

Giving a Friend Self-Care Advice

Lesson theme: Mental Health and Wellness

Level: Intermediate (B2)

Instructions

Split the class into groups of 3. Give one student in each group a prompt card with a problem. The student will read the prompt to their group. The other two students will work together to give the first student 3 - 4 suggestions to help them cope with the problem.

Once the students have successfully shared the advice, ask them to raise their hand for a new prompt. Check in when the group finishes and ask them to summarize their problem and advice. If you are satisfied with their response, give the next student a new prompt. If you are not satisfied with the advice, ask some prompting questions to encourage more ideas.

There are enough cards for 3 groups of 3 students. If you have more groups, print two copies and give some groups the same prompts. Use the example card to model the activity with a volunteer before splitting the class into groups.

Materials

Use the handout below to facilitate the activity. Cut the cards along the lines to separate them.

Important Note

Mental health and wellness can be a sensitive topic, especially in ESL classrooms where cultural differences may affect opinions on mental health and wellness. In some cases, students may also face significant stressors that come with relocating, especially if their home country is in conflict or crisis.

Be aware of your students' experiences and background before engaging in a conversation about mental health. It is generally advised not to engage in sensitive topics at the beginning of a new semester, instead wait until you are familiar with your students and their experiences as well as the general classroom dynamic.

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Enabling Objectives

Before the activity, students should be familiar with common expressions and modals used to give advice. Practice sentences such as “You should use ...” and “Have you tried ...?” Encourage students to brainstorm ways to manage stress and emotions.

Students should also be familiar with mental health vocabulary such as stress, burnout, anxiety, and emotion vocabulary (happy, sad, angry, etc.). Introduce some coping strategies such as self-care, relaxation, and support from family, friends or professionals. Ask students to share how they relax or take care of themselves when feeling stressed, sad or worried.

For homework

If you wish to assign homework related to this activity, try these FLOW Speak lessons:

Self-Care

Conversation Lesson

Mindfulness

Conversation Lesson

Bummed

Expression

Want to use FLOW Speak in your classroom?
Contact achieve@flowspeak.io to get started.

Example

I have a big exam coming up next week. I'm really worried about it and I can't sleep. What should I do?

A

I had such a bad week at work. My boss yelled at everyone. It makes me feel really discouraged when my boss is angry all the time and I don't know what to do.

B

My children are 6 and 4 and they fight all the time. They're always arguing about silly things like toys, but the fighting gives me a headache. What should I do?

C

My best friend is always busy and I never get to see them anymore. I have been feeling really down lately. What should I do?

D

I have been feeling sad all the time and I don't know why. I have a job and a nice place to live, but I'm still not happy. How can I feel better?

E

I just moved to a new city and I'm feeling really lonely. I don't know anyone here. What can I do?

F

Work has been really busy lately. I always have to stay late to finish all my tasks and by the time I get home I'm too tired to cook. It is making me feel very grumpy all the time. What should I do?

G

I am feeling really nervous about my job interview next week. My last interview went badly, and I can't help thinking this one will too. I feel like I'll never find a job. I don't know what to do.

H

I have been feeling really depressed with all the bad weather lately. The rain and the cold makes me so sad and I miss the sun a lot. What can I do to feel better?

I

A customer was really rude to me yesterday and I can't stop thinking about it. I don't know why some people are so mean. What can I do to get over it?