

The Power of Social Connection

Intermediate (B1-B2)



WARM-UP

Part 1. Discuss the following questions.

1. Do you find it easy or hard to connect with people?
2. Who do you feel most connected to in your life?
3. Has technology (phones, social media) made you feel more connected or less?
4. When was the last time you made a new friend or connection?

Part 2. Read the statements below and decide if you agree (A), disagree (D), or partially agree (P). Then, explain your reasoning.

1. Talking to people always makes you feel better. ____
2. Social media is the best way to stay connected. ____
3. Volunteering is one of the best ways to meet new people. ____
4. It's better to have a few close friends than lots of acquaintances. ____
5. People are becoming less connected than they were in the past. ____



Part 3. Complete the mini-dialogues with the correct phrasal verb/expression from the box.

Family time

Helping hand

Casual friends

Like-minded

Reach out

Stick to

Offer a favour

Get in touch

A: Do you use your phone at dinner?

B: No, we have a fixed _____ every Sunday where we eat together without phones.

A: I've got so much to carry.

B: Don't worry, I'll give you a _____.

A: Why did you join the photography club?

B: To meet some _____ people who love the same things I do.

A: Have you spoken to her recently?

B: No, but maybe I should _____ and reconnect.

A: Why is it so hard to keep regular contact?

B: I think people just don't _____ a routine.

A: How can I contact you about the meeting?

B: Just _____ with me by email tomorrow.

A: Do you have lots of close friends?

B: Not really, but I have lots of _____ I meet at the gym.

A: How can I show kindness to my neighbours?

B: You could _____, like helping with their shopping.

VIDEO ACTIVITY

Part 1. Before watching the video, discuss the following question.

What simple things do you think people can do every day to feel more connected?

Part 2. Watch the video once. Write down each tip the speaker gives for building social connection.

Tips

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

Part 3. Watch the video again and discuss the following questions.

1. What does the speaker say about the link between social connection and health?
2. What are two simple examples of connecting with people every day?
3. What website does the speaker mention for finding social groups?
4. What are two ways the speaker suggests we can "reach out"?
5. How does volunteering help us connect with others?

VIDEO FOLLOW-UP

Part 1. Read each statement and share your thoughts.

1. "Quality is more important than quantity when it comes to social connections."
2. "Even casual friends and acquaintances can improve our wellbeing."
3. "Reaching out is the hardest but most valuable step."
4. "Helping others is the best way to help yourself."



Part 2. Match each idiom to its correct definition.

Break the ice

Hit it off

Shy away from

Out of touch

A shoulder to cry on

1. _____ To avoid or not feel comfortable doing something
2. _____ To start a conversation and make people feel more relaxed
3. _____ Not up to date or not in contact with people for a while
4. _____ To quickly become good friends with someone
5. _____ A person who listens and gives support when you're upset

Part 3. Complete the sentences with the correct idiom.

1. I was nervous at the party, but telling a funny story helped me _____.
2. Don't _____ meeting new people. Most of them are friendlier than you think.
3. I feel so _____ with my old school friends. I don't even know what they're doing these days.
4. When I broke up with my partner, my flatmate was really supportive. She gave me _____.
5. We met on the train and just _____ straight away. We've been friends ever since.
6. _____

Part 4. Discuss the following questions.

1. Have you ever had to **break the ice** in an awkward situation? How did you do it?
2. Have you ever **hit it off** with someone straight away? What made it easy?
3. Do you sometimes **shy away from** social situations? Why?
4. Is there anyone you're **out of touch** with? Would you like to reconnect?
5. Who in your life is always **a shoulder to cry on** when you need one?



FINAL THOUGHTS....

Part 1. Use each of the phrasal verbs/expressions to talk about the importance of social connection.

Family time

Helping hand

Casual friends

Like-minded

Reach out

Stick to

Offer a favour

Get in touch

Part 2. Discuss the questions below to reflect on what you've learnt during this lesson.

1. Which tip from the video do you find most useful?
2. Do you prefer connecting with close friends or casual acquaintances? Why?
3. What's one small thing you can do this week to feel more connected?

