

DO WE NEED ALL THE THINGS WE BUY?



Intermediate B2

1

Warm-Up

10-15 min

Discussion

- What does "minimalism" mean to you?
- Why do people like shopping?
- Do you think people today buy more than they need?



2

Vocabulary

Match the words or phrases with their definitions

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|---------------------|--|
| 1. __Advertising | a) A way of living or habits of an individual or group |
| 2. __Materialism | b) The promotion of products to make people want to buy them |
| 3. __Impulse buying | c) A focus on owning physical things and wealth |
| 4. __Declutter | d) To remove unnecessary things from your space |
| 5. __Simplicity | e) Buying something suddenly without planning |
| 6. __Lifestyle | f) The quality of being easy or uncomplicated |



3 Comprehension



Look at the questions, then watch the video, and finally answer the questions

1. ✓ What is one benefit of minimalism mentioned?
 2. ✓ What are two reasons people fall into consumerism?
 3. ✓ What suggestion is made to live more intentionally?
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4 Discussion

1. Do you think minimalism is practical for everyone?
Why or why not?
 2. In your culture, is owning a lot of things seen as a success symbol?
 3. How can advertising influence your choices without you noticing?
 4. What's one small change you could make to live more simply?
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5

Activity

10-15 min



Write a short paragraph (5–6 sentences) about your own lifestyle. Would you describe yourself as more of a minimalist or consumer? Why?
