



Teacher's guide

Idioms: Self-Care – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Idioms: Self-Care](#)

Warm-up

Part 1. Students discuss the questions.

Reading activity

Part 1. Students read the text and underline the idioms they find.

After years of unhealthy eating, Liam decided it was time to **turn over a new leaf**. He knew it wouldn't be easy to **kick the habit** of eating junk food, but he decided to **take it one day at a time**. The hardest part was saying no to sweets, but he knew he had to **bite the bullet** and stay strong. His friend Mia told him to **get his act together** and plan his meals better. To stay motivated, he made sure to **take time out** to do things he enjoyed, like reading and hiking. Once a week, he would go to the spa to **recharge his batteries** and **let his hair down**. Over time, his new habits became a lifestyle.

Definition matching

Part 1. Students match each idiom to its correct definition.

Answer key:

1. Kick the habit
2. Bite the bullet
3. Turn over a new leaf
4. Get your act together
5. Let your hair down
6. Recharge your batteries
7. Take it one day at a time
8. Take time out

Part 2. Students read the text again and answer the comprehension questions.

Answer key:

1. He decided to eat healthily and stop eating junk food.
2. He took it one day at a time and stayed strong.
3. She told him to get his act together and plan his meals better.
4. He took time out to enjoy hobbies and went to the spa to recharge his batteries.

Dialogue activity

Part 1. Students complete the dialogue by filling in the blanks with the appropriate idiom.

Answer key:

Jordan: Lately, I've been feeling exhausted and stressed. I know I need to **take time out**.

Sam: Maybe you should **let your hair down** and plan a weekend getaway to relax.

Jordan: That sounds like a great idea! I really need to **recharge my batteries** because I've been burning out.

Sam: And while you're away, remember to **take it one day at a time**. It's important to focus on the present.

Jordan: You're right. I might even try to **bite the bullet** and face a challenge I've been avoiding for months.

Sam: That takes courage, but once you **get your act together**, you'll feel much better.

Jordan: I guess it's time to **kick the habit** and stop my old, unhelpful routines.

Sam: Absolutely. Once you **turn over a new leaf**, you'll be ready for a fresh start.

Speaking

Part 1. Students discuss the questions using the idioms.