

Teacher's guide

Phrasal Verbs: Mental Health & Emotional Resilience – Intermediate (B1–B2)



Canva Presentation Link: [🌐 Phrasal Verbs: Mental Health & Emotional Resilience \(Updated\)](#)

Editable Presentation Link: [🌐 Phrasal Verbs: Mental Health & Emotional Resilience \(Updated\)](#)

Editable Worksheet Link:

[🌐 Student Worksheet: Phrasal Verbs: Mental Health & Emotional Resilience \(Updated\)](#)

Warm-up discussion

Students read each statement and rate themselves from 1 (never) to 5 (always). Students then discuss the questions.

Reading activity

Part 1. Students read the dialogue and underline all the phrasal verbs.

Emma: I used to **bottle** everything **up** – stress, sadness, even anger. Eventually, I completely **shut down** emotionally.

Liam: That sounds tough. What helped you change?

Emma: One night I **broke down** and cried. After that, I decided to **open up** to a therapist.

Liam: That's brave. I've found that talking helps me **calm down** and think more clearly.

Emma: Definitely. It's not easy, but I've started to **cheer up** again and **get over** the worst of it.

Liam: That's great. Just remember to rest – **burning out** is no joke.

Emma: I know. I'm taking better care of myself this time – more walks, fewer late nights.

Part 2. Students answer the comprehension questions.

Answer Key:

1. She bottled up her emotions.
2. She broke down and decided to open up to a therapist.
3. Talking helps him calm down and think clearly.
4. Taking more walks and having fewer late nights.
5. Because overworking can cause burnout.

Vocabulary & speaking

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

Answer key:

1. Cheer up
2. Get over
3. Open up
4. Break down
5. Shut down
6. Bottle up
7. Calm down
8. Burn out

Part 2. Students discuss the questions.

Healthy - Open up, calm down, cheer up, get over

Harmful - Bottle up, burn out, break down, shut down

Part 3. Students complete each sentence with a suitable phrasal verb and discuss if they have ever felt the same.

Answer key:

1. calm down
2. bottle up
3. broke down
4. get over
5. open up
6. cheer up
7. burn out
8. shut down

Part 4. Students read each situation and decide what they would say or do. Encourage them to use at least one phrasal verb in each response. Then, students discuss the questions.

Reflection

Students discuss the questions.

Wrap-up task (optional homework)

Students write a short paragraph (100–120 words) about how they deal with challenges or difficult emotions.

Encourage students to use at least five phrasal verbs from today's lesson.