
The art of
Slow Living
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1. Do you often feel busy?
2. What takes up most of your time during the week?
3. When was the last time you had a completely free afternoon?
4. Do you ever feel guilty when you do nothing?
5. Are you good at switching off after work or school?
6. What helps you slow down?
7. Do you think people today are busier than they were 20 years ago?

Answer the questions.



Which is better?

Why?



a completely empty weekend



a weekend full of plans

Which is better?

Why?



eating lunch slowly
at a table



grabbing food on the
go

Which is better?

Why?



walking somewhere



driving / taking a bus


What does
Slow Living
mean to you?

BEFORE WATCHING...

Match the words with the definitions.

- virtue
- obtain
- fast-paced
- savour
- prioritize
- intentional

1. to get or receive something
2. happening very quickly
3. to enjoy something slowly and fully
4. a good characteristic
5. to decide what is most important
6. done deliberately



Answers:

1. obtain
2. fast-paced
3. savour
4. virtue
5. prioritize
6. intentional



Watch the video (0-1:10)

Correct the mistakes. Change ONE word in each sentence.



1. Today, speed is seen as a problem.
2. Streaming services bring entertainment into our homes with the push of a phone.
3. We can obtain information slowly wherever we have an internet connection.
4. We want things quickly because “time is life”.
5. Doing things faster allows us to get less done.

Answers:

1. problem → virtue
2. phone → button
3. slowly → instantly
4. life → money
5. less → more

Watch the video (1:10-2:40)

Complete the sentences.



1. Slow living is a counter-movement to a _____ lifestyle.
2. Living at high speed can make life feel chaotic and _____.
3. It also means taking time to _____ our experiences.
4. Four values often connected with it are simplicity, balance, intentionality and _____.

Answers:

1. fast-paced
2. superficial
3. digest
4. mindfulness

Time is money.

What does it mean?
Do you agree with this idea?



Give 3 reasons why

Give 3 reasons why people today want everything faster.

Give 3 reasons why people find it difficult to relax.

Give 3 reasons why people check their phones so often.



Which of these do you think the speaker will recommend?

BEFORE WATCHING

1. saying “no” more often
2. deleting all social media
3. taking breaks from screens
4. quitting your job
5. spending time in nature
6. meditating
7. having fewer commitments
8. waking up at 5 a.m.
9. doing yoga
10. avoiding technology completely

Watch the video and choose (13:13-16:00)



1. saying “no” more often
2. deleting all social media
3. taking breaks from screens
4. quitting your job
5. spending time in nature
6. meditating
7. having fewer commitments
8. waking up at 5 a.m.
9. doing yoga
10. avoiding technology completely

Answers.



1. saying “no” more often
2. taking breaks from screens
3. spending time in nature
4. meditating
5. having fewer commitments
6. doing yoga

1. saying “no” to unnecessary plans
2. taking regular breaks from screens
3. having phone-free meals
4. meditating
5. doing yoga
6. spending more time in nature
7. leaving more free time in your schedule

WHICH WOULD BE THE EASIEST / HARDEST FOR YOU? WHY?



Do you agree?!

Express and justify your opinion.

You don’t need to give up technology to live a slower life.

Being busy does not mean being productive.

A walk without a destination can be more enjoyable than a walk with a goal.

Complete the sentences with your own ideas.

1. My life feels most **fast-paced** when…
2. Something I would like to **savour** more is…
3. One thing I should **prioritize** more is…
4. I sometimes need time to **digest**…
5. One **virtue** I really value in other people is…
6. One **intentional** change I would like to make is…



SLOW LIVING CHALLENGE

Choose TWO things to try this week.

1. have one phone-free meal
2. spend 30 minutes in nature
3. say no to one unnecessary commitment
4. take a break without checking your phone
5. spend 10 minutes doing nothing
6. go for a walk without a destination
7. leave one evening completely unplanned

- Why did you choose them?
- Which one will be more difficult?
- Do you think you will continue doing it?



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SEE THE MATERIALS

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