



SIESTA - THE AFTERNOON NAP

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PDF 1: Reading Passage + Comprehension

Title: Siesta: The Afternoon Nap – Reading & Comprehension

Level: Pre-Intermediate to Intermediate (A2–B1)

Time: 20–30 minutes



Vocabulary

Word	Meaning	Sounds like
siesta	a short sleep or rest in the afternoon	see-ES-tuh
custom	a traditional way of doing something	KUS-tum
energetic	feeling full of energy	en-er-JET-ik
concentration	the ability to focus on one thing	kon-sen-TRAY-shun
productive	able to do a lot of work effectively	pro-DUK-tiv

Discussion Questions

- Do you ever take an afternoon nap? Why or why not?
- Would you like to have a siesta time in your country? Why?

Reading Passage

Siesta: The Afternoon Nap

In many hot countries, especially in Spain and Latin America, people take a short afternoon nap called a **siesta**. But where does this relaxing habit come from?

The word "siesta" comes from the Latin word "sexta", which means the sixth hour after sunrise. In ancient Rome, people rested during the hottest part of the day. Later, this custom became very popular in Spain and other Mediterranean countries.

A traditional siesta usually lasts between 20 and 40 minutes. Shops and offices often close for a few hours in the afternoon so people can go home, eat lunch, and sleep. After the siesta, people feel more energetic and return to work until the evening.

Why do people take siestas? The main reasons are the strong afternoon heat and heavy lunches. A short nap helps the body rest and improves concentration. Many studies show that a short afternoon nap can make people more productive and happier.

Today, modern life is changing the siesta. In big cities, many companies no longer close for long breaks. However, the siesta remains a beloved tradition and a smart way to enjoy life.

Comprehension Questions

A. True or False

1. The word "siesta" comes from the Latin word for the sixth hour. (True)
2. Siestas are only popular in Spain. (False)
3. A siesta usually lasts more than two hours. (False)
4. Studies show that short naps can help people work better. (True)

B. The "Sleepy Stats" Survey

Objective: Move around the room and interview three different classmates. You need to find one person who fits into each "Nap Category" below.

Instructions:

1. **Introduce yourself** and ask: "How do you feel about taking an afternoon nap (a siesta)?"
2. **Identify their category:** Based on their answer, decide if they are a **Power Napper**, a **Deep Sleeper**, or a **Non-Sleeper**.
3. **Ask the "Secret" question:** "What is your secret to a perfect nap?"
4. **Take notes:** Write their names and their "secrets" in the table below.

The Category	Name	Their "Secret" (Notes)
The Power Napper Needs 10-20 min to feel like a new person.		
The Deep Sleeper Naps for 3 hours and forgets what year it is!		
The Non-Sleeper Never naps because it makes them feel grumpy		