



Level: B1 | Focus: Problem-solving, negotiation, ranking and extended speaking

Activity 1: Rank the habits

Work with a partner. Rank these habits from 1 (most important) to 8 (least important) for maintaining a healthy lifestyle.

- ____ Getting enough sleep
- ____ Staying physically active
- ____ Eating a variety of foods
- ____ Managing stress
- ____ Spending time with friends and family
- ____ Taking breaks from screens
- ____ Having time for hobbies
- ____ Keeping a regular daily routine

Compare your rankings.

Discuss:

1. Which habit did you rank first? Why?
2. Which habit was hardest to rank?
3. Did your partner choose anything you hadn't considered?
4. Can one habit be more important for one person than another?

There are no single correct rankings.

You must be able to explain your choices.

Activity 2: Solve the lifestyle dilemmas

Work in pairs or small groups. Discuss each dilemma and agree on a solution.

Dilemma 1: The busy worker

Jordan works full-time, travels to work and has family responsibilities. Jordan wants to become more active but has little free time.

Agree on three realistic changes Jordan could make without spending much money.

Dilemma 2: The social butterfly

Ravi enjoys meeting friends, eating out and staying up late. Ravi doesn't want to give up these activities but often feels tired during the week.

How could Ravi keep a social life while improving the daily routine?

Dilemma 3: The screen-time problem

Lena uses her phone for work, entertainment and keeping in touch with friends. She wants to reduce unnecessary screen time but doesn't want to miss important messages.

Suggest a practical plan that separates necessary screen use from optional screen use.

Dilemma 4: The fitness beginner

Morgan wants to be more active but feels uncomfortable exercising in front of other people. Morgan also has a limited budget and needs activities that suit personal abilities.

Suggest several possible activities. Explain how Morgan could start gradually and choose something enjoyable.

Dilemma 5: The overcommitted friend

Your friend says yes to every request and has almost no time to relax.

The friend doesn't want to disappoint anyone.

How could you help your friend set boundaries while still being considerate of other people?

Activity 3: Make a lifestyle plan

Your group has been asked to design a four-week lifestyle plan for a fictional person. Choose one profile.

Profile A — The desk worker

Works at a computer, sits for long periods and often forgets to take breaks.

Profile B — The busy parent

Has a full schedule, limited free time and wants to make more time for rest.

Profile C — The night owl

Enjoys late-night entertainment and finds it difficult to maintain a regular daily routine.

Profile D — The social person

Enjoys meeting friends and eating out but wants a better balance between social activities and personal time.

Create your plan using these headings:

- One small change for Week 1
- One new habit for Week 2
- A way to deal with a likely difficulty in Week 3
- A way to review progress in Week 4
- A reward or enjoyable activity
- One habit the person should continue afterwards

Keep your plan realistic. It should not require expensive equipment, a strict diet or a complete lifestyle change overnight.

Present your plan to the class. Answer questions from other groups.

Activity 4: Final speaking challenge

Choose one task and speak for about two minutes.

Option A — My ideal healthy week

Describe a realistic week that balances work or study, physical activity, food, rest and social life.

Option B — Advice for a friend

A friend wants to improve their lifestyle but feels too busy to start. Explain what you would suggest and why.

Option C — A lifestyle debate

Discuss this statement:

“Small daily changes are more effective than big lifestyle changes.”

Give reasons, examples and a response to a different opinion.

Option D — The perfect balance

Explain what work-life balance means to you. Is it possible for everyone to achieve it? Why or why not?

Activity 5: REAL ENGLISH BOX — Sound natural

REAL ENGLISH BOX

Use these expressions to make your discussions more natural.

- Let's be realistic. — Let's consider what is actually possible.
- That's a fair point. — I understand and accept that argument.
- We're getting somewhere. — We are making progress.
- I'm willing to give it a go. — I'm prepared to try it.
- We need to find a balance. — We need a reasonable middle ground.
- Let's not bite off more than we can chew. — Let's not take on too much at once.

Complete the mini-dialogues.

1. "Let's exercise for an hour every morning, cook every meal from scratch and stop using our phones after 6 p.m."

"_____ We both work full-time!"

2. "We could walk together twice a week and prepare lunch at home a few days a week."

"I like that. _____"

3. "I still think we should find time for our friends."

"_____ We don't want our new routine to take over our lives."

4. "Would you like to try cycling to work once a week?"

"I've never tried it, but _____"

5. "We've agreed on our first two changes. Now we need to decide when to start."

"Great! _____"

6. "Let's change our entire routine this week."

"Maybe we should _____"

Activity 6: Reflect and review

Complete the sentences. You can share your answers with a partner if you wish.

1. One useful expression I learned is _____.
2. One lifestyle idea I hadn't considered before is _____.
3. One thing I would like to do more often is _____.
4. One thing I would like to do less often is _____.
5. The most interesting discussion today was _____ because _____.

Teacher's Key

Activity 5:

1. Let's be realistic.
2. We're getting somewhere.
3. That's a fair point.
4. I'm willing to give it a go.
5. We're getting somewhere.
6. Let's not bite off more than we can chew.

Activities 1–4 and 6:

Answers will vary. Look for realistic suggestions, clear reasons, appropriate language and the ability to respond to other speakers.