

## Teacher's Guide



**Minimalism vs Consumer Culture** - Upper-intermediate (B2-C1)

Canva Presentation Link: [Minimalism vs Consumer Culture](#)

Editable Presentation Link: [Minimalism vs Consumer Culture](#)

Editable Worksheet Link: [Student Worksheet: Minimalism vs Consumer Culture](#)

Video Link: [Decluttering Our Entire Minimalist Home - YouTube](#)

## Warm-up discussion

**Part 1.** Students read the four quotes and choose one that resonates with them. Encourage students to explain their choice.

**Part 2.** Students read the short descriptions and say which one they are most similar to.

**Part 3.** Students discuss the questions.

## Vocabulary

Students read the sentences and try to guess the meaning of each expression based on the context.

**Less is more** - The idea that simplicity often leads to a better result

**Self-worth** - Your sense of personal value or confidence, often influenced by how you see yourself

**In alignment with my values** - When your actions and choices reflect what truly matters to you

**Let go of** - Remove unnecessary items from your home or life

**Holding on to** - To keep or cling to something, often because it feels hard to let go

**Hidden excess** - Unnecessary things that take up space without you realising it

**Perpetual cycle** - A repeated process that seems to continue without end

## Video activity

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

**Part 2.** Students watch the video.

**Part 3.** Students read each quote from the video and discuss the questions.

## Speaking

**Part 1.** Students choose three statements and say if they agree or disagree. Encourage students to support their opinion using examples or experiences.

**Part 2.** Students choose one option in each pair and explain their choice.

## Reflection

Students complete the sentences with their own ideas.