

Phrasal Verbs: Self-Care

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What do you do to **wind down** after a busy day?
2. Do you ever **sleep in** on weekends? What do you like to do afterwards?
3. How do you **freshen up** in the morning or after exercise?
4. What methods help you **tune out** stress or distractions?

READING ACTIVITY

Part 1. Read the following dialogue carefully.

Alex: Today is my self-care day. I plan to **sleep in** so I can enjoy a long, lazy morning. After I wake up, I'll **freshen up** and have a nutritious breakfast.

Later, I will **wind down** by taking a quiet walk in the park. I also like to **tune out** the noise of everyday life by listening to calming music.

In the afternoon, I will **slow down** and take time to **let go of** any stress that's been building up. I might even **open up** to a close friend about how I'm feeling.

In the evening, I plan to **catch up** with an old friend over coffee and chat about our lives.

Part 2. Answer the comprehension questions.

1. What does Alex plan to do in the morning?
2. How does Alex intend to relax?
3. What does Alex do to ignore everyday noise?
4. What is Alex's plan for the afternoon?
5. With whom does Alex plan to speak to later in the day?

DEFINITION MATCHING

Part 1. Match each phrasal verb to its correct definition. Can you guess any before looking at the options?

Wind down

Sleep in

Freshen up

Slow down

Let go of

Open up

Tune out

Catch up

1. _____ To stop paying attention to something or someone
2. _____ To get extra rest by waking up later than usual
3. _____ To relax after being busy or stressed
4. _____ To talk more honestly and freely about feelings
5. _____ To take things more slowly and avoid rushing
6. _____ To reconnect with someone or get up to date with what they've been doing
7. _____ To stop holding onto something (emotionally or physically)
8. _____ To wash or tidy yourself to feel more awake or refreshed



SENTENCE GAP-FILL

Part 1. Fill in the gaps with the correct phrasal verb.

Wind down

Sleep in

Freshen up

Slow down

Let go of

Open up

Tune out

Catch up

1. After a long day at work, I like to light a candle, put on calming music, and just -----.
2. You've been going non-stop all week. It's time to ----- before you burn out.
3. I love weekends because I can finally ----- and not worry about the alarm clock.
4. I hadn't seen Mia in months, so we met for coffee to -----.
5. Sometimes when I'm overwhelmed, I just ----- the noise and focus on my breathing.
6. He doesn't usually ----- easily, but after a few minutes of chatting, he started sharing how he was really feeling.
7. Before heading to dinner, I went to the bathroom to ----- a bit.
8. It's hard, but I know I need to ----- the stress and stop overthinking everything.

SENTENCE TRANSFORMATION

Part 1. Rewrite the following sentences using the target phrasal verbs so that the meaning stays the same.

1. I quickly prepare myself in the morning before going to work.
2. I take a moment to relax when I'm feeling overwhelmed.
3. I need to relax after a stressful day at work.
4. I plan to stay in bed longer on Saturday morning.
5. I disconnect from all distractions to enjoy some quiet time.
6. I meet with an old friend to exchange news.
7. I share my personal feelings with my best friend.
8. I try to release my negative thoughts.

SPEAKING

Part 1. Discuss your ideal self-care day. Use at least five of the target phrasal verbs in your discussion.

Wind down

Sleep in

Freshen up

Slow down

Let go of

Open up

Tune out

Catch up

You can mention:

- How you would start your day.
- What activities you'd do to relax.
- How you would deal with stress.
- Who you'd meet and talk with.

