

Offering Encouragement and Support

Pre-Intermediate (A2-B1)



WARM UP

Part 1. Discuss the following questions.

1. Think of a time you faced a challenge (e.g., learning something new or a difficult task). How did you feel?
2. Who encouraged you, and what did they say?
3. What kind of support helps you when you struggle?
4. How do you encourage a friend working toward a goal?



DEFINITION MATCHING

Part 1. Match each word to its correct definition. Can you guess any before looking at the options?

Progress

Encourage

Support

Challenge

Keep (something) up

1. _____ something difficult that requires extra work or skill
2. _____ help or assistance when needed
3. _____ continue a course of action
4. _____ give support, confidence, or hope to someone
5. _____ movement forward toward a goal

DIALOGUE ACTIVITY

Part 1. Read the dialogue. Underline all phrases used to offer encouragement, acknowledge effort or progress, check feelings, and offer support.

A: Hi, I've been trying to work out daily, but sometimes I feel like it's not enough.

B: That's fantastic that you've kept it up. I can see you've been working hard.

A: Thanks, but I still wonder if I'm making any progress.

B: You're doing great. Keep going—you've got this. How are you feeling about this process?

A: A bit uncertain; I'm not sure I've improved much.

B: It's impressive how far you've come already. Whenever you need support, I'm happy to help. If you ever need any help, let me know.



GAP-FILL

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

It's impressive how far
you've come already.

How are you feeling about...?

You're doing great.

Whenever you need support,
I'm happy to help

If you ever need any help,
let me know.

Keep going—you've got
this.

I can see you've been
working hard.

That's fantastic that you've
kept it up.

A: Hi, I've been trying to work out daily, but sometimes I feel like it's not enough.

B: _____ (1) _____ (2)

A: Thanks, but I still wonder if I'm making any progress.

B: _____ (3) _____ (4) _____ (5) this process?

A: A bit uncertain; I'm not sure I've improved much.

B: _____ (6) _____ (7) _____ (8)



SPEAKING PRACTICE: ROLE PLAY

Part 1. In pairs, use the Role-Card below and the language from Steps 2–4. Then swap roles.

It's impressive how far
you've come already.

How are you feeling about...?

You're doing great.

Whenever you need support,
I'm happy to help

If you ever need any help,
let me know.

Keep going—you've got
this.

I can see you've been
working hard.

That's fantastic that you've
kept it up.

Role-Card A: You have been working toward a personal goal (e.g., learning a new skill or a fitness target) and feel unsure about progress. Explain briefly and ask for encouragement.

Role-Card B: Offer encouragement and support using at least three different phrases from this lesson, and check feelings.

PERSONAL REFLECTION

Part 1. Think about someone who is going through a difficult time or working on a goal (e.g. learning something new, exercising, trying to be healthier). Write or say 3–5 sentences to encourage them or offer support. Then, reflect on how encouragement or support has helped you or could help you.

- 1.
- 2.
- 3.
- 4.
- 5.