



# Meditation - Text based tasks 1

## English

### A . Text-based tasks

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

|                                                                                          | true                  | false                 | not in the text       |
|------------------------------------------------------------------------------------------|-----------------------|-----------------------|-----------------------|
| Mindfulness mediation is when you accept everything as is.                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| The breath during mediation 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 mediation 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 ...

- Mediation can ...

- The breath ...

