

Shopping & Spending Habits

Pre-intermediate (A2-B1)



WARM-UP DISCUSSION

Think about yesterday or today. Did you buy anything?

- ☐ Yes – something small
- ☐ Yes – something planned
- ☐ Yes – something I didn't plan
- ☐ No – nothing

Discuss:

- What was it?
- Where did you buy it?
- Did you need it, or just want it?

SPEAKING

Part 1. Complete the sentences with your own ideas. Add a little detail.

1. When I go shopping, I usually feel _____ because _____.
2. I often spend money on _____.
3. I try not to spend money on _____.
4. I sometimes buy things when _____.

Part 2. Look at the products below and discuss the questions.

Groceries	Clothes	Electronics
Gifts	Health & Beauty	

1. Where do you usually buy this?
2. Online or in a shop?
3. Cheap, medium-priced, or expensive?
4. Planned or last minute?
5. Do you enjoy buying this, or not really?

Part 3. Choose one option and explain your choice.

Online shopping	or	Shops?
Buying now	or	Waiting?
Cheap things	or	Better quality?
Spending on things	or	Experiences?
Planning purchases	or	Buying in the moment?



Part 4. Read the situations below and discuss the questions.

You go to buy one thing. You leave with three.

- Does this happen to you?
- When does it happen most?
- What usually causes it? (mood, discounts, stress, boredom)

You buy something online. Later, you realise you didn't really need it.

- How soon do you realise this?
- What made you buy it in the first place?
- Do you keep it, return it, or forget about it?

You see a "special offer" or discount. You feel pressure to buy it now.

- What do you usually do in this situation?
- Does the discount change your decision?

Part 5. Complete the sentences with your own ideas.

1. I spend more money when I feel _____.
2. I spend less money when I feel _____.
3. Shopping helps me relax / makes me stressed because _____.
4. After shopping, I usually feel _____.

Discuss:

- Do feelings affect your spending?
- Is this a good or bad thing for you?



Part 6. Think about something small you buy often and discuss the questions.

Examples:

- coffee
- snacks
- delivery food
- online subscriptions

Discuss:

- Why do you buy it?
- Is it worth it for you?
- Would you miss it if you didn't buy it?

Part 7. Decide whether you agree, disagree, or partially agree with each statement. Explain your choice.

- It's better to enjoy money than save it.
- Online shopping makes people spend more.
- Buying cheap things is usually a mistake.
- Shopping is often emotional.

REFLECTION

Discuss the following questions.

1. One thing I spend money on happily is _____.
2. One thing I want to spend less money on is _____.
3. Shopping for me is mostly _____.
4. When I shop, I want to be more _____.

