

Autumn

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What's the first image, sound, or smell you associate with autumn?
2. Do you notice any changes in your habits or feelings when the season changes?
3. Do you think autumn is more about beginnings or endings? Why?
4. Which season do you enjoy the most? Why?

Part 2. Match each word/collocation to its correct definition. Can you guess any before looking at the options?

Crisp air

Golden leaves

Cosy evening

Harvest festival

Seasonal food

Comfort food

Winding down

Nostalgia

1. _____ A traditional celebration at the end of the growing season.
2. _____ Food that makes you feel relaxed and cared for, often warm and filling.
3. _____ Relaxing at the end of a busy period.
4. _____ The feeling of remembering and missing the past.
5. _____ Food that is naturally available during a particular season.
6. _____ The cool, fresh air typical of autumn mornings.
7. _____ The warm, relaxed feeling of spending time at home in comfort.
8. _____ Trees turning yellow and orange in autumn.



Part 3. Look at the pictures and describe them using the vocabulary below.

Crisp air

Golden leaves

Cosy evening

Harvest festival

Seasonal food

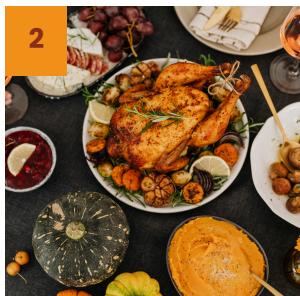
Comfort food

Winding down

Nostalgia



1



2



3



4

TRADITIONS & CULTURE

Part 1. Read the short descriptions of autumn traditions below. Then, match each tradition to the country where it is most commonly celebrated.

United States

United Kingdom

China

Germany

1. _____ People celebrate by carving pumpkins into lanterns and dressing up in costumes.
2. _____ Families come together to eat turkey, stuffing, and pumpkin pie.
3. _____ People light lanterns and share mooncakes to celebrate the harvest.
4. _____ Villages hold festivals with music, dancing, and feasting to thank for a good harvest.

Part 2. Discuss the following questions.

1. Which of these traditions are you most familiar with?
2. Do any of them (or something similar) happen in your country?
3. Which one would you most like to experience, and why?



READING ACTIVITY

Part 1. Read the text below and notice how it describes the feelings, traditions, and foods of autumn.

Autumn is a season full of contrasts. The crisp air can make us feel energised, yet the shorter days often invite us to wind down. Across the world, cultures mark this season with traditions that connect people to nature and to one another. In Europe, harvest festivals have been held for centuries, bringing communities together to give thanks for the crops of the year. In North America, Thanksgiving centres around a table full of comfort food such as roasted turkey and pumpkin pie. In China, the Mid-Autumn Festival celebrates the full moon with lanterns and sweet mooncakes.

For many, autumn also brings nostalgia: the crunch of golden leaves underfoot may remind people of school days, childhood walks, or family gatherings. At the same time, it's a chance to look forward, to prepare for winter, and to reflect on what has been achieved during the year. Autumn reminds us that endings can also be beautiful beginnings.

Part 2. Answer the questions below based on the text.

- 1.What contrasting feelings are connected with autumn?
- 2.Which traditions are described in the text?
- 3.What types of food are linked with autumn celebrations?
- 4.Why might autumn bring feelings of nostalgia?
- 5.How does the text suggest autumn is both an ending and a beginning?

Part 3. Look at these sentences from the reading. What do you think each phrase means?

- 1."The crisp air can make us feel energised."
- 2."The shorter days often invite us to wind down."
- 3."Autumn brings nostalgia."
- 4."Endings can also be beautiful beginnings."

Part 4. Discuss the following questions.

- 1.When was the last time you enjoyed crisp air outdoors?
- 2.What do you do to wind down when life feels busy?
- 3.What autumn memory gives you a sense of nostalgia?
- 4.Do you agree that endings can also be beginnings? Why/why not?

REFLECTION & FINAL THOUGHTS...

Part 1. Write a short paragraph (5–6 sentences) answering:

Crisp air

Golden leaves

Cosy evening

Harvest festival

Seasonal food

Comfort food

Winding down

Nostalgia

How does Autumn in your country look, taste and feel?

Try to use at least five new autumn vocabulary words/collocations/phrases in your response.

Part 2. Discuss the following questions.

- 1.Which new autumn words or phrases will you remember?
- 2.Did you discover any similarities/differences between autumn in your culture and others?
- 3.Share one reflection: "Autumn reminds me to..."

