

# 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 \_\_\_\_\_.

