

Phrasal Verbs: Self-Care

Intermediate (B1-B2)



WARM-UP DISCUSSION

Choose the option that feels more like you, then explain why.

1. Digital detox 📵 or spa day 🧖‍♀️
2. Long walk 🚶 or movie marathon 🎬
3. Early night 🌙 or sleep in 😴
4. Talking it out 💬 or alone time 🍷
5. Yoga 🧘 or napping 😴

Discuss:

- When was the last time you had a proper “switch-off” day?
- What small things help you recharge during a stressful week?



READING ACTIVITY

Part 1. Read about Ella's "self-care Sunday." Which parts of her day sound most relaxing to you?

Sundays are my time to reset. I usually **sleep in** and enjoy a quiet breakfast without checking my phone.

After that, I **freshen up**, make a smoothie, and take my dog to the park.

I love to **tune out** from messages and notifications so I can focus on the sound of nature.

In the afternoon, I **slow down** with a bit of journaling or stretching, and try to **let go** of anything that's been on my mind.

Sometimes I **open up** to a friend about how I'm feeling — it really helps.

Later, I **catch up** with my sister and we talk about our week.

In the evening, I **wind down** with a good book and some tea before bed.

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

1. What does Ella do to start her day slowly?
2. How does she avoid distractions?
3. What does she do to relax her mind and body?
4. Who does she talk to about her feelings?
5. What helps her end the day peacefully?



VOCABULARY & SPEAKING

Part 1. Match the phrasal verb to its meaning.

Wind down	Sleep in	Freshen up	Tune out
Slow down	Let go	Open up	Catch up

1. _____ To reconnect with someone and share news.
2. _____ To wash or tidy yourself to feel more awake.
3. _____ To get extra rest by waking up later than usual.
4. _____ To take things more slowly and relax.
5. _____ To release negative thoughts or stress.
6. _____ To talk honestly about your feelings.
7. _____ To ignore distractions and focus on calm.
8. _____ To stop rushing and take life at an easier pace.

Part 2. Complete each sentence with your own ideas using the phrasal verbs.

1. I usually **wind down** by...
2. I try to **let go** of...
3. It feels good to **open up** to...
4. I sometimes **tune out** when...
5. When I'm tired, I prefer to **sleep in** and...
6. I like to **catch up** with...
7. In the mornings, I **freshen up** by...
8. I remind myself to **slow down** when...



Part 3. Read the situations and discuss what each person could do using the phrasal verbs.

Wind down	Sleep in	Freshen up	Tune out
Slow down	Let go	Open up	Catch up

- Sam has been working late all week and can't focus anymore.
- Jenny spends hours on her phone before bed and feels restless.
- Omar feels overwhelmed but doesn't want to bother anyone with his worries.
- Priya hasn't seen her friends in months and misses them.
- Tom feels exhausted but guilty for taking a break.

Example: "Sam should *slow down* and *wind down* after work instead of checking emails."

Part 4. Take one quiet minute to think about your week.

1. What's one thing you could **let go** of this week?
2. What's one thing you could do this week to **slow down**?

REFLECTION

Discuss the following questions.

1. What's one self-care habit you'd like to build?
2. How can learning English also be a form of self-care?
3. Which phrasal verb best describes your mood today? Why?

WRAP-UP TASK (OPTIONAL HOMEWORK)

Optional Homework.

Write about your ideal self-care day using at least five phrasal verbs from today's lesson.

You could mention:

- How you'd start your morning.
- How you'd relax and recharge.
- Who you'd talk or connect with.
- How you'd end the day feeling calm and refreshed.