

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 _____.