

# Idioms: Gratitude & Kindness

Intermediate (B1-B2)



## WARM-UP

**Part 1. Think about the last few days. Which feels closest to your experience?**

- ☐ Someone helped me in a small way
- ☐ Something went better than I expected
- ☐ I realised I was lucky in a quiet moment
- ☐ Nothing special — just a normal few days

### Discuss:

- What happened?
- How did it make you feel?

**Part 2. Finish the sentences with your own ideas.**

- Recently, I felt grateful for \_\_\_\_\_.
- Someone once helped me when \_\_\_\_\_.
- I don't always notice how lucky I am until \_\_\_\_\_.
- I really appreciate it when people \_\_\_\_\_.



## IDIOMS, EXPRESSIONS & SPEAKING

**Part 1. Read the short conversations below. Discuss what you think each expression in bold means.**

**A:** I was angry about losing that job.

**B:** Yeah, but honestly, it was **a blessing in disguise**.

**A:** I still can't believe she helped me move house on a Sunday.

**B:** You really are **in her debt**.

**A:** When I look at my life now, I try to **count my blessings**.

**B:** That mindset really changes things.

**A:** I missed the flight, but the next one was free.

**B:** Wow — **thank your lucky stars!**

**A:** He didn't have to help, but he stayed late anyway.

**B:** He really **went out of his way** for you.

**A:** We wanted to impress the client, so we stayed late and fixed everything.

**B:** Yeah, you really **went the extra mile**.

**Part 2. Read the situations below. Match one idiom to each situation.**

1. Someone supports you during a very difficult time, and you never forget it.
2. A problem at first feels terrible, but later helps you grow.
3. Someone helps you even though it causes them inconvenience.
4. You realise how fortunate you are after a stressful period.
5. You receive unexpected good luck in a risky situation.
6. You put in extra effort because you genuinely care.



**Part 3. Think about one special person in your life and complete the sentences below.**

- I feel **in this person's debt** because \_\_\_\_\_.
- This person once **went out of their way** to \_\_\_\_\_.
- I would like to **go the extra mile** for them by \_\_\_\_\_.

**Discuss:**

- Why does this person matter to you?

**Part 4. Choose one option and explain your choice.**

Count your blessings	or	Focus on what's missing?
Thank your lucky stars quietly	or	Say it out loud?
Be in someone's debt	or	Pay kindness forward?
Go out of your way for people	or	Protect your energy?
Go the extra mile	or	Just do what's required?
See problems as a blessing in disguise	or	Just bad luck?



**Part 5. Decide whether you agree, disagree, or partially agree with each statement. Explain your choice.**

1. People forget to **count their blessings** too easily.
2. Most success comes from people who **go the extra mile**.
3. Difficult moments often become **a blessing in disguise**.
4. We should say **thank your lucky stars** more often.
5. **Being in someone's debt** can feel uncomfortable.
6. People don't **go out of their way** for others as much as they used to.

**Part 6. Discuss the following questions.**

Count your blessings	Thank your lucky stars	Be in someone's debt
Go out of your way for someone	Go the extra mile	A blessing in disguise

1. People forget to **count their blessings** too easily.
2. Most success comes from people who **go the extra mile**.
3. Difficult moments often become **a blessing in disguise**.
4. We should say **thank your lucky stars** more often.
5. **Being in someone's debt** can feel uncomfortable.
6. People don't **go out of their way** for others as much as they used to.

## REFLECTION

**Complete the sentences with your own ideas.**

1. Lately, I've been **thanking my lucky stars** for \_\_\_\_\_.
2. One thing I should **count my blessings** for is \_\_\_\_\_.
3. One moment that felt like **a blessing in disguise** was \_\_\_\_\_.