



# 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 ...

