



Teacher's guide

Self-Care & Wellness Routines – Intermediate (B1-B2)

Canva Presentation Link: [Self-Care & Wellness Routines](#)

Editable Presentation Link: [Self-Care & Wellness Routines](#)

Editable Worksheet Link: [Student Worksheet: Self-Care & Wellness Routines](#)

Discussion

Part 1. Students discuss questions about self-care.

Vocabulary

Part 1. Students match each wellness activity to its correct definition.

Answer Key:

1. Digital detox
2. Journaling
3. Skincare routine
4. Hydration
5. Sleep hygiene
6. Stretching
7. Breathing exercises
8. Meditation

Part 2. Students complete the sentences using the correct activity.

Answer Key:

1. Breathing exercises
2. Hydration
3. Sleep hygiene
4. Stretching
5. Digital detox
6. Journaling
7. Skincare routine
8. Meditation

Part 3. For each of the wellness activities, students discuss the questions.

Phrasal verbs

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

Answer key:

1. Take up
2. Ease off
3. Cut out
4. Wind down
5. Stick to
6. Branch out

Part 2. Students complete the sentences using the correct phrasal verb.

Answer Key:

1. Stick to
2. Branch out
3. Eased off
4. Wind down
5. Took up
6. Cut out

Part 3. Students discuss the situations using each of the phrasal verbs.

Idioms

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

Answer Key:

1. Take a breather
2. On cloud nine
3. Hit the hay
4. Peace of mind
5. A breath of fresh air
6. In the zone

Part 2. Students complete the sentences using the correct idiom.

Answer Key:

1. Hit the hay
2. A breath of fresh air
3. Peace of mind
4. In the zone
5. Take a breather
6. On cloud nine

Part 3. Students discuss the questions using the idioms.

Discussion

Part 1. Students discuss questions.