



THE SIESTA STORY

Task 1: Find Someone Who... Get Up and Talk!

Walk around the room and ask your classmates the questions below. If a classmate says "Yes," write their name in the box. You must ask a follow-up question to get more information! (e.g., "Oh really? When do you usually feel drowsy?")

Try to find a different person for each box!

Find Someone Who...	Classmate's Name	Follow-up Question Used
...used to take naps as a child.		
...feels their productivity is highest in the morning.		
...thinks that having a long lunch is bad for their metabolism .		
...gets drowsy if they eat too much rice or bread.		
...would prefer the Japanese Inemuri over the Siesta.		
...knows someone with a heart problem (related to cardiovascular health).		
**...is more alert after 9 pm.		
...believes their school should make a nap mandatory.		

Task 2: Ask and Answer Deeply

Work with a partner. Take turns asking and answering the questions below. Try to use a conditional sentence (If... then...) in your answer, and always ask a follow-up question!

Example:

- **A:** "If you could **recuperate** instantly, what would you do with your extra time?"
- **B:** "If I could **recuperate** instantly, I **would read** a book. What **would you do**?"

Question	Answer (Use Conditionals!)	Partner's Follow-up Question
1. If your boss offered you a 3-hour siesta every day, what would be the biggest problem?		
2. Do you think people in your country used to have a midday rest? If so, what was it like?		
3. Unlike the siesta, what is a tradition in your culture that makes you feel more alert ?		
4. If you take a nap longer than 30 minutes, how does your productivity change?		
5. What is the most important part of your daily routine to stay healthy?		
6. What is the best way to recuperate when you feel really tired? (Don't say 'sleep'!)		

Teacher's Guidance

- **Goal:** Fluency, movement, and spontaneous use of target language (*used to*, *would*, Conditionals, and vocabulary).
- **Monitoring:** Walk around and listen for students successfully asking and answering and using follow-up questions (e.g., *Why?*, *When?*, *How often?*).
- **Timing:** Allocate about 10-12 minutes for Task 1 and 15 minutes for Task 2.