



Teacher's guide

Idioms: Self-Care – Intermediate (B1-B2)

Canva Presentation Link: [🌐 Idioms: Self-Care \(Updated\)](#)

Editable Presentation Link: [🌐 Idioms: Self-Care \(Updated\)](#)

Editable Worksheet Link: [🌐 Student Worksheet: Idioms: Self-Care \(Updated\)](#)

Warm-up discussion

Students rate each statement 1–5 individually and discuss the questions.

Vocabulary

Part 1. Students match each idiom to its meaning.

Answer key:

1. Let your hair down
2. Recharge your batteries
3. Turn over a new leaf
4. Take time out
5. Kick the habit
6. Take it one day at a time
7. Bite the bullet
8. Get your act together

Part 2. Students complete the sentences with the correct idiom from the list.

Answer key:

1. let my hair down
2. turn over a new leaf
3. take it one day at a time
4. get your act together
5. kick the habit
6. recharge my batteries
7. bite the bullet
8. take time out

Part 3. Students discuss the question.

Reading activity

Part 1. Students read the short story and underline all the idioms they find.

Part 2. Students answer the questions based on the text.

Answer key:

1. Checking phone late at night.
2. Taking small steps, asking for help.
3. **Action:** turn over a new leaf, kick the habit, bite the bullet, get your act together.
Relaxation: let your hair down, recharge your batteries, take time out, take it one day at a time.
4. Open discussion.

Speaking

Part 1. Students discuss the questions using the idioms.

Part 2. Students create their own “self-care reset plan” for the week ahead using at least four idioms from the lesson.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write a short paragraph (100–120 words) titled “My Weekend Recharge.”

Students describe how they look after themselves when they need a break. Encourage students to use at least five idioms from today’s lesson.

They could mention:

- How they plan to **turn over a new leaf** in their routine
- When they decide to **take time out**
- What helps them **recharge their batteries**
- A moment when they had to **bite the bullet**
- How they **let their hair down** after a busy week