

Pet Benefits

Intermediate (B1–B2)



WARM UP

Part 1. Discuss the following questions.

1. Do you have a pet now, or have you ever had one?
2. If you could have any animal as a pet, what would it be and why?
3. Do you think having a pet improves people's mental health? Why or why not?

Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. Pets help people feel less lonely. ____
2. Having a pet makes you more responsible. ____
3. Pets can understand human emotions perfectly. ____
4. Having a pet is too much work and stress. ____
5. Pets can help reduce depression. ____
6. Pets are better companions than people. ____



Part 3. Match each word to its correct definition. Can you guess any before looking at the options?

Companionship	Bond	Domesticated	Neurotransmitters
Instinctual	Accomplish	Assurance	Savour

1. _____ To achieve or complete something successfully.
2. _____ Chemicals in the brain that send signals and affect mood.
3. _____ Based on natural feelings rather than thought.
4. _____ A connection or strong relationship between people or animals.
5. _____ Animals that have been tamed and kept by humans.
6. _____ To fully enjoy and appreciate something.
7. _____ The feeling of friendship and closeness with someone.
8. _____ The feeling of confidence or certainty.

Part 4. Complete the sentences with the correct words. Pay attention to how the words fit into the context!

1. It feels amazing to _____ a challenging task, like teaching a new trick to your pet.
2. Many people get a pet for the _____ it provides.
3. Dogs and cats are examples of _____ animals.
4. Dopamine, a _____ associated with pleasure and reward, is released during enjoyable activities.
5. His words gave me _____ that everything would be okay.
6. Take a moment to _____ the taste of your food.
7. Trust is an important part of any strong _____.
8. Animals are very _____ and can sense feelings.

VIDEO ACTIVITY

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

1. In what ways do you think pets can improve mental health?
2. What are some daily responsibilities of having a pet?

Part 2. Watch the video. As you watch, list the 7 ways having a pet can benefit your mental health.

Benefits

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Part 3. Answer the questions below based on the video.

1. How can being active affect us positively?
2. How do dogs usually react if their owner seems sad?
3. Why can having a pet help someone with depression?
4. How can pets help with socialising?
5. What does Harvard suggest dog owners do to practice mindfulness?

Part 4. Decide if each statement is true (T) or false (F) based on the video. If false, can you correct it?

1. Even a short walk around the block is beneficial for both you and your pet. (T/F)
2. Some cats might bring you a surprise from outside when you're feeling upset. (T/F)
3. All pets react the same way when their owner is upset. (T/F)
4. Routine helps reduce stress levels. (T/F)
5. It's important for your mind not to wander when you are practicing mindfulness. (T/F)



VIDEO FOLLOW-UP

Part 1. Share your thoughts on the video using the questions below.

1. Which tip from the video do you think is the most important? Why?
2. Do you think pets help people develop healthier routines? Why or why not?
3. How would your life change if you had a pet?

Part 2. Fill in the gaps in the questions to form full collocations that appeared in the video. Then answer the questions.

Live

Engage

Lack

Develop

1. When you have a _____ **of motivation**, how do you find energy to do things?
2. When was the last time you really _____ **your senses** to enjoy an experience? What were you doing?
3. Do you find it easy to _____ **a habit** of waking up early?
4. What helps you _____ **in the moment** and not worry about the past or future?

Part 3. Match each idiom to its correct definition. Can you guess any before looking at the options?

Let the cat out of the bag

Work like a dog

Curiosity killed the cat

Raining cats and dogs

1. _____ To reveal a secret.
2. _____ Working very hard.
3. _____ Heavy rain.
4. _____ Being too curious can lead to trouble.



Part 4. Complete the sentences with the correct idioms. Pay attention to how the idioms fit into the context!

1. Don't _____ about the surprise party!
2. It's _____ today, so take an umbrella.
3. She _____ to finish the project before the deadline.
4. Be careful asking too many questions – _____.

Part 5. Use the questions below to discuss the idioms in more depth. Have you heard or used any of them before?

1. When was the last time you worked like a dog?
2. Have you ever let the cat out of the bag by accident?
3. Do you like going out when it's raining cats and dogs?
4. Do you think curiosity killed the cat is a good saying? Why or why not?

REVIEW ACTIVITY & FINAL THOUGHTS....

Part 1. Use each of the words in a sentence related to the benefits of having a pet. Try to make your sentences as creative as possible!

Companionship

Bond

Domesticated

Neurotransmitters

Instinctual

Accomplish

Assurance

Savour

Part 2. Discuss the questions below to reflect on what you've learnt during this lesson.

1. After learning about the benefits of having a pet, would you like to get one in the future? Why or why not?
2. The video suggests pets can help reduce stress and depression. Do you think this would work for you? Why or why not?
3. The video mentions pets help us live in the moment. How has this changed the way you think about pets?
4. How does this lesson connect to your personal views on mental health and wellbeing?
5. What's your biggest takeaway from this lesson?