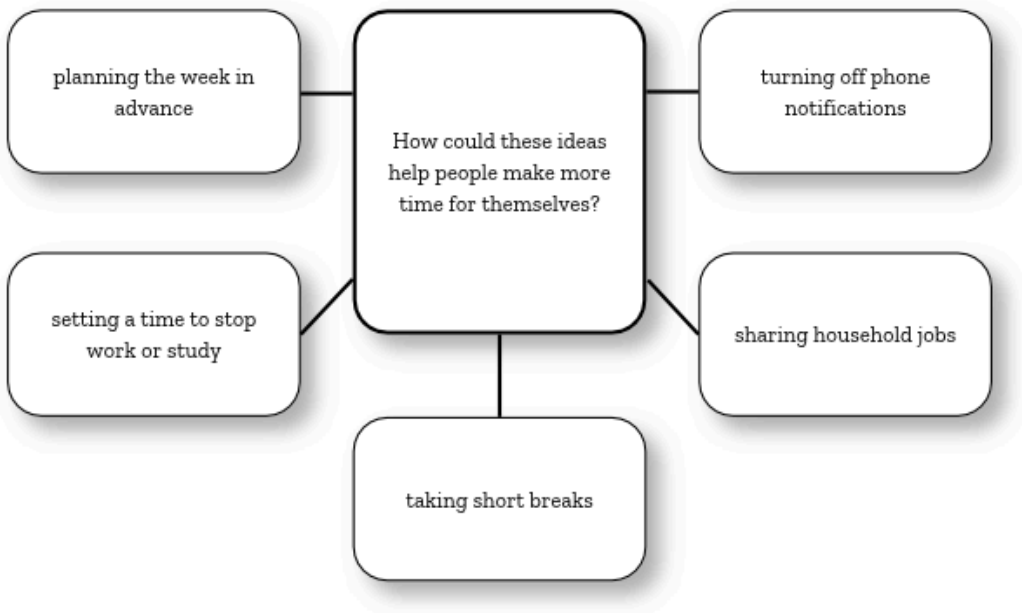
B2 First Speaking Parts 3 and 4 - Supporting an opinion

Making time for yourself

Part 3 - Discuss the options (two minutes)

Here are some ideas for making more time for yourself during a busy week.

Discuss the question together.



Make a decision (one minute)

Which of these ideas would be easiest to put into practice during an especially busy week?

Part 4 - Discuss the wider questions (four minutes)

Choose a few questions. Give reasons and build on each other's ideas.

1. Why do some people find it difficult to switch off after work or study?
2. Is planning every day carefully a good way to reduce stress?
3. Should schools and workplaces teach people how to manage their time?
4. Does technology save time, or does it make life feel busier?
5. How important is it to have activities that are not connected to work or study?
6. How might the balance between work and free time change in the future?

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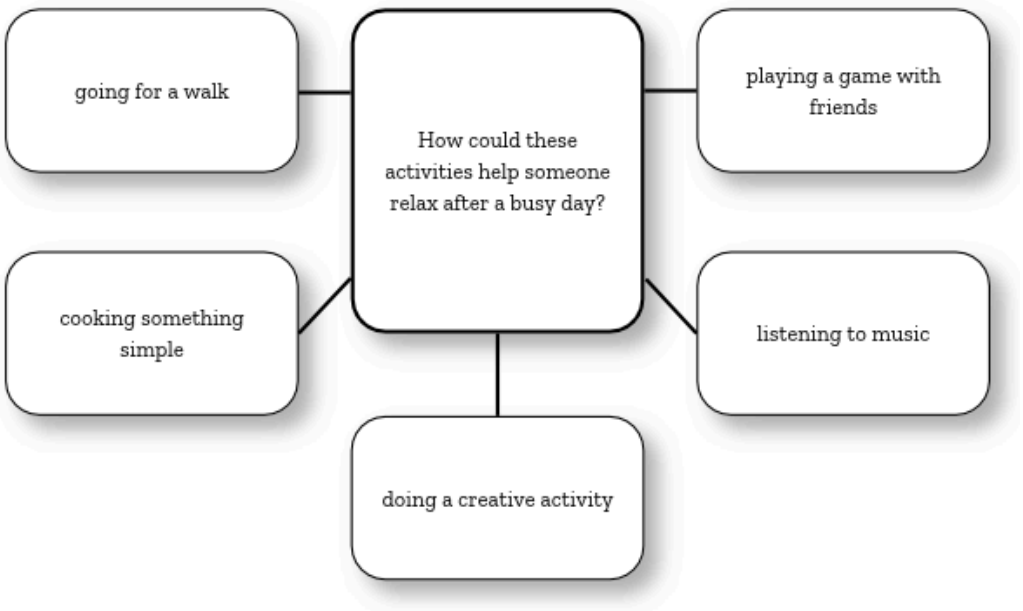
B2 First Speaking Parts 3 and 4 - Supporting an opinion

Relaxing after a busy day

Part 3 - Discuss the options (two minutes)

People relax in different ways after a busy day at work or school.

Discuss the question together.



Make a decision (one minute)

Which activity would be easiest to fit into an ordinary weekday?

Part 4 - Discuss the wider questions (four minutes)

Choose a few questions. Give reasons and build on each other's ideas.

1. Why do different people relax in different ways?
2. Is it easier to switch off alone or with other people?
3. How important is it to have some free time every day?
4. Can a hobby become another source of pressure?
5. Should people make plans for their days off or decide what to do on the day?
6. How could workplaces or schools help people make better use of their breaks?

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