

Teacher's guide

The Wim Hof Method – Upper Intermediate (B2–C1)



Canva Presentation Link: [🌐 The Wim Hof Method \(Updated\)](#)

Editable Presentation Link: [🌐 The Wim Hof Method \(Updated\)](#)

Editable Worksheet Link: [🌐 Student Worksheet: The Wim Hof Method \(Updated\)](#)

Video Link: [🌐 Wim Hof's Top 10 reasons to take cold showers & ice baths 📺](#)

Warm-up

Part 1. Students discuss the questions.

Part 2. Students match the words to their definitions.

Answer Key:

1. Vagus nerve
2. Immune system
3. Cold exposure
4. Resilience
5. Hypoxia
6. Thermogenesis
7. Breathing technique
8. Endorphins

Part 3. Students fill in the gaps in the sentences.

Answer Key:

1. Breathing technique
2. Cold exposure
3. Hypoxia
4. Endorphins
5. Immune system
6. Thermogenesis
7. Vagus nerve
8. Resilience

Reading activity

Part 1. Students will read a text on Wim Hof's methods, focusing on cold exposure, breathing techniques, and their benefits.

Part 2. Students answer the questions based on the text.

Answer Key:

1. Breathing, cold exposure, and mindset/meditation.
2. It calms the nervous system, increases focus, and releases endorphins.
3. Thermogenesis helps the body create heat and adapt to cold.
4. It trains the stress response and improves mood.
5. Because it shows how mental focus can influence the body's reaction.

Video activity

Part 1. Students watch the video where Wim Hof explains the top 10 reasons to practise cold exposure. As they watch, students make a list of the 10 reasons he gives.

Answer key:

1. Improved immune system.
2. Improved blood circulation.
3. Increased energy.
4. Decrease inflammation.
5. Improve sleep.
6. Regulate stress response.
7. Increase mental control or willpower.
8. Better mind-body connection.
9. Better focus.
10. Happy hormones/positive hormones release.

Part 2. Students choose true or false according to the information in the video.

Answer key:

1. True
2. True
3. True
4. False (it strengthens focus)
5. True

Part 3. Students complete the missing parts of the quotes from the video.

Answer Key

1. immune
2. circulation
3. mind
4. inflammation
5. dopamine

Video follow-up

Part 1. Students share their thoughts on the video using the questions.

Part 2. Students read the dialogue between Tom and Jake, paying attention to the expressions in bold.

Part 3. Students match the idioms to their definitions.

Answer Key:

1. Give someone the cold shoulder
2. Tip of the iceberg
3. On thin ice
4. Get cold feet
5. Break the ice

Part 4. Students complete each sentence with their own ideas.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students try one of these and write a short reflection (80–100 words):

- Take a 30-second cold shower each morning for three days. Describe how it made them feel.
- Practise a simple breathing routine before bed and note any change in their sleep or mood.
- Reflect on a time when they overcame fear or discomfort and describe what they learnt from it.