

ESL Conversation Club: Stress & Relaxation

Warm-up:

Head, shoulders, knees, and toes, knees and toes.
Head, shoulders, knees, and toes, knees and toes.
And eyes and ears and mouth and nose.
Head, shoulders, knees, and toes, knees and toes.

Warm-up:

She sells seashells by the seashore,
The shells she sells are seashells, I'm sure.
So if she sells seashells on the seashore,
Then I'm sure she sells seashore shells.

Conversation Questions in Groups of 2 People:

- How do you relax after a busy day or week?
- What activities help you reduce stress?
- Do you enjoy taking short breaks during the day to relax?
- How do you feel when you're stressed, and how do you handle it?
- What is your favorite way to unwind and relax at home?
- Do you prefer spending time alone to relax, or do you like being with friends and family?
- How do you feel after doing something that helps you relax?
- What do you do when you feel overwhelmed or stressed at work or school?
- Have you tried any relaxation techniques, such as deep breathing or meditation?

- How does being in nature or spending time outdoors help you feel more relaxed?
- Do you listen to music to de-stress? What kind of music do you find relaxing?
- How do you ensure you get enough rest and sleep to recharge your energy?
- Have you ever tried yoga or stretching exercises to relax your body and mind?
- Do you find reading books or watching movies a relaxing activity?
- How does spending time with pets help you feel more relaxed and happy?
- Have you ever taken a short vacation or day trip to unwind and de-stress?
- What role does physical activity or sports play in relieving your stress?
- Do you enjoy taking warm baths or showers to relax and destress?
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Vocabulary to Practice

- **Stress:** Noun - A feeling of worry, pressure, or tension caused by demanding or challenging situations. Example: "Her job responsibilities often lead to stress and anxiety."
- **Relaxation:** Noun - The state of being free from tension, anxiety, or stress; a feeling of calmness and ease. Example: "Yoga and meditation are great ways to achieve relaxation."
- **Unwind:** Verb - To relax and release tension, usually after a period of stress or exertion. Example: "After a long day at work, he likes to unwind by taking a walk in the park."
- **Calm:** Adjective - Peaceful and free from agitation or excitement; a state of tranquility. Example: "The sound of gentle waves helped create a calm atmosphere on the beach."
- **Refresh:** Verb - To renew or invigorate energy and enthusiasm, often through rest or leisure activities. Example: "A short nap can refresh your mind and body."
- **Rest:** Noun - A period of relaxation and sleep; a break from activity. Example: "Getting enough rest is essential for maintaining good health."
- **Breathing:** Noun - The act of taking in air through the nose or mouth and then expelling it from the lungs. Example: "Deep breathing exercises can help reduce stress and anxiety."
- **Meditation:** Noun - A practice of focusing the mind on a specific object, thought, or activity to achieve mental clarity and relaxation. Example: "She practices meditation daily to find inner peace."
- **Exercise:** Noun - Physical activity or movement that improves health and reduces stress. Example: "Regular exercise is a great way to relieve stress and boost your mood."
- **Break:** Noun - A short pause or interruption from work or daily activities to rest and recharge. Example: "Taking short breaks during study sessions can enhance productivity."
- **Nature:** Noun - The natural world, including plants, animals, landscapes, and elements such as water and air. Example: "Spending time in nature can promote relaxation and well-being."
- **Hobby:** Noun - An activity or interest pursued for pleasure and relaxation during leisure time. Example: "Reading books is one of her favorite hobbies to relax."

