

Expressions with TAKE

Stress and Life

- take it easy
- take a break
- take time off
- take care (of oneself)

Decisions and Boundaries

- take it or leave it
- take a chance
- take a risk
- take responsibility
- take action

Politeness and Soft English

- take your time
- take a seat
- take a look

Emotions

- take it personally
- take it seriously
- can't take it anymore
- take something the wrong way
- (can't) take a joke

Take Advantage Of (good or bad)

- take advantage of a person/situation
- take opportunity
- take charge

Gratitude and Meaning

- take something for granted
- take notice

★ take heart

Questions

- 1) Where in your life right now do you need to take it easy, and why?
- 2) What does taking a break really look like for you?
- 3) Describe a moment in your life when you just couldn't take it anymore.
- 4) Is there something that someone said recently that you took personally?
- 5) How do you take care of yourself when life gets busy or overwhelming?
- 6) What is one responsibility you need to take more seriously?
- 7) Describe a situation where you had to take a chance or take a risk.
- 8) Who, in your personal life, do you take for granted?
- 9) When was the last time you took time off, and why?
- 10) What is one small action that you can take today to be happier in your life?