

Idioms: Self-Care

Intermediate (B1-B2)



WARM-UP DISCUSSION

Rate each statement 1–5. (1 = never true, 5 = always true)

1. I make time to rest when I need it.
2. I can say no without feeling guilty.
3. I try to take life one day at a time.
4. I give myself permission to relax.
5. I'm working on breaking one bad habit.

Discuss:

- Which statements feel most true for you?
- What's one small change you'd like to make in your self-care routine?



VOCABULARY

Part 1. Match each idiom to its meaning.

Turn over a new leaf	Kick the habit	Take it one day at a time	Bite the bullet
Get your act together	Let your hair down	Recharge your batteries	Take time out

1. _____ To relax and stop worrying.
2. _____ To rest and recover your energy.
3. _____ To start behaving in a better or more positive way.
4. _____ To give yourself a break from something.
5. _____ To stop doing something bad or unhealthy.
6. _____ To stay calm and focus on small steps.
7. _____ To finally do something difficult or uncomfortable.
8. _____ To become more organised or productive.

Part 2. Complete the sentences with the correct idiom from the list.

1. After my exams, I really need to _____.
2. I finally decided to _____ and start exercising again.
3. When life feels overwhelming, I remind myself to _____.
4. You can't keep complaining — it's time to _____.
5. He wants to _____ of eating fast food.
6. I love spending quiet Sundays at home to _____.
7. It's not easy, but sometimes you just have to _____ and face your fears.
8. I'm trying to _____ from social media this month.

Part 3. Discuss the following question.

1. Which idioms do you personally connect with most?

READING ACTIVITY

Part 1. Read the short story and underline all the idioms you find.

After months of bad habits and long workdays, Liam decided it was time to turn over a new leaf.

He wanted to kick the habit of checking his phone late at night.

Instead of rushing to change everything at once, he chose to take it one day at a time.

Some days were hard, and he had to bite the bullet when he felt like giving up.

With help from his friend Mia, he managed to get his act together and start sleeping better.

On weekends, he took time to let his hair down, recharge his batteries, and take time out from screens.

Slowly, his reset turned into a lifestyle.

Part 2. Answer the following questions based on the text.

1. What habit did Liam want to change?
2. How did he stay motivated?
3. Which idioms describe relaxation and which describe action?
4. What can we learn from Liam's approach to change?

SPEAKING

Part 1. Discuss the following questions.

1. When was the last time you had to **bite the bullet** and do something uncomfortable for your health or happiness?
2. What helps you **recharge your batteries** when life gets busy?
3. Have you ever **turned over a new leaf**? What inspired the change?
4. Do you find it easy to **let your hair down** and relax? Why or why not?

Part 2. Create your own “self-care reset plan” for the week ahead. Include at least four idioms from the lesson.

Day	Self-Care Action	Idiom Used
Monday	-----	-----
Wednesday	-----	-----
Friday	-----	-----
Weekend	-----	-----

REFLECTION

Discuss the following questions.

1. Which idiom feels most meaningful to you today?
2. How can these expressions remind us to slow down or reset?
3. What’s one small action you could take to care for your wellbeing this week?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Write a short paragraph (100–120 words) titled “My Weekend Recharge.”

Describe how you look after yourself when you need a break. Use at least five idioms from today’s lesson.

You could mention:

- How you plan to **turn over a new leaf** in your routine
- When you decide to **take time out**
- What helps you **recharge your batteries**
- A moment when you had to **bite the bullet**
- How you **let your hair down** after a busy week

