

شكراً لتحميلك هذا الملف من موقع المناهج الإماراتية



أسئلة الامتحان النهائي - العام

[موقع المناهج](#) ← [المناهج الإماراتية](#) ← [الصف الحادي عشر](#) ← [لغة انجليزية](#) ← [الفصل الثاني](#) ← [الملف](#)

التواصل الاجتماعي بحسب الصف الحادي عشر



روابط مواد الصف الحادي عشر على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف الحادي عشر والمادة لغة انجليزية في الفصل الثاني

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Meditation

Recently I have been looking at new activities to try. I have decided to **1** (when / where / why) I am going to **2** (want starting / want to start / want to start) meditation classes because I think it will relax me. I think it is **3** (so interesting / so interesting / much interest) than other sports.

My friend Anna **4** (wants / can / says) she will go with me. She tried to go last week but missed the bus. When she got there, the class **1** (had finished / have finished / finished). I will set off early **6** (or / but / so) I don't miss the class. I don't want to begin my classes!

Read the text and choose the correct word(s) to complete the sentences.

1 - 6

6.7 marks

1.

when

what

why

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Meditation

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My friend Anna **4** (wants / can / says) she will go with me. She **5** (was / had / has) to go last week but missed the bus. When she got there, the class **1** (had finished / have finished / finished). I will set off early **6** (or / but / so) I don't miss the class. I don't want to begin my classes!

Read the text and choose the correct word(s) to complete the sentences.

2 - 6

6.7 marks

2.

want sta...

want to start

want car. ...rt

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Meditation

Recently I have been looking at new activities to try. I have decided to **1** (when / where / why) I am going to **2** (want starting / want to start / want to start) meditation classes because I think it will relax me. I think it is **3** (so interesting / so interesting / much interest) than other sports.

My friend Anna **4** (wants / can / says) she will go with me. She was supposed to go last week but missed the bus. When she got there, the class **1** (had finished / have finished / finished). I will set off early **6** (or / but / so) I don't miss the class. I can't wait to begin my classes!

Read the text and choose the correct word(s) to complete the sentences.

3 - 6

6.7 marks

3.

more interesting

so interesting

much interesting

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Meditation

Recently I have been looking at new activities to try. I have decided to **1** (when / where / why) I am going to **2** (want starting / want to start / want to start) meditation classes because I think it will relax me. I think it is **3** (so interesting / so interesting / much interest) than other sports.

My friend Anna **4** (wants / can / says) she will go with me. She was supposed to go last week but missed the bus. When she got there, the class **1** (had finished / have finished / finished). I will set off early **6** (or / but / so) I don't miss the class. I don't want to begin my classes!

Read the text and choose the correct answer(s) to complete the sentences.

5 - 6

6.7 marks

5.

had finish

have finished

is finishi

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Khalid's exercise business

Read the text and answer the questions.

1 - 6

15.75 M

Khalid is a young Emirati who has decided to set up his own exercise business. But this business is not in a gym, but rather offers exercise programmes online - with a series of training sessions that you can log in and use at any time.

He had thought about one day, but he became tired of using his local gym. Although the gym he went to offered personal training, he found it was often very busy. Khalid also worked very late at night. Often when he finished work, the gyms had closed.

With his own programme, Khalid can offer people exactly what they need to train on. It can be as easy as they need. People can start at any time in the morning or the last thing at night. "I kept it online so it is more popular with a wide range of people," he tells us. "Also it means we can offer quite cheap programmes. I believe all of this will make it attractive to many people."

What about the future of Khalid's business? Khalid has offers to partner with other companies, but he has said no to all of them. He wants to offer more programmes soon, like meditation and yoga. He hasn't decided yet if he will open his own gym. Whatever he decides, we hope that Khalid's business continues to be a success.

The second paragraph is mainly about ____.

a. Khalid's personal experience with gyms

b. why most people use gyms

c. how gyms react to their online programmes

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Khalid's exercise business

Read the text and answer the questions.

2 - 6

15.75 M

Khalid is a young Emirati who has decided to set up his own exercise business. But this business is not in a gym, but rather offers exercise programmes online - with a series of training sessions that you can log in and use at any time.

He had thought about one day opening a gym, but he became tired of using his local gym. Although the gym he went to offered personal training, he found it was often very busy. Khalid also worked very late at night. Often when he finished work, the gyms had closed.

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One problem Khalid has with his gyms was _

a. there were not enough people

b. the time they were there

c. they didn't like personal training

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Khalid's exercise business

Read the text and answer the questions.

3 - 6

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Khalid wants his start-up to offer a ____.

a. morning-c _____ exercise routine

b. very difficult exercise _____ programme

c. personal training _____ programme

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Khalid's exercise business

Read the text and answer the questions.

4 - 6

15.75 M

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With his own programme, Khalid can offer people exactly what they need to train on. It can be as easy or as difficult as they need. People can start at any time in the morning or the last thing at night. "I kept it online so it is more popular with a wide range of people," he tells us. "Also it means we can offer quite cheap programmes. I believe all of this will make it attractive to many people."

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Khalid made his start-up an online business because he wants _

a. to make it less attractive to certain people

b. it to cost more money

c. more people to use it

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Khalid's exercise business

Read the text and answer the questions.

5 - 6

15.75 M

Khalid is a young Emirati who has decided to set up his own exercise business. But this business is not in a gym, but rather offers exercise programmes online - with a series of training sessions that you can log in and use at any time.

He had thought about one day opening a gym, but he became tired of using his local gym. Although the gym he went to offered personal training, he found it was often very busy. Khalid also worked very late at night. Often when he finished work, the gyms had closed.

With his own programme, Khalid can offer people exactly what they need to train on. It can be as easy as a walk or as difficult as they need. People can start at any time in the morning or last thing at night. "I kept it online so it is more popular with a wide range of people," he tells us. "Also it means we can offer quite cheap programmes. I believe all of this will make it attractive to many people."

What about the future of Khalid's business? Khalid has offers to partner with other companies, but he has said no to all of them. He would like to offer more programmes soon, like meditation and yoga. He hasn't decided yet if he will open his own gym. Whatever he decides, we hope that Khalid's business continues to be a success.

in the future, Khalid would like to include

a. yoga exercises

b. other companies

c. a gym to visit

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Khalid's exercise business

Read the text and answer the questions.

6 - 6

15.75 M

Khalid is a young Emirati who has decided to set up his own exercise business. But this business is not in a gym, but rather offers exercise programmes online - with a series of training sessions that you can log in and use at any time.

He had thought about one day opening a gym, but he became tired of using his local gym. Although the gym he went to offered personal training, he found it was often very busy. Khalid also worked very late at night. Often when he finished work, the gyms had closed.

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What about the future of Khalid's business? Khalid has offers to partner with other companies, but he has said no to all of them. He would like to offer more programmes soon, like meditation and yoga. He hasn't decided yet if he will open his own gym. Whatever he decides, we hope that Khalid's business continues to be a success.

Both Khalid's business and the gym he went to offer _____

a. training at any time

b. personal training

c. very cheap programmes

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Green Hill Camp

Green Hill has a sports centre in sport science to improve the athletes' performance (whether or not they are professional) reducing the risk of injury. The trainers were 2 (hoped / hope) that the athletes develop new skills to defeat their opponents. The camp director expressed that 3 (it is / it was) the athletes' goal / what every athlete wants / it was the athletes' goal to always win.

Khalid Ali, a professional runner, competed last year. He thought that he would think that he 4 (could / thought he had to) win but he lost to. In just three months (when / as / after) joining us, Ali won two 5 (should have won / have won) the race last year if I had joined the camp then."

Read the text and choose the correct word(s) to complete the sentences.

1 - 6

11.25

MARKS

1.

a. whether



b. whereas



c. while



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Green Hill Camp

Green Hill Camp uses sports science to improve the athletes' performance (whether or not they are professional) reducing the risk of injury. The trainers were **2** (hoped / hope) that the athletes develop new skills to defeat their opponents. The camp director expressed that **3** it is the athletes' wish that **4** what every athlete wants / it was the athletes' wish to always win.

Khalid Ali, a professional runner, competed last year. He **5** thought that he would **6** (should have won / have won) the race last year if I had joined the camp then.

Read the text and choose the correct word(s) to complete the sentences.

2 - 6

11.25

MARKS

2.

a. hoping

b. hoped

c. hope

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Green Hill Camp

Green Hill Camp uses sports science to improve the athletes' performance (whether they were **hoping** / **hope**) reducing the risk of injury. The trainers were **2** (hoped / hope) athletes develop new skills to defeat their opponents. The camp director expressed that **3** it is the athletes' **what every athlete wants** / it was the athletes' to always.

Khalid Ali, a professional runner, competed last year. He **thought** that he would **think that he could** / thought he had to) win but **to**. In just three months (when / as / **after**) joining us, Ali won two **6** (should have won / **have won**, must have win) the race last year if I had joined the camp then."

Read the text and choose the correct word(s) to complete the sentences.

3 - 6

11.25

MARKS

3.

a. it is the athlete's **to**



b. **what every athlete wants**



c. it was the athlete's **that**



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Green Hill Camp

Green Hill Camp uses sports science to improve the athletes' performance (whether they were **hoping** / **hope**) reducing the risk of injury. The trainers were **2** (hoped / hope) athletes develop new skills to defeat their opponents. The camp director expressed that **3** it is the athletes' **what every athlete wants** / it was the athletes' to always.

Khalid Ali, a professional runner, competed last year. He **thought that he would** / **think that he could** / thought he had to) win but he lost. In just three months (when / as / **after**) joining us, Ali won two races. **6** (should have won / **have won**, must have win) the race last year if I had joined the camp then."

Read the text and choose the correct word(s) to complete the sentences.

4 - 6

11.25

MARKS

4.

a. thought that he would



b. think that he never could



c. thought he had to



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Green Hill Camp

Green Hill Camp sponsors sports in sport science to improve the athletes' performance (whether they were **able**) reducing the risk of injury. The trainers were **2** (hoped / hope) athletes develop new skills to defeat their opponents. The camp director explained that **3** (it is the athletes want / what every athlete wants / it was the athletes) to always

Khalid Ali, a professional runner, competed last year. He **thought** that he would / **think that he** (could / thought he had to) win but he did not. In just three months (when / as / after) joining us, Ali won two races. **6** (should had won / have won, must have win) the race last year if I had joined the camp then."

Read the text and choose the correct word(s) to complete the sentences.

5 - 6

11.25

MARKS

5.

a. when



b. as soon as



c. after



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Green Hill Camp

Green Hill has a sports centre in sport science to improve the athletes' performance (whether they were **1** (hope / hoped / hope) reducing the risk of injury. The trainers were **2** (hope / hoped / hope) athletes develop new skills to defeat their opponents. The camp director expressed that **3** (it / that) is the athletes' **4** (what / that) every athlete wants / it was the athletes' **5** (to always / always) to always.

Khalid Ali, a professional runner, competed last year. He **6** (think / thought) that he would **7** (think / thought) that he **8** (could / thought he had to) win but **9** (when / as / after) joining us, Ali won two **10** (should have won / have won) the race last year if I **11** (must have win) the camp then."

Read the text and choose the correct word(s) to complete the sentences.

6 - 6

11.25

MARKS

6.

a. should had v



b. could have won



c. must have win



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A Bond For Life

Read the text and answer the questions.

1 - 6

26.25 M



Amal wasn't feeling very happy.

"What's wrong?" asked her father.

"Firefly was distracted for the entire lesson this morning. My trainer told me to be strong with him, so I did. Suddenly, he bolted and jumped really high! I lost my balance and fell off. Luckily, I only got a bruise on my arm. It's my fault, though! I wish I'd tried harder to handle my horse, father! We'll never win a race at this rate!" sobbed Amal.

"When I was your age, I had a horse named Diamond. Although he was brave with lots of potential, training him was impossible. He was so strong! I must've fallen off him dozens of times. I was about to give up, but my father told me not to. I started connecting with Diamond, taking him on walks, feeding him and talking to him. He slowly started to trust me. If I had used the method the first day, we bought him, it would not have been too difficult to train. A month later, Diamond became much more challenging than he had been before. I thought that being tough was the best way to train horses. I was wrong. What he needed was someone to understand him."

"What happened next?" asked Amal with excitement.

"Ah, we were the unbeatable team for many years! You know, my mother said once that my room was an exhibition of trophies!" laughed her father. "Many trainers begged

What advice did the instructor give Amal?

a. She encouraged her to be strict with her horse.

b. She told her that she should be balanced.

c. She warned her not to jump too high.

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A Bond For Life

Read the text and answer the questions.

2 - 6

26.25 M



Amal wasn't feeling very happy.

"What's wrong?" asked her father.

"Firefly was so excited for the entire lesson this morning. My trainer told me to be strong with him, so I tried. Suddenly, he bolted and jumped really high! I lost my balance and fell off. Luckily, I only got a bruise on my arm. It was my fault, though! I wish I'd tried harder to handle my horse, father! We'll win a race at this rate!" sobbed Amal.

"When I was your age, I had a horse named Diamond. Although he was brave with lots of potential, training him was impossible. He was so strong! I must've fallen off him dozens of times. I was about to give up, but my father told me not to. I started connecting with Diamond, taking him on walks, feeding him and talking to him. He slowly started to trust me. If I had used the method the first day, we bought him, it would not have been too difficult to train. A month later, Diamond became more challenging than he had been before. I thought that being tough was the best way to train horses. I was wrong. What he needed was someone to understand him."

"What happened next?" asked Amal with excitement.

"Ah, we were the unbeatable team for many years! You know, my mother said once that my room was an exhibition of trophies!" laughed Amal's father. "Many trainers begged

Why did Amal cry?

- a. She regretted buying her horse and wanted to stop riding.
- b. She was in a lot of pain from her serious injuries.
- c. She blamed her father for falling off her horse.

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A Bond For Life

Read the text and answer the questions.

3 - 6

26.25 M



Amal wasn't feeling very happy.

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"Firefly was distracted for the entire lesson this morning. My trainer told me to be strong with him, so I did. Suddenly, he bolted and jumped really high! I lost my balance and fell off. Luckily, I only got a bruise on my arm. It's my fault, though! I wish I'd tried harder to handle my horse, father! We'll never win a race at this rate!" sobbed Amal.

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"What happened next?" asked Amal with excitement.

"Ah, we were the unbeatable team for many years! You know, my mother said once that my room was an exhibition of trophies!" laughed the trainer. "Many trainers begged

At the beginning of the lesson, the mood was _____.

a. calm

b. tense

c. joyful

<https://t.me/+CbbW8n6Up6U50GE8>





A Bond For Life

Read the text and answer the questions.

4 - 6

26.25 M



Amal wasn't feeling very happy.

"What's wrong?" asked her father.

"Firefly was frustrated from the entire lesson this morning. My trainer told me to be strong with him, so I did. Suddenly, he bolted and jumped really high! I lost my balance and fell off. Luckily, I only got a bruise on my arm. It's my fault, though! I wish I'd tried a different way to handle my horse, father! We'll never win a race at this rate!" sobbed Amal.

"When I was your age, I had a horse named Diamond. Although he was brave with lots of potential, training him was impossible. He was so strong! I must've fallen off him dozens of times. I was about to give up, but my trainer told me not to. I started connecting with Diamond, taking him on walks, feeding him and talking to him. He slowly started to trust me. If I had used the method the first day, we bought him, it would not have been too difficult to train. A month later, Diamond became more challenging than he had been before. I thought that being tough was the best way to train horses. I was wrong. What he needed was someone to understand him."

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"Ah, we were the unbeatable team for many years! You know, my mother said once that my room was an exhibition of trophies!" laughed the trainer. "Many trainers begged

**According to Amal's father,
Diamond used to be ____**

a. scared

b. pleasant

c. stubborn

<https://t.me/+CbbW8n6Up6U50GE8>





A Bond For Life

Read the text and answer the questions.

5 - 6 26.25 M

Amal wasn't feeling very happy.

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"Firefly was distracted for the entire lesson this morning. My trainer told me to be strong with him, so I did. Suddenly, he bolted and jumped really high! I lost my balance and fell off. Luckily, I only got a bruise on my arm. It's my fault, though! I wish I'd tried a different way to handle my horse, father! We'll never win a race at this rate!" sobbed Amal.

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"What happened that?" asked Amal with excitement.

"Ah, we were the unbeatable team for many years! You know, my mother said once that my room was an exhibition of trophies!" laughed Amal's father. "Many trainers begged

How did Amal's feelings change after her father told her about Diamond?

- a. Before, she was sad but after, she was anxious.
- b. Before, she was upset but after, she was confident.
- c. Before, she was very bitter but after, she was confused.

<https://t.me/+CbbW8n6Up6U50GE8>



A Bond For Life

Read the text and answer the questions.

6 - 6

26.25 Marks



Amal was feeling very happy.

"What's wrong?" she asked her father.

تم تحميل هذا الملف من موقع المناهج الإماراتية

"Firefly was agitated during the entire lesson this morning. My trainer told me to be strong with him, so I was. Suddenly, he bolted and jumped really high! I lost my balance and fell off! Luckily, I only got a bruise on my arm. It was my fault though! I wish I'd tried harder to handle my horse, father. We'll never win a race at this rate!" sobbed Amal.

"When I was young, I had a horse named Diamond. Even though he was brave with lots of potential, riding him was impossible. He was headstrong! I must've fallen off him dozens of times. I was about to give up but my father told me not to. I started connecting with Diamond, taking him out for walks, feeding him and talking to him. He slowly started to trust me. If I had tried this method the first day, well, I thought him, he would not have been too difficult to handle. A month later, Diamond became less challenging than he had been before. I thought that being tough was the best way to handle horses. I was wrong! What he needed was someone to understand him."

The story is mainly about _____.

a. the bond between _____ and their horse

b. making more money through selling horses

c. how to become the best horse trainer



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A Bond For Life

Read the text and answer the questions.

1 - 2

10.00 Marks



Amal was feeling very happy.

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تم تحميل هذا الملف من موقع المناهج الإماراتية

"Firefly agitated the entire lesson this morning. My trainer told me to be strong with him, so I was. Suddenly, he bolted and jumped really high! I lost my balance and fell off! Luckily, I only got a bruise on my arm. It was my fault though! I wish I'd tried harder to handle my horse, father. We'll never win a race at this rate!" sobbed Amal.

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****BONUS**** Amal's father described her racing experience with Diamond.

- terrible
- dreadful
- successful

<https://t.me/+CbbW8n6Up6U50GE8>





A Bond For Life

Read the text and answer the questions.

2 - 2

10.00 Marks



Amal was feeling very happy.

"What's wrong?" she asked her father.

تم تحميل هذا الملف من موقع المناهج الإماراتية

"Firefly agitated me the entire lesson this morning. My trainer told me to be strong with him, so I was. Suddenly, he bolted and jumped really high! I lost my balance and fell off! Luckily, I only got a bruise on my arm. It was my fault though! I wish I'd tried harder to handle my horse, father. We'll never win a race at this rate!" sobbed Amal.

"When I was young, I had a horse named Diamond. Even though he was brave with lots of potential, riding him was impossible. He was headstrong! I must've fallen off him dozens of times. I was about to give up but my father told me not to. I started connecting with Diamond, taking him out for walks, feeding him and talking to him. He slowly started to trust me. If I had tried this method the first day, when I caught him, he would not have been too difficult to handle. A month later, Diamond became less challenging than he had been before. I thought that being tough was the best way to handle horses. I was wrong! What he needed was someone to understand him."

****BONUS**** What happens to Amal and Firefly in the future?

- a. Firefly continued to throw Amal every time she tried to ride him.
- b. Amal sold Firefly for a lot of money to a rich stable owner.
- Firefly eventually retired from racing having never been defeated.

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Diet changes

It **1** (is thought / is thinking that / thinks) diet may be a more important factor for health than exercise. I **2** (decided to think to quit / was thinking of quitting / thought of quitting) just **3** (decided / thought of) when I started university but student life made it a less easy option. Now, though, I **3** (wish I had / hope I had / wish I had) started eating healthier at an earlier age. Today, I keep a food diary **4** (so to do so as / so as to) watch my calories and help prevent obesity. **5** (No matter when / When no matter / No matter when) you start is certain you will feel the benefits more. If you **6** (are missing / miss / had missed) the treats. Caring for yourself is not just for your body.

Read the text and choose the correct word(s) to complete the sentences.

1 - 6

4.50 Marks

1.

a. is thought that



b. is thinking that



c. thinks it is



<https://t.me/+CbbW8n6Up6U50GE8>

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It **1** (is thought / is thinking that / think / was thinking) diet may be a more important factor for health than exercise. I **2** (thought / think to quit / was thinking of quitting / thought of quitting) just **3** (thought / think to quit / was thinking of quitting) when I started university but student life made it a less easy option. Now, though, I **3** (wish I had / hope I had / wish I had) start eating healthier at an earlier age. Today, I keep a food diary **4** (so to / so as / so as to) watch my weight and help prevent obesity. **5** (No matter / When no matter / No matter when) you start eating healthier is certain you will feel the benefits more. You **6** (are missing / miss / had missed) the treats. Caring for your health is caring for your body.

Read the text and choose the correct word(s) to complete the sentences.

2 - 6

4.50 Marks

2.a. was think to quit b. was thinking of quitting c. was thought of quit

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Read the text and choose the correct word(s) to complete the sentences.

3 - 6

4.50 Marks

3.

a. wish I had



b. hope I had



c. wish I was



<https://t.me/+CbbW8n6Up6U50GE8>

Diet changes

It **1** (is thought / is thinking that / think) diet may be a more important factor for health than exercise. I **2** (think to quit / was thinking of quitting / thought of quitting) just when I started university but student life made it a less easy option. Now, though, I **3** (wish I had / hope I had / wish) start eating healthier at an earlier age. Today, I keep a food diary **4** (so to / so as / so as to) watch my calories and help prevent obesity. **5** (No matter when / When no matter / No matter when) you start is certain you will feel the benefits more. If you **6** (are missing / miss / had missed) the treats. Caring for yourself is not just for your body.

Read the text and choose the correct word(s) to complete the sentences.

4 - 6

4.50 Marks

4.

a. so to as



b. to so as



c. so as to



<https://t.me/+CbbW8n6Up6U50GE8>

Diet changes

It **1** (is thought / is thinking that / think) diet may be a more important factor for health than exercise. I **2** (think to quit / was thinking of quitting / thought of quitting) just when I started university but student life made it a less easy option. Now, though, I **3** (wish I had / hope I had / wish) start eating healthier at an earlier age. Today, I keep a food diary **4** (so to / so as / so as to) watch my calories and help prevent obesity. **5** (Matter not when / When no matter / No matter when) you start is certain you will feel the benefits more. If you **6** (are missing / miss / had missed) the treats. Caring for yourself is not just caring for your body.

Read the text and choose the correct word(s) to complete the sentences.

5 - 6 4.50 Marks

5.

a. Matter not when

b. When no matter

c. No matter when

<https://t.me/+CbbW8n6Up6U50GE8>

Diet changes

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Read the text and choose the correct word(s) to complete the sentences.

6 - 6

4.50 Mark

6.a. are missing b. will miss c. had missed

<https://t.me/+CbbW8n6Up6U50GE8>

Natural Meditation

Meditation is becoming more popular - some schools offer it in classes. Offices consider an hour from the workday for it. Many people gather in parks to meditate. Meditation is not just exercise but also big business. And one company in Iceland has a new offer - so as to create the maximum feeling of calm, they offer meditation classes near a thermal spring.

Hind practiced meditation but spent years of practising at clubs and her work. A friend of hers encouraged her to meditate in a range of natural spaces. "I wish I had tried this many years ago," she told us. After the effect it had on her, she was not surprised to hear about the Icelandic company's idea.

Hind said she really felt the benefits of practicing one particular time. She was meditating near a waterfall and relaxed by focussing on the sound of the water. At the time, she had an injury in her neck - and was amazed to find that meditation really help with her healing!

Meditating in noisy buildings was more difficult for her than meditating in any natural space. "I even once meditated near a volcano! And yet strangely meditation in this environment was easier than meditating in my

Read the text and answer the questions.

1 - 6

10.50 Marks

A company in Iceland provides meditation programmes near _____.

a. school

b. thermal spring

c. park

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Read the text and answer the questions.

2 - 6

10.50 Marks

Find regions that ____.

a. she didn't start meditating in natural spaces so



b. she tried to meditate near a volcano



c. she learnt another company had the same idea



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Read the text and answer the questions.

3 - 6

10.50 Marks

Paragraph 3 is mostly about

a. different ways to help people relax



b. the danger of natural spaces



c. one person's best experience



<https://t.me/+CbbW8n6Up6U50GE8>





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Read the text and answer the questions.

4 - 6

10.50 Marks

The most difficult place for Hind to meditate was _____.

a. her home

b. a volcano

c. waterfall



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Read the text and answer the questions.

5 - 6

10.50 Marks

Meditating both inside and outside needs you to focus on _____

a. the range of noise outside you

b. relaxing the noise in your mind

c. what has happened to you that day

<https://t.me/+CbbW8n6Up6U50GE8>



Submit

Natural Meditation

Read the text and answer the questions.

6 - 6

10.50 Marks



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Hind's friends and the company in Iceland both encouraged people to _____.

4. go for long walks in nature

5. start meditating at _____

6. meditate in natural spaces

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