

Chill Out

Idiom of the month

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1. Write down five more things that people do to relax.

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|---------------|----|
| 1. Meditation | 4. |
| 2. | 5. |
| 3 | 6. |

2a. Read

I hate exams!
I'm really stressed.

Chill out, Mark. We've got lots
of time to prepare a good study
programme together.

Thanks, Phil. You're a mate!

2b. Complete

Students should _____ more about exam results. It's important to do your best, not be the best.

When we feel stressed we need to chill out by doing something relaxing. Stress is bad for the mind and body.

3. Read these idioms. Match each idiomatic phrase (a – f) to the correct definition (1 – 6).

a. My sister is such a *stress head*, she worries about everything.

1. ...relaxing...

b. After a hard day of study I love *kicking back* and watching TV.

2. ... ignore ...

c. My mum needs to *chill out* more, she is always stressed about work.

3. ... stressed person ...

d. We need to *tune in* to our bodies more and respect them.

4. ...relax...

e. People should *rise above* life's small problems and focus on the bigger picture.

5. ...listen...

4. Complete these sentences with an idiom from exercise 3.

- a. To avoid getting sick you mustto your body.
- b. I always panic about homework and tests. I'm such a
- c. We all on a Sunday morning in my house- no work an no school. Hooray!
- d. My grandma never gets stressed about the small stuff, she everything.
- e. My favourite way of is going for a run in the park.

5. What do you stress about? Make a list.**6. How can you change your behaviour and chill out more? Talk to a partner.**

Useful language:

I stress about....

I could chill out more by -ing.

7. Work together as a whole class. Make a poster. Write down all the things that are really important in life and all the things that you should learn to chill out about.

Teacher's Notes

1.

Sample answers 1. Meditation 2. Mindfulness 3. Yoga 4. Read 5. Listen to music 6. Go for a run

2b.

Complete

Students should chill out more about exam results. It's important to do your best, not be the best.

3.

Match each idiomatic phrase to the correct definition.

a3 b1 c4 d5 e2

4.

Complete the sentences with an idiom from exercise 3.

f. To avoid getting sick you must tune in to your body.

g. I always panic about homework and tests. I'm such a stress head.

h. We all chill out on a Sunday morning in my house- no work and no school. Hooray!

i. My grandma never gets stressed about the small stuff, she rides above everything.

j. My favourite way of kicking back is going for a run in the park.

5. Before you get the class to work on the poster, initiate a discussion. What is really important? (family, friends, good health etc) and would should we worry less about? (appearance, weight, clothes etc)