

Teacher's Guide

Regrets – Upper-intermediate (B2-C1)



Canva Presentation Link: [Regrets](#)

Editable Presentation Link: [Regrets](#)

Editable Worksheet Link: [Student Worksheet: Regrets](#)

Video Link: [100 People Tell Us Their Biggest Regret | Keep it 100 | Cut - YouTube](#)

Warm-up

Part 1. Students discuss the questions about regrets.

Part 2. Students read the statements and decide if they agree, disagree, or partially agree. Encourage students to explain their reasoning.

Video activity

Part 1. Before watching the video, students discuss the questions.

Part 2. Students watch the video and decide what most people in the video talk about.

Answer key:

b) Relationship and family regrets

Part 3. Students watch again and write down examples of regrets.

Answer key:

1. **Relationships** – Cheating, marrying too young, missed connections
2. **Family** – Not talking to a parent before they died, not being there more
3. **School / Career** – Dropping out, choosing the wrong major, not becoming a doctor
4. **Risky decisions** – Drunk driving, blacking out, getting into dangerous cars
5. **Missed opportunities** – Not standing up for oneself, not continuing hobbies

Part 4. Students read the ideas from the video and explain why they feel true, surprising, or relatable.

Video follow-up

Part 1. Students read the short dialogues and guess the meaning of the bold expressions taken from the video.

Money down the drain – wasted money

Haunts me – stays in your mind in a painful way

Stand up for myself – defend your needs or opinions

Toxic – emotionally damaging

Weighs on me – feels emotionally heavy over time

Part 2. Students rewrite each sentence using one of the expressions.

Suggested answers:

1. It still haunts me.
2. I should have stood up for myself.
3. It was money down the drain.
4. It was toxic.
5. It still weighs on me.

Part 3. Students complete the sentences with their own ideas.

Final thoughts

Students discuss the questions.