



Teacher's guide

Phrasal Verbs: Mental Health & Emotional Resilience – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Phrasal Verbs: Mental Health & Emotional Resilience](#)

Warm-up

Part 1. Students discuss the questions and activate previous knowledge of the phrasal verbs. Provide guidance if necessary.

Reading activity

Part 1. Students read the dialogue, then answer the comprehension questions.

Answer Key:

1. She used to bottle up her emotions.
2. She broke down and cried.
3. She decided to open up to a therapist.
4. It helps him calm down and think clearly.
5. She's beginning to cheer up and get over the worst of it.

Definition matching

Part 1. Students match each phrasal verb to its correct definition.

Answer key:

1. Calm down
2. Burn out
3. Shut down
4. Get over
5. Break down
6. Cheer up
7. Bottle up
8. Open up

Collocation matching

Part 1. Students match the phrasal verbs with what they often collocate with.

Answer key:

1. Bottle up
2. Get over
3. Shut down
4. Open up
5. Break down
6. Burn out

Sentence transformation

Part 1. Students rewrite the sentences using the target phrasal verbs so that the meaning stays the same.

Suggested answers:

1. He shut down.
2. I want to get over the breakup.
3. She's starting to burn out.
4. I always feel better when I open up.
5. You should try to calm down and think clearly.
6. He broke down in the meeting yesterday.
7. Don't bottle up your feelings.
8. This message cheered me up.

Sentence gap-fill

Part 1. Students use the correct form of the phrasal verb in brackets to complete each sentence.

Answer key:

1. had calmed down
2. had been bottling up
3. had burnt out / was burning out
4. get over
5. broke down
6. open up
7. has cheered up
8. shuts down

Speaking

Part 1. Students talk about a time they faced emotional stress, using at least five of the target phrasal verbs in their discussion.