



Teacher's guide

Self-Esteem & Confidence - Upper-Intermediate (B2-C1)

Canva Presentation Link: [Self-Esteem & Confidence](#)

Editable Presentation Link: [Self-Esteem & Confidence](#)

Editable Worksheet Link: [Student Worksheet: Self-Esteem & Confidence](#)

Discussion

Part 1. Students discuss questions about self-esteem & confidence.

Vocabulary

Part 1. Students match each word to its correct definition.

Answer Key:

1. Reassurance
2. Body language
3. Self-image
4. Self-talk
5. Imposter syndrome
6. Vulnerability
7. Self-worth
8. Self-esteem

Part 2. Students complete the sentences using the correct word.

Answer Key:

1. Reassurance
2. Self-esteem
3. Self-talk
4. Body language
5. Imposter syndrome
6. Vulnerability
7. Self-worth
8. Self-image

Part 3. Students discuss the questions.

Phrasal verbs

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

Answer Key:

1. Brush up on
2. Stand up for
3. Own up to
4. Put yourself out
5. Step into
6. Build up
7. Back down

8. Speak up

Part 2. Students complete the sentences using the correct phrasal verb.

Answer Key:

1. Build up
2. Back down
3. Owned up to
4. Step into
5. Brush up on
6. Put yourself out
7. Stand up for
8. Speak up

Part 3. Students discuss the questions.

Idioms

Part 1. Students match each idiom to its correct definition.

Answer Key:

1. Fake it till you make it
2. Put your best foot forward
3. Find your feet
4. Walk tall
5. Hold your head high
6. Take the plunge

Part 2. Students complete the sentences using the correct idiom.

Answer Key:

1. Find my feet
2. Walk tall
3. Take the plunge
4. Hold her head high
5. Put your best foot forward
6. Fake it till I made it

Part 3. Students discuss the questions using the idioms.