

Teacher's Guide

Making Friends as Adults - Upper-Intermediate (B2)

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Video Link: <https://www.youtube.com/watch?v=qI2qEIOPM-A>



Warm-up

Part 1. Students read the situations and share their honest reaction.

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

Part 3. Students read each of the common factors that may affect how we make friends as we get older. Then, students discuss the questions.

Video activity

Part 1. Before watching the video, students look at each of the ideas and decide which they think are true.

Part 2. Students watch the video and focus on any ideas they agree or disagree with.

Part 3. Students discuss the ideas from the video.

Video follow-up

Part 1. Students say what they would do in each situation.

Part 2. Students match the first half of the phrase with the correct second half to form an expression or phrasal verb.

Answer Key:

1. False
2. Pan
3. Life
4. Strike up
5. Nurture
6. Step
7. Climb

8. Chase
9. Celebrate
10. Phase

Part 3. Students complete the questions using the expressions and discuss.

Answer Key:

1. How do you feel when **life gets in the way** of meeting friends?
2. Can you think of a time you had to **step outside your comfort zone** to meet someone?
3. In what ways can remote working and social media create **false connection**?
4. Can you describe a time when things didn't **pan out** as you expected in a friendship?
5. In which **phase of life** do you find it easiest to make new friends?
6. How can we **nurture deeper connections** with busy schedules?
7. Do you often **strike up conversations** with strangers? Why or why not?
8. Do you think it's important to **celebrate small wins** with friends, or do people usually overlook them?
9. Can friendships become weaker when people start to **chase** different **dreams**?
10. Do people sometimes lose touch with friends when they focus too much on **climbing career ladders**?

Reflection

Students complete the sentences in their own words.