

Making Friends as Adults



Upper-intermediate (B2)

WARM-UP

Part 1. Read the situations and share your honest reaction.

You meet someone new and think:

- "We get on quite well."
- "Nice chat, but that's probably it."

Someone says:

- "We should catch up sometime."
- Do you think they actually will?

You haven't spoken to a friend for a while.

- Do you reach out, or leave it for now?

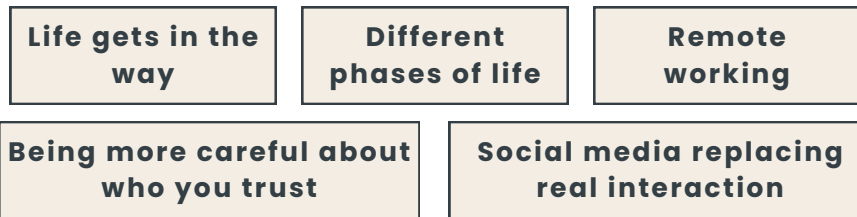
You're invited to something after a long day.

- Do you make the effort, or take it easy?

Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. Making friends as an adult takes more effort than it used to.
2. It's easy to lose touch with people if you don't make the effort to stay in contact.
3. Social media helps you stay in touch, but it's not the same as real connection.
4. It's easier to build friendships when you see people regularly (work, gym, classes, etc.).
5. As people get older, they become more careful about who they spend time with.

Part 3. Read each of the common factors that may affect how we make friends as we get older. Then, discuss the questions.



1. Which one affects you the most?
2. Which one is just an excuse?
3. Which one do people underestimate?

VIDEO ACTIVITY

Part 1. Before watching the video, look at the ideas. Which do you think are true?

- Adult friendships become harder because people don't have enough time
- People are too tired to make the effort after work
- Social media helps people stay connected
- Work is the easiest place to make friends
- Friendships naturally change as people get older

Part 2. Watch the video and focus on ideas you agree or disagree with.

Part 3. Discuss the ideas from the video.

1. "Life gets in the way."
2. "Remote work ends casual bonds."
3. "We're all in different phases of life."
4. "Social media creates false connection."

Talk about:

- Which idea felt most true for you
- Which one you don't really agree with
- Which one explains your own life best

VIDEO FOLLOW-UP

Part 1. Read the situations and say what you would do.

1. You meet someone you like. Do you follow up, or just leave it?
2. A friendship starts to fade. Do you try to fix it, or let it drift?
3. You're busy, but someone wants to meet. Do you make time, or say you're too busy?
4. You want to make new friends, but don't know where to start. What do you do?

Part 2. Based on the video, match the first half of the phrase with the correct second half to form an expression or phrasal verb.

Life	Pan	Phase	Climb	Chase
Celebrate	Nurture	Step	Strike up	False

1. _____ connection
2. _____ out
3. _____ gets in the way
4. _____ a conversation
5. _____ deeper connections
6. _____ outside your comfort zone
7. _____ career ladders
8. _____ dreams
9. _____ small wins
10. _____ of life



Part 3. Use the expressions to complete the questions. Then discuss.

False connection	Pan out	Life gets in the way	Strike up a conversation
Nurture deeper connections	Step outside your comfort zone		Climb career ladders
Chase dreams	Celebrate small wins	Phase of life	

1. How do you feel when _____ of meeting friends?
2. Can you think of a time you had to _____ to meet someone?
3. In what ways can remote working and social media create _____?
4. Can you describe a time when things didn't _____ as you expected in a friendship?
5. In which _____ do you find it easiest to make new friends?
6. How can we _____ with busy schedules?
7. Do you often _____ with strangers? Why or why not?
8. Do you think it's important to _____ with friends, or do people usually overlook them?
9. Can friendships become weaker when people start to _____ different _____?
10. Do people sometimes lose touch with friends when they focus too much on _____?

REFLECTION

Complete the sentences in your own words.

1. If I'm honest, making friends as an adult is...
2. The biggest challenge for me is...
3. One thing I could do differently is...