



Teacher's guide

The Wim Hof Method – Upper Intermediate (B2–C1)

Canva Presentation Link: [Lesson Plan: The Wim Hof Method](#)

Video Link: [Wim Hof's Top 10 reasons to take cold showers & ice baths](#)

Warm up

Part 1. Students talk about what's happening in the pictures and then discuss questions related to the Wim Hof method. Answers will vary.

Part 2. Students match the words to their definitions. Encourage students to guess the meaning of any before looking at the options.

Answer Key:

1. Breathing Technique
2. Vagus Nerve
3. Cold Exposure
4. Thermogenesis
5. Hypoxia
6. Immune System
7. Resilience
8. Endorphins

Part 3. Students fill in the gaps in the sentences.

Answer Key:

1. Breathing Technique
2. Cold Exposure
3. Hypoxia
4. Endorphins
5. Immune System
6. Thermogenesis
7. Vagus Nerve
8. Resilience

Reading activity

Part 1. Students will read a text on Wim Hof's methods, focusing on cold exposure, breathing techniques, and their benefits.

Part 2. Students match the sentences about the benefits of the Wim Hof method.

Answer Key:

1. D. physical and mental well-being
2. H. the immune system/emotional resilience
3. E. resilience/energy levels

4. B. the body's response to stress.
5. A. a state of hypoxia
6. C. the release of endorphins
7. G. thermogenesis
8. F. inflammation

Part 3. Students answer the questions based on the text.

Suggested answers:

1. The three main components of the Wim Hof Method are breathing techniques, cold exposure, and meditation.
2. Wim Hof's breathing technique creates a state of hypoxia (low oxygen) in short bursts, which stimulates the vagus nerve, helping to regulate the nervous system, heart rate, and digestion. It also triggers the release of endorphins, promoting well-being and reducing stress.
3. Thermogenesis is the body's ability to generate heat. It is important for cold exposure because it helps the body adapt to cold environments, improving circulation and enhancing mental clarity.
4. People report benefits such as strengthened immune systems, increased energy levels, and improved emotional resilience from practising the Wim Hof Method.
5. Cold exposure activates thermogenesis, which improves circulation and reduces inflammation by enhancing the body's ability to generate heat and adapt to cold environments.

Video activity

Part 1. Students watch the video where Wim Hof explains the top 10 reasons to practice cold exposure. As they watch, students make a list of the 10 reasons he gives.

Answer key:

1. Improved immune system.
2. Improved blood circulation.
3. Increased energy.
4. Decrease inflammation.
5. Improve sleep.
6. Regulate stress response.
7. Increase mental control or willpower.
8. Better mind-body connection.
9. Better focus.
10. Happy hormones/positive hormones release.

Part 2. Students choose true or false according to the information in the video.

Answer key:

1. **False** – "So when you go into the cold, you exercise that system, oxygen and minerals, vitamins get much better to the cells, and thus you get a lot more energy."
2. **True** – "Going into the cold, brings the adrenal axis to life. You learn to reset your body and thus it brings down inflammation, which is a general cause and effect of any disease."
3. **True** – "By going into the cold, it's you who is going into the cold. You learn to wilfully control your body, making it stronger in that moment, meeting the cold and thus you learn to have control over stress."
4. **False** – "Interoception is your connection of the mind with the body and as you are exercising it, before even going into the cold, you learn that there is a possible connection that makes your body stronger"

only because you want so."

5. **True** – "Through going into the cold, you learn to focus... your whole body is a vessel, an instrument, and it becomes stronger if you build up a deep connection with the body at that moment for your body to become stronger, and in that way the performance is a lot better."
6. **True** – "By going into the cold you will stimulate the hormonal system endocrine system in the deep brain through the activation of the adrenal axis, an adrenaline spike... Not only that, it's also the dopamine, serotonin, the cannabinoids and the opioids that all will be activated to increase like 100, 200, 250%, 500%."

Part 3. Students complete the missing parts of the quotes from the video.

Answer Key

1. immune
2. circulation
3. mind
4. inflammation
5. dopamine

Video follow-up

Part 1. Students share their thoughts on the video using the questions.

Part 2. Students read the dialogue between Tom and Jake, paying attention to the expressions in bold. Students try to guess the meaning of them based on the context.

Part 3. Students match the idioms to their definitions.

Answer Key:

1. To give someone the cold shoulder
2. Tip of the iceberg
3. To be on thin ice
4. To get cold feet
5. To break the ice

Part 4. Students discuss questions using the idioms. Answers will vary.

Review activity & final thoughts

Part 1. Students use each of the words to talk about the Wim Hof method and what they have learnt during the lesson.

Part 2. Students discuss questions. Answers will vary.