **Finish the sentences using the information given in the text.**

- When your mind wanders ...

  


- Meditation can ...

  


- The breath ...



# AB: Text based tasks 2

English

3

## ① Answer the questions in complete sentences.

- What is mindfulness meditation?

Three horizontal grey bars for writing the answer to the first question.

- What is meditation?

Three horizontal grey bars for writing the answer to the second question.

- The aim of mindfulness meditation is?

Three horizontal grey bars for writing the answer to the third question.

## ② Ask questions. Use four different question forms.

You are taking part in a meditation workshop. Ask the meditation instructor questions about meditation. Ask four questions.

Eight horizontal lines for writing the four questions.





Watch the tutorial about 'The past perfect' and work through the exercises below.



# AB: Creative writing 1

English 9

5

① Give your opinion.

Choose ONE of the following meditations and write 120 words about it. Write down what the meditation was about and give your opinion at the end.



**Guided mindfulness meditation**



Helpful  
vocabulary



**Guided meditation for  
anxiety & stress**



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# AB: Creative writing 2

English 9

6

① Write an email of about 120 words.

Scientists are looking for participants for a meditation research. Write them an email telling them why you would like to participate and if you have some experiences with meditation yourself.

Send the email with the subject 'Why I would like to meditate' to your teacher.

Helpful vo-  
cabulary



② Write a meditation story with the following words.

*air - to walk - magical*

Write about 100 words. Record your story and send the audio file with the title 'Meditation' to your teacher.

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① **Pass on the information.**

**Watch the YouTube video and answer the questions in German.**

a) Wie bewegt sich ein Elefant?

b) Was braucht Meditation?

c) Wo läuft der Elefant entlang?

d) Interessiert sich der Elefant für seinen Weg?

e) Auf was konzentriert sich der Elefant?

f) Warum sollten wir die Eigenschaften des Elefanten in unsere Meditations Übung integrieren?



„Meditation is all about practice“



① **Pass on the information.**

**Scroll down, read the script and answer the questions in German.**

a) Wohin soll man „gehen“ sobald man komplett entspannt ist?

  

b) Und sobald man dort angekommen ist?

  

c) Was soll man tun bevor man wieder aufsteht?

  


**Read the meditation script here:  
'Visualizing your peaceful and beautiful place'**



# AB: Skills and techniques 2

English 9

9

## ① Interpreting

Your friend from London is coming to a Yoga workshop in Berlin with you. Inform him about everything the instructor wants him to know. You do not have to write complete sentences.

Sag deinem Freund, dass er unbedingt bequeme Kleidung mitbringen muss und frag ihn, ob er vielleicht eine Yogamatte mitbringen könnte. Frag ihn auch, ob er schon einmal Yoga gemacht hat.

Der Workshop beginnt schon um 9 Uhr morgens. Hat dein Freund morgens großen Hunger? Sag ihm, er muss sich genügend Wasser mitbringen. Ich freue mich schon auf euch.





**Listen to the YouTube video  
, Meditation and your brain-  
6 minutes English'**



**Tick the correct sentences.**

① **How does Sam relax?**

- She likes to read a book.
- She likes to go swimming.
- She likes to ride her bike.

② **What is Buddhist meditation?**

- It is an ancient tradition.
- It is a powerful sport.
- It is a relaxing way of life.

③ **According to Prof. Richard Davidson,  
meditation is ...?**

- a lifestyle.
- a hobby.
- a science.

④ **The word „enduring“ means ...?**

- long-lasting.
- frequent.
- short.

⑤ **How many minutes of meditation a day  
are enough ?**

- 3 minutes a day are already enough.
- 30 minutes a day are already enough.
- 35 minutes a day are already enough.

⑥ **What does the Tibetan word for  
,meditation' stand for?**

- It means to feel blissful.
- It means ,to relax'.
- It means to become familiar with more positive thoughts and emotions.