



Teacher's Guide

Collocations: Self-Care & Daily Routines - Intermediate (B1-B2)

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

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

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

Warm-up

Part 1. Students discuss the questions.

Part 2. Students look at the photos and discuss the questions.

Collocation matching

Part 1. Students read the conversations and guess the meaning of the collocations in bold, and then say if it sounds familiar to them.

Get enough sleep - to sleep for a good amount of time so your body and mind feel rested

Eat a balanced diet - to eat a good mix of healthy foods in the right amounts

Manage stress - to handle pressure or difficult feelings in a healthy way

Practise mindfulness - to focus on the present moment calmly, often through breathing or simple awareness exercises

Maintain healthy habits - to keep good routines going over time

Establish a routine - to create a regular pattern for your day or week

Make time for yourself - to create space in your day for rest, hobbies, or personal needs

Avoid burnout - to prevent extreme tiredness or exhaustion from stress, overworking, or lack of balance

Part 2. Students say whether each habit is true for them, and why.

Part 3. Students choose the best collocation for each situation and explain their choice.

Suggested answers:

1. Manage stress
2. Establish a routine
3. Eat a balanced diet
4. Avoid burnout
5. Practise mindfulness
6. Maintain healthy habits

Part 4. Students choose two of the situations and say what they would do, using the collocations.

Part 5. Students rank the collocations from most important (1) to least important (8). Then discuss the questions.

Part 6. Students complete the descriptions of the personality types using the collocations. Then discuss the questions.

1. **The Overthinker:** needs to **manage stress** better
2. **The Busy Bee:** rarely **makes time for themselves**

3. **The Healthy Planner:** likes to **maintain healthy habits** and **establish a routine**
4. **The Late-Night Owl:** never **gets enough sleep**

Reflection

Students complete the sentences with their own ideas.