

Teacher's guide

Pet Benefits – Intermediate (B1–B2)



Canva Presentation Link: [🌐 Pet Benefits](#)

Editable Presentation Link: [🌐 Pet Benefits](#)

Editable Worksheet Link: [🌐 Student Worksheet: Pet Benefits](#)

Video Link: [🌐 7 Ways Having a Pet Can Improve Your Mental health](#)

Warm up

Part 1. Students discuss questions related to pets. Answers will vary.

Part 2. Students read the statements and decide if they agree, disagree, or partially agree. Encourage students to explain their reasoning.

Part 3. Students match the words to their definitions.

Answer Key:

1. Accomplish
2. Neurotransmitters
3. Instinctual
4. Bond
5. Domesticated
6. Savour
7. Companionship
8. Assurance

Part 4. Students fill in the gaps in the sentences.

Answer Key:

1. Accomplish
2. Companionship
3. Domesticated
4. Neurotransmitter
5. Assurance
6. Savour
7. Bond
8. Instinctual

Video activity

Part 1. Before watching the video, students discuss the questions.

Part 2. Students watch the video. As they watch, students make a list of the 7 ways having a pet can benefit mental health.

Answer key:

1. They encourage you to be active
2. Pets can sense when something isn't right
3. There are reasons to get out of bed in the morning

4. You'll never be lonely
5. Pet care can add structure and routine to your schedule.
6. You'll meet other pet owners and animal lovers.
7. They'll help you live in the moment.

Part 3. Students answer the comprehension questions.

Answer Key

1. It can elevate mood.
2. Become protective or cuddle up.
3. Gives them a reason to get up and care for something.
4. Pets are conversation starters and help socialising.
5. Focus on the sensations of the walk and your pet.

Part 4. Students choose true or false according to the information in the video.

Answer key:

1. **T**
2. **T**
3. **F** – Each animal is unique and will react differently to the same situation
4. **T**
5. **F** – When your mind wanders (and **it undoubtedly will**), gently bring your attention back to the moment, including your dog's delight at being with you and outdoors.

Video follow-up

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

Part 2. Students fill in the gaps in the questions to form full collocations that appeared in the video. Then answer the questions.

Answer Key:

1. Lack
2. Engage
3. Develop
4. Live

Part 3. Students match the idioms to their definitions.

Answer Key:

1. Let the cat out of the bag
2. Work like a dog
3. Raining cats and dogs
4. Curiosity killed the cat

Part 4. Students fill in the gaps in the sentences using the idioms.

Answer Key:

1. Let the cat out of the bag
2. Raining cats and dogs

3. Worked like a dog
4. Curiosity killed the cat

Part 5. Students discuss questions using the idioms. Answers will vary.

Review activity & final thoughts

Part 1. Students use each of the words to talk about the benefits of having a pet.

Part 2. Students discuss questions. Answers will vary.