

Idioms: Self-Care

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. What are some things you do to take care of yourself?
2. Have you ever made a big change to improve your well-being? What was it?
3. How do you like to relax after a busy day?

READING ACTIVITY

Part 1. Read the following text and underline the idioms you find.

After years of unhealthy eating, Liam decided it was time to turn over a new leaf. He knew it wouldn't be easy to kick the habit of eating junk food, but he decided to take it one day at a time. The hardest part was saying no to sweets, but he knew he had to bite the bullet and stay strong. His friend Mia told him to get his act together and plan his meals better. To stay motivated, he made sure to take time out to do things he enjoyed, like reading and hiking. Once a week, he would go to the spa to recharge his batteries and let his hair down. Over time, his new habits became a lifestyle.



DEFINITION MATCHING

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

Turn over a new leaf

Kick the habit

Take it one day at a time

Bite the bullet

Get your act together

Let your hair down

Take time out

Recharge your batteries

1. _____ Stop a bad habit
2. _____ Force yourself to do something unpleasant or difficult, or to be brave in a difficult situation
3. _____ Make a fresh start or change for the better
4. _____ Start managing your life more effectively
5. _____ Relax and enjoy yourself
6. _____ Rest to regain energy
7. _____ Focus on the present without worrying too much about the future
8. _____ Take a break from work or responsibilities

Part 2. Read the text again and answer the comprehension questions.

After years of unhealthy eating, Liam decided it was time to **turn over a new leaf**. He knew it wouldn't be easy to **kick the habit** of eating junk food, but he decided to **take it one day at a time**. The hardest part was saying no to sweets, but he knew he had to **bite the bullet** and stay strong. His friend Mia told him to **get his act together** and plan his meals better. To stay motivated, he made sure to **take time out** to do things he enjoyed, like reading and hiking. Once a week, he would go to the spa to **recharge his batteries** and **let his hair down**. Over time, his new habits became a lifestyle.

1. What did Liam decide to change about his life?
2. How did he deal with cravings for junk food?
3. What advice did Mia give him?
4. How did he take care of his mental well-being?



DIALOGUE ACTIVITY

Part 1. Complete the following dialogue by filling in the blanks with the appropriate idiom.

Turn over a new leaf

Kick the habit

Take it one day at a time

Bite the bullet

Get your act together

Let your hair down

Take time out

Recharge your batteries

Jordan: Lately, I've been feeling exhausted and stressed. I know I need to _____.

Sam: Maybe you should _____ and plan a weekend getaway to relax.

Jordan: That sounds like a great idea! I really need to _____ because I've been burning out.

Sam: And while you're away, remember to _____. It's important to focus on the present.

Jordan: You're right. I might even try to _____ something I've been avoiding for months.

Sam: That takes courage, but once you _____, you'll feel much better.

Jordan: I guess it's time to _____ and stop my old, unhelpful routines.

Sam: Absolutely. Once you _____, you'll be ready for a fresh start.

SPEAKING

Part 1. Discuss the following questions.

1. Can you think of a time when you turned over a new leaf? What did you change?
2. Why do you think some bad habits are harder to kick than others? What strategies can help someone successfully kick a habit?
3. How does taking it one day at a time help with stress management? Can you think of a situation where this mindset made a difference in your life?
4. Have you ever had to bite the bullet and do something difficult for your health or well-being?
5. What are some steps a person can take to get their act together when they're feeling overwhelmed?
6. Why is it important to make time for letting your hair down? Do you think society values relaxation enough, or is there too much focus on productivity?
7. In today's fast-paced world, do people take enough breaks for their mental and physical well-being? What happens when we don't take time out for ourselves?
8. What activities help you feel refreshed and re-energised? Do you think modern technology and social media make it easier or harder for people to truly recharge their batteries?