



Teacher's guide

Phrasal Verbs: Self-Care – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Phrasal Verbs: Self-Care](#)

Warm-up

Part 1. Students discuss the questions and activate previous knowledge of the phrasal verbs. Provide guidance if necessary.

Reading activity

Part 1. Students read the dialogue, then answer the comprehension questions.

Answer Key:

1. Alex plans to sleep in, have a lazy morning, freshen up & have a nutritious breakfast.
2. By taking a walk in the park.
3. By listening to calming music.
4. Slow down and take time to let go of any stress that's been building up. He might open up to a close friend about how he's feeling.
5. An old friend.

Definition matching

Part 1. Students match each phrasal verb to its correct definition.

Answer key:

1. Tune out
2. Sleep in
3. Wind down
4. Open up
5. Slow down
6. Catch up
7. Let go of
8. Freshen up

Sentence gap-fill

Part 1. Students fill in the gaps with the correct phrasal verb.

Answer key:

1. wind down
2. slow down
3. sleep in
4. catch up
5. tune out
6. open up
7. freshen up
8. let go of

Sentence transformation

Part 1. Students rewrite the sentences using the target phrasal verbs so that the meaning stays the same.

Answer key:

1. I quickly freshen myself up in the morning before going to work.
2. I take a moment to slow down when I'm feeling overwhelmed.
3. I need to wind down after a stressful day at work.
4. I plan to sleep in on Saturday morning.
5. I tune out from all distractions to enjoy some quiet time.
6. I catch up with an old friend to exchange news.
7. I open up to my best friend.
8. I try to let go of my negative thoughts.

Speaking

Part 1. Students discuss their ideal self-care day, using at least five of the target phrasal verbs in their discussion.