

Teacher's guide

Self-Care: Genuine Practice or Consumer Trend? – Advanced (C1-C2)



Canva Presentation Link: [Self-Care: Genuine Practice or Consumer Trend?](#)

Editable Presentation Link: [Self-Care: Genuine Practice or Consumer Trend?](#)

Editable Worksheet Link:

[Student Worksheet: Self-Care: Genuine Practice or Consumer Trend?](#)

Warm up

Part 1. Students read the quote and discuss the questions.

Reading activity

Part 1. Students will read a text on Self-Care.

Part 2. Students discuss the questions based on the text.

Suggested answers:

1. Self-care expanded into a market with apps, products, and retreats.
2. Advocates: health, resilience, burnout prevention.
3. Critics: commodified into luxury goods.
4. Risks: exclusion, superficial solutions, dilution of meaning.
5. Suggests redefining rather than rejecting self-care.

Debate

Part 1. Students match the terms to their meanings.

Answer key:

1. preventative practice
2. holistic balance
3. commodified wellness
4. accessibility gap
5. wellbeing necessity
6. lifestyle marketing
7. burnout prevention
8. consumer privilege

Part 2. Students complete the sentences with the correct terms.

Answer key:

1. preventative practice
2. lifestyle marketing
3. commodified wellness
4. wellbeing necessity
5. holistic balance
6. accessibility gap
7. burnout prevention
8. consumer privilege

Part 3. Students look at the useful expressions and use them to rewrite the sentences so they sound more formal, persuasive, or nuanced for a debate.

Sample answers:

1. *It could be argued that self-care benefits most people, though it may look different for each person.*
2. *To some extent, I agree many products are unnecessary, although they can offer comfort.*
3. *Doesn't that overlook the fact that basic self-care is possible for everyone, not only the wealthy?*
4. *That's a fair point; however, the meaning of self-care continues to evolve with culture.*

Part 4. Students take part in a structured debate with yourself or a partner, using the vocabulary and debate expressions from this lesson. Encourage students to respond fluently, challenge ideas politely, and justify their opinions with clear reasons and examples.

When leading the debate, use strong, provocative statements to push the student:

- "Self-care is just another way to sell products."
- "Real self-care has nothing to do with spending money."
- "If people feel better, it doesn't matter if it's consumer-driven."
- "Society should regulate how wellness is marketed."
- "Everyone has equal access to self-care."

Reflection

Part 1. Students discuss the questions.

Wrap-up task (optional homework)

Part 1. Students write an opinion article (180–220 words) on:

"Self-Care: Genuine Practice or Consumer Trend?"

Encourage students to:

- Use at least 4 vocabulary items (e.g., commodified wellness, preventative practice, holistic balance, accessibility gap).
- Use at least 2 debate expressions.
- Present one counterargument and refute