



English Practice Worksheet: Serenity

Level: Intermediate (B1–B2)

Topic: Mindfulness & Well-being

Name: _____ Date: _____



Reading Passage

Serenity is the calm and peaceful state of mind that allows people to remain composed even during life’s most challenging moments. A serene person does not allow fear, anger, or stress to dominate their thoughts, choosing instead to respond with patience and clarity. Rather than reacting impulsively, they observe situations carefully and make thoughtful decisions. Their peaceful presence often reassures those around them and creates an atmosphere of trust and stability. Through mindfulness, gratitude, and emotional balance, serenity becomes a source of inner strength rather than passive silence. Ultimately, being serene enables individuals to navigate uncertainty with confidence and maintain harmony in both their personal and professional lives.



Section A: Vocabulary Matching

Match each English word on the left with its corresponding definition on the right.

Word	Answer	Definition
1. Serenity	[____]	A. Thankfulness
2. Composed	[____]	B. Difficult times
3. Challenging moments	[____]	C. Aware of the present moment
4. Dominate	[____]	D. Control or have power over
5. Impulsively	[____]	E. Agreement in feelings, ideas
6. Reassure	[____]	F. Calm and in control of oneself

Word	Answer	Definition
7. Thoughtful	[____]	G. Done without thinking first
8. Mindfulness	[____]	H. To make someone feel safer, less worried
9. Gratitude	[____]	I. The quality of being calm and peaceful
10. Harmony	[____]	J. Considering things carefully

Section B: Fill in the Blanks

Fill in each blank using the correct word from the box below:

[serenity | composed | challenges | dominate | impulsively | reassure | thoughtful | mindfulness | gratitude | harmony]

- After a long day, I find great _____ in a quiet walk on the beach.
- In the face of danger, the captain _____ and guided everyone to remained _____ safety.
- Every student faces unique _____ during exam season.
- It's important not to let negative thoughts _____ your mind.
- Don't _____ ; always think before you talk, especially in a speak _____ disagreement.
- A warm smile and a kind word can _____ someone who is feeling often _____ anxious.
- He gave _____ answer that showed he had carefully considered all aspects a _____ of the problem.
- Practising _____ can help reduce stress and increase awareness.
- Showing _____ for small kindnesses can improve relationships and well-being.
- Working together in _____ is essential for any successful team.

 Section C: Reading Comprehension

Answer the following questions in 1-2 short sentences based on the passage.

1. What does a serene person not allow to control their thoughts?

2. How does a serene person respond, rather than reacting quickly?

3. What does their peaceful presence do for others?

4. List three ways serenity is achieved, according to the paragraph.

5. Does the paragraph suggest serenity is passive silence or inner strength?

6. How does serenity help in professional and personal lives?

 Section D: Word Forms

Complete the table with the correct noun, adjective, verb, and adverb forms for each given word. Leave ambiguous verb columns for clear focus.

Base Word	Noun Form	Adjective Form	Verb Form	Adverb Form
Serene			--	
Peaceful			--	
Composed				--
Anger			--	

Base Word	Noun Form	Adjective Form	Verb Form	Adverb Form
Stress			--	
Dominate				--
Patience			--	
Clarity				
Impulse			--	
Thought			--	
Decide				
Stable				--
Gratitude			--	
Strength			--	
Passive			--	
Navigate			--	



Section E: Writing Prompt

Reflect on a time you felt anxious or angry. Describe the situation. Then, describe how implementing the principles of serenity (patience, thoughtful decisions, emotional balance) helped (or could have helped) you navigate that moment and potentially change the outcome.

 Answer Key (Teacher Only)**Section A: Matching**

1–I, 2–F, 3–B, 4–D, 5–G, 6–H, 7–J, 8–C, 9–A, 10–E

Section B: Blanks

1. serenity, 2. composed, 3. challenges, 4. dominate, 5. impulsively, 6. reassure, 7. thoughtful, 8. mindfulness, 9. gratitude, 10. harmony

Section D: Word Forms (Example)

Word/Base	Noun	Adjective	Verb	Adverb
Serene	Serenity	Serene	--	Serenely
Peace	Peace	Peaceful	--	Peacefully
Composed	Composure	Composed	Compose	--
Dominate	Dominance	Dominant	Dominate	--
Clarity	Clarity	Clear	Clarify	Clearly