

IDIOMS & PHRASAL VERBS

Change and Resilience

C1 | Adults / Teens | Idioms + Discussion | 45-60 minutes

Topic: Life Experiences | Skills: Vocabulary, Speaking

Study the phrases and examples. Discuss the questions and try to use the new language.

USEFUL LANGUAGE

1. come to terms with	gradually accept a difficult reality	It took her time to come to terms with the cancellation.
2. ride out	survive a difficult period until it ends	The small theatre used its savings to ride out a quiet season.
3. bounce back	recover after a setback	The team bounced back after losing its first two matches.
4. turn the corner	begin to improve after a difficult period	After months of delays, the project finally turned the corner.
5. weather the storm	survive a period of serious difficulty or criticism	Clear communication helped the club weather the storm.
6. fall back on	use something as support when other options fail	She had savings to fall back on during the career change.
7. start from scratch	begin again without using previous work or resources	The damaged files meant we had to start from scratch.
8. a blessing in disguise	something unwelcome that later proves beneficial	The delay was a blessing in disguise: we found a serious error.

DISCUSSION

1. What can help a group come to terms with a major disappointment?
2. When should an organisation ride out a setback instead of changing direction?
3. What support helps people bounce back without minimising their difficulties?
4. What signs suggest that a struggling project has turned the corner?
5. What helps a community weather the storm during rapid change?
6. How does having something to fall back on affect willingness to take risks?
7. When is starting from scratch wiser than repairing an existing system?
8. Why should we be cautious about calling another person's setback a blessing in disguise?