

Collocations: Self-Care & Daily Routines

Intermediate (B1-B2)



WARM-UP

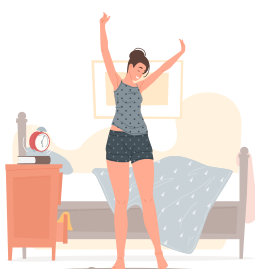
Part 1. Discuss the following questions.

1. How do you normally start your day?
2. Which part of your routine helps you feel calm?
3. What is one habit you want to keep?

Part 2. Look at the photos below. For each one, discuss the questions.



1. What routine do you think this person has?
2. Who seems to have healthy habits?
3. Which picture is closest to your mornings?



COLLOCATIONS

Part 1. Read the conversations and guess the meaning of the collocations in bold. Then say if it sounds familiar to you.

Sara: "I try to **get enough sleep**, but I always stay up watching videos."

Tom: "Same. I never go to bed on time."

Ben: "I want to **eat a balanced diet**, but I love snacks."

Ella: "Maybe start with small changes."

Leo: "When work gets too much, I don't **manage stress** very well."

Maya: "Me too. I get overwhelmed easily."

Ava: "I **practise mindfulness** for five minutes in the morning."

Jack: "Does it help?"

Ava: "A lot."

Dan: "I find it so hard to **maintain healthy habits**."

Rina: "Try focusing on one habit at a time."

Holly: "After moving house, I found it hard to **establish a routine** again."

Sam: "Big changes always affect your habits."

Sophie: "I never **make time for myself** during the week."

Tom: "Even ten minutes can help."

Maya: "I feel very tired after many busy weeks. I am trying to **avoid burnout**."

Leo: "You need more rest days."

Part 2. Say whether each habit is true for you, and explain why.

- I get enough sleep most nights.
- I eat a balanced diet.
- I manage stress well.
- I practise mindfulness sometimes.
- I have established a routine that works for me.
- I maintain healthy habits.
- I make time for myself.
- I try to avoid burnout.

Part 3. Choose the best collocation for each situation. Explain your choice.

Get enough sleep	Eat a balanced diet	Manage stress	Practise mindfulness
Maintain healthy habits	Establish a routine	Make time for yourself	Avoid burnout

- You feel overwhelmed at work and need more calm.
- You want more structure in your mornings.
- You often skip breakfast and eat on the go.
- You never switch off and feel exhausted.
- You want to reduce stress in your daily life.
- You start and stop routines easily.

Part 4. Choose two and say what you would do, using the collocations.

- You feel burnt out after a busy week.
- You can't sleep well during stressful times.
- You want healthier habits but keep stopping after a few days.
- You want to find 15 minutes a day just for yourself.

Part 5. Rank the collocations from most important (1) to least important (8). Then discuss the questions.

Discuss:

- Which one is number 1 for you?
- Which one is the hardest?
- Which one will your future self thank you for?

Part 6. Complete the descriptions of the personality types below using the collocations. Then discuss the questions.

1. **The Overthinker:** needs to _____ better
2. **The Busy Bee:** rarely _____
3. **The Healthy Planner:** likes to _____ and _____
4. **The Late-Night Owl:** never _____

Discuss:

- Which type fits you?
- Which type do you want to move towards?

REFLECTION

Finish the sentences with your own ideas.

- One habit I want to maintain is...
- One routine that helps me feel calm is...
- I feel more balanced when...
- One change I can make this week is...

