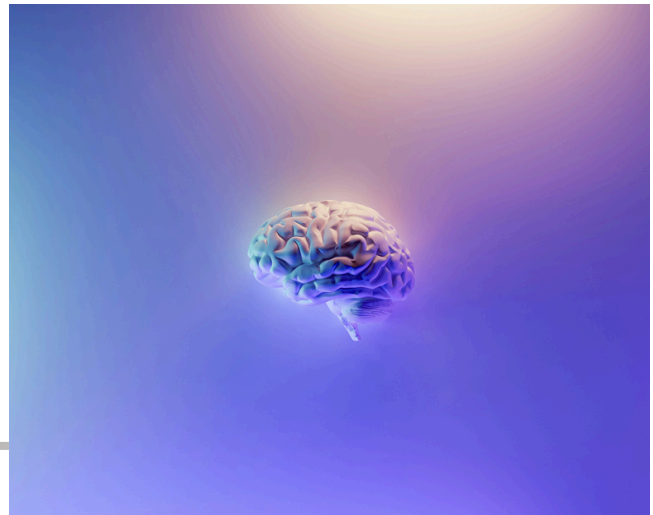


Idioms: Mindset & Perspective

Intermediate (B1-B2)



WARM UP

Part 1. Discuss the following questions.

1. Have you ever changed your mind completely about something? What made you **change your tune**?
2. What kind of experiences give you **food for thought**?
3. Have you ever been **in two minds** about a big decision?
4. What does it mean to **see the bigger picture** in a stressful situation?

READING ACTIVITY

Part 1. Read the following dialogue carefully.

Liam: I was **in two minds** about leaving my job.

Tasha: What helped you decide?

Liam: Honestly, the company's layoffs were **a wake-up call**. I realised I needed a new direction.

Tasha: That must've been tough.

Liam: It was. But talking to my mentor gave me **food for thought**. He helped me **see the bigger picture**.

Tasha: Did you always feel this way?

Liam: Not at all. I've completely **changed my tune**. Before, I was afraid of starting over. Now, I **see things in a new light** — I'm excited about what's next.

Part 2. Answer the comprehension questions.

1. How did Liam feel about leaving his job?
2. What made him reflect more seriously?
3. Who helped him shift his mindset?
4. What idiom shows he changed his opinion completely?

DEFINITION MATCHING

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

See the bigger picture

Change your tune

Food for thought

In two minds

A wake-up call

See things in a new light

1. _____ to change your opinion or behaviour
2. _____ to gain a new or different perspective
3. _____ a moment that forces you to realise something important
4. _____ to consider the overall situation, not just the details
5. _____ to be uncertain or unsure about what decision to make
6. _____ something that makes you think deeply



TYPICAL USAGE MATCHING

Part 1. Match the idioms with what they are typically used with.

See the bigger picture

Change your tune

Food for thought

In two minds

A wake-up call

See things in a new light

1. _____ after talking to someone wise or honest
2. _____ when you realise something unexpected
3. _____ after getting advice from a friend
4. _____ when it's a tough decision
5. _____ in a stressful situation
6. _____ when someone gives you a new idea to reflect on

SENTENCE TRANSFORMATION

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

1. I didn't know what to do — I couldn't decide.
2. That conversation really made me think deeply.
3. He used to complain all the time, but now he's a lot more positive.
4. I used to feel angry, but now I understand the situation better.
5. Losing my job made me realise I needed a new path.
6. Instead of focusing on this one problem, try to understand the whole situation.

SENTENCE GAP-FILL

Part 1. Use the correct form of the idiom in brackets to complete each sentence.

1. I _____ (be in two minds) about the offer, but I've finally made my decision.
2. That book _____ (give someone food for thought); I've been thinking about it for days.
3. After the feedback, she _____ (see things in a new light).
4. We _____ (see the bigger picture) since the full report was published.
5. He _____ (change your tune) after he had experienced the same problem himself.
6. Her injury was _____ (a wake-up call) that made her prioritise rest.

SPEAKING

Part 1. Use at least 5 idioms from today's lesson to talk about:

See the bigger picture

Change your tune

Food for thought

In two minds

A wake-up call

See things in a new light

- A time you had to make a difficult decision
- Someone or something that helped change your perspective
- A situation that gave you food for thought
- How your mindset or attitude has shifted over time

