



## SIESTA - THE AFTERNOON NAP

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### PDF 2: Varied Speaking Activities

#### Activity 1: Image Discussion (Pairs)

Look at the image and discuss:

- What do you see in the picture?
- How does the person look while taking a siesta?
- Do you think this is a relaxing or lazy scene? Why?
- Which part of the siesta tradition do you find most interesting?

#### Activity 2: Would You Rather...? (Groups)

Discuss these questions with your group:

1. Would you rather take a 30-minute siesta every day or sleep one extra hour at night?
2. Would you rather work in a country with siesta time or in a country with no afternoon break?
3. Would you rather have a siesta after a heavy lunch or go for a walk?
4. Would you rather your school or workplace had a siesta or stayed open all day?

#### Activity 3. Advice for the "Morning Monster" (Roleplay)

Look at the picture on PDF 1 and work in pairs.

- **Student A:** Is the exhausted teenager who just can't wake up.
- **Student B:** Is a "Siesta Expert" who believes a nap is the solution to everything.

**Task:** Student B must convince Student A that a 20-minute afternoon nap is better than hitting the snooze button ten times in the morning.

#### Activity 4. Design the "Ultimate Siesta Zone" (Creative Thinking)

**The Mission:** You are an architect hired to build a "Nap Station" for a busy office, school, or a university. Look at the peaceful scene in the picture for inspiration, then answer these additional design questions:

- **The "Vibe" Control:** If you could install a "Mood Dial" on the wall, what would the settings be? (e.g., Rain sounds, Forest birds, or Total Silence?)
- **The Technology Ban:** Should smartphones be "confiscated" at the door? Why or why not?
- **The "Wake-up" Service:** How should the station wake people up so they don't feel groggy? (e.g., A gentle light, the smell of fresh coffee, or a vibrating floor?)
- **The Duration Rule:** What is the "Illegal Nap Limit"? If a student stays for 3 hours, what should the penalty be?
- **The Dress Code:** Is it okay to nap in a suit or a school uniform, or should the station provide giant, fluffy onesies?

### **Activity 4: Role-Play Prompts (Numbered)**

Close your eyes and point to a number (1–8). Act it out with your partner:

1. You are explaining to a foreign friend what a siesta is and why it's important.
2. You are a boss who wants to introduce siesta time in your company. Convince your employees.
3. You are a tired student trying to convince your teacher to allow a short afternoon nap in class.
4. You work in a shop in Spain. A tourist is angry because the shop is closed for siesta.
5. Someone says "Siesta is just being lazy!" Defend the siesta tradition.
6. You are a parent who always takes a siesta. Your teenager thinks it's old-fashioned.
7. You are inventing a new "modern siesta" for busy city people.
8. Two friends are arguing: one loves siesta, the other prefers working straight through the day.

### **Activity 5: Quick Reflection**

Answer one of these:

- Would you like to live in a country that has a siesta tradition? Why or why not?
- What is the best time and place for you to take a short nap?
- Do you think siesta makes people more productive or less productive?