



THE SIESTA STORY

Debate Club: Siesta for Students?

- This activity will help you practice using **Conditional Sentences** to express arguments and opinions about the siesta.
- Grammar Focus: Conditionals for Argument
- We use **Conditionals** to talk about cause and effect.

Type	Structure	Function	Example
Zero	If + Present Simple, Present Simple	For facts or routines (always true).	If you eat a heavy lunch, you feel drowsy.
First	If + Present Simple, will / won't + Base Verb	For realistic situations in the future.	If the school day is long, students will need a break.

Debate Task: Siesta in Your School

Topic: Should a 30-minute "Power Nap" break be mandatory for all students at midday?

A. Team Preparation: Forming Arguments

Prepare your team's arguments using **Zero** and **First Conditional** sentences.

For the Siesta (YES!)	Against the Siesta (NO!)
1. If students take a nap, their alertness will increase in the afternoon. (First Conditional)	1. If students sleep late, they won't be able to fall asleep during the nap. (First Conditional)
2. If the body starts digestion, the metabolism slows down. (Zero Conditional)	2. If we add a nap break, the school day will end much later. (First Conditional)
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

B. Group Discussion: Expressing Opinion

Use the phrases below to participate in the debate. Share your prepared arguments and respond to the other team.

- "I strongly believe that..."
- "I disagree because..."
- "What if we only give a nap break to..."
- "In my experience, if I feel drowsy, I can't focus."
- "It might be true that..., but I think..."

After the Debate: Cultural Comparison

Discuss with your class: Which global nap tradition do you think is best for modern life?

- The long **Siesta** (2-3 hours, Spain/Italy)
- The **Inemuri** (short nap at your desk/subway, Japan)
- The **Power Nap** (20-30 minutes, Modern Science)