



Teacher's guide

Giving Advice on Coping Strategies – Pre-Intermediate (A2-B1)

Canva Presentation Link: [Giving Advice on Coping Strategies](#)

Editable Presentation Link: [Giving Advice on Coping Strategies](#)

Editable Worksheet Link: [Student Worksheet: Giving Advice on Coping Strategies](#)

Warm-up

Part 1. Students discuss the questions.

Definition matching

Part 1. Students match each word to its correct definition.

Answer key:

1. Routine
2. Cope
3. Mentor
4. Support
5. Technique
6. Overwhelmed

Dialogue activity

Part 1. Students read the dialogue and underline all the phrases used to describe the situation, ask for advice, and give coping suggestions.

Describing the situation: I often feel... / I'm finding it hard to...

Asking for advice: What can I do when I feel like this? / Could you recommend ways to...? / Could you suggest...?

Giving advice: You could try... / Maybe you could... / Have you tried...? / It might help to... / One thing I'd recommend is...

Gap-fill

Part 1. Students complete the dialogue with the correct forms of the phrases in the box.

Suggested answer key:

1. I often feel
2. I'm finding it hard to
3. What can I do when I feel like this?
4. You could try
5. Maybe you could
6. Could you recommend ways to
7. Have you tried
8. It might help to
9. Could you suggest
10. One thing I'd recommend is

Speaking Practice: Role Play

Part 1. In pairs, students use the Role-Card below and the language from Steps 2–4. Encourage use of at least three different structures.

Personal Reflection

Part 1. Students write/say 3–5 sentences about a recent time they felt overwhelmed and the advice they might try. Encourage the use of at least three different phrases from today's lesson.