

# NATIONAL NAPPING DAY

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ALL ANSWERS ARE IN THE TEXT ON PAGE 2.

## THE READING / TAPESCRIPT

National Napping Day started in 1999. It takes place on the Monday after daylight savings time begins, which is when a lot of people lose an hour's sleep. The day serves as a reminder to us all that sleep is an essential and healthy part of our daily routine. More and more people are not getting enough sleep. We are working longer hours and there are more things to do that keep us awake, like movies and video games. National Napping Day raises awareness of the benefits of napping. Regular napping can reduce the risk of having a heart attack or suffering from other heart problems. It also increases our energy levels and improves our mood and performance. It is a very cheap way of making us feel better!

When we are deprived of sleep, the best thing to do is take a nap; get a bit of shut-eye; have forty winks. There is a lot of research into just what kind of nap is best for us. We all know about the traditional cat-nap. We put our head down and have a little sleep during our lunch hour. But then there is the power-nap. This is a short sleep which ends just before we fall into deep sleep. It quickly refreshes you and stops you from feeling drowsy and groggy. Another variety is the caffeine nap. This is when you have a power nap after a cup of coffee. It takes about 20 minutes for the caffeine to take effect, so when you wake up you feel doubly energized. Whatever nap you take, you can rest assured it will be good for your health.

## PHRASE MATCH

Match the following phrases from the article.

### Paragraph 1

- |   |                              |
|---|------------------------------|
| 1. a lot of people lose an                  | a. our mood and performance  |
| 2. sleep is an essential and healthy        | b. hour's sleep              |
| 3. there are more things to do              | c. us feel better            |
| 4. reduce the risk of                       | d. that keep us awake        |
| 5. increases our energy levels and improves | e. having a heart attack     |
| 6. It is a very cheap way of making         | f. part of our daily routine |

### Paragraph 2

- |                                    |                                |
|------------------------------------|--------------------------------|
| 1. deprived                        | a. drowsy and groggy           |
| 2. the best thing to do is take    | b. of sleep                    |
| 3. We put our head                 | c. the caffeine to take effect |
| 4. stops you from feeling          | d. a nap                       |
| 5. It takes about 20 minutes for   | e. good for your health        |
| 6. you can rest assured it will be | f. down                        |

## LISTENING GAP FILL

National Napping Day started in 1999. It \_\_\_\_\_ Monday after daylight savings time begins, which is when a lot of people \_\_\_\_\_ sleep. The day serves as a reminder to us all that sleep is an essential and healthy \_\_\_\_\_ routine. More and more people are not getting enough sleep. We are working longer hours and there are more things \_\_\_\_\_ awake, like movies and video games. National Napping Day raises awareness of the benefits of napping. Regular napping \_\_\_\_\_ having a heart attack or suffering from other heart problems. It also increases our energy levels and improves our mood and performance. It is \_\_\_\_\_ of making us feel better!

When we are deprived of sleep, the \_\_\_\_\_ is take a nap; get a bit of shut-eye; have forty winks. There is a lot of research into just what kind \_\_\_\_\_ us. We all know about the traditional cat-nap. We put our head down and \_\_\_\_\_ during our lunch hour. But then there is the power-nap. This is a short sleep which ends just before we \_\_\_\_\_. It quickly refreshes you and stops you from \_\_\_\_\_. Another variety is the caffeine nap. This is when you have a power nap after a cup of coffee. It takes about 20 minutes for the caffeine to take effect, so when you wake up you \_\_\_\_\_. Whatever nap you take, \_\_\_\_\_ it will be good for your health.

## WHILE READING / LISTENING GAP FILL

**Put the words into the gaps in the text.**

National Napping Day started in 1999. It takes \_\_\_\_\_ on the Monday after daylight savings time begins, which is when a lot of people \_\_\_\_\_ an hour's sleep. The day serves as a reminder to us all that sleep is an \_\_\_\_\_ and healthy part of our daily routine. More and more people are not getting \_\_\_\_\_ sleep. We are working longer hours and there are more things to do that keep us awake, like movies and video games. National Napping Day raises awareness of the \_\_\_\_\_ of napping. Regular napping can reduce the \_\_\_\_\_ of having a heart attack or suffering from other heart problems. It also increases our energy levels and improves our \_\_\_\_\_ and performance. It is a very \_\_\_\_\_ way of making us feel better!

*benefits*

*cheap*

*lose*

*enough*

*place*

*risk*

*mood*

*essential*

When we are \_\_\_\_\_ of sleep, the best thing to do is \_\_\_\_\_ a nap; get a bit of shut-eye; have forty winks. There is a lot of research into just what kind of nap is best for us. We all know about the traditional cat-nap. We put our head \_\_\_\_\_ and have a little sleep during our lunch hour. But then there is the power-nap. This is a short sleep which ends just before we \_\_\_\_\_ into deep sleep. It quickly refreshes you and stops you from feeling \_\_\_\_\_ and groggy. Another variety is the caffeine \_\_\_\_\_. This is when you have a power nap after a cup of coffee. It takes about 20 minutes for the caffeine to take \_\_\_\_\_, so when you wake up you feel doubly energized. Whatever nap you take, you can rest \_\_\_\_\_ it will be good for your health.

*fall*

*nap*

*down*

*assured*

*deprived*

*effect*

*drowsy*

*take*

## CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

National Napping Day started in 1999. It takes *place / places* on the Monday after daylight savings time begins, which is when a lot of people *lose / losing* an hour's sleep. The day serves as a reminder to us all that sleep is an *essence / essential* and healthy part of our daily routine. More and more people are not getting enough *sleep / sleeping*. We are working longer hours and there are more things to do that keep us *wakey / awake*, like movies and video games. National Napping Day raises awareness of the benefits of napping. Regular napping can reduce the risk *by / of* having a heart attack or suffering from other heart problems. It also increases our energy levels and improves our *mood / moody* and performance. It is a very *cheap / cheep* way of making us feel better!

When we are deprived of *asleep / sleep*, the best thing to do is take a nap; *get / bet* a bit of shut-eye; have forty winks. There is a lot of research into just what kind of nap is best for us. We all know about the *tradition / traditional* cat-nap. We put our head *down / up* and have a little sleep during our lunch hour. But then there is the power-nap. This is a short sleep which ends just before we *falling / fall* into deep sleep. It quickly *refreshes / refreshments* you and stops you from feeling drowsy and groggy. Another variety is the caffeine nap. This is when you have a power nap after a cup of coffee. It takes about 20 minutes for the caffeine to *take / make* effect, so when you wake up you feel doubly energized. Whatever nap you take, you can rest *assured / insured* it will be good for your health.

## MULTIPLE CHOICE

National Napping Day started in 1999. It takes (1) \_\_\_\_\_ on the Monday after daylight savings time begins, which is when a lot of people lose an hour's sleep. The day (2) \_\_\_\_\_ as a reminder to us all that sleep is an essential and healthy part of our daily routine. More and more people are not getting enough sleep. We are working longer hours and there are more things to do that keep us (3) \_\_\_\_\_, like movies and video games. National Napping Day raises awareness of the (4) \_\_\_\_\_ of napping. Regular napping can reduce the (5) \_\_\_\_\_ of having a heart attack or suffering from other heart problems. It also increases our energy levels and improves our (6) \_\_\_\_\_ and performance. It is a very cheap way of making us feel better!

When we are deprived (7) \_\_\_\_\_ sleep, the best thing to do is take a nap; get a bit of shut-eye; have forty winks. There is a lot of research (8) \_\_\_\_\_ just what kind of nap is best for us. We all know about the traditional cat-nap. We put our head down and have a little sleep (9) \_\_\_\_\_ our lunch hour. But then there is the power-nap. This is a short sleep which ends just before we fall into deep sleep. It quickly (10) \_\_\_\_\_ you and stops you from feeling drowsy and groggy. Another variety is the caffeine nap. This is when you have a power nap after a cup of coffee. It takes about 20 minutes for the caffeine to take effect, so when you wake up you feel (11) \_\_\_\_\_ energized. Whatever nap you take, you can rest (12) \_\_\_\_\_ it will be good for your health.

### Put the correct words from this table into the article.

- |     |               |                |                 |                |
|-----|---------------|----------------|-----------------|----------------|
| 1.  | (a) takes     | (b) taking     | (c) taken       | (d) taker      |
| 2.  | (a) service   | (b) services   | (c) serves      | (d) servers    |
| 3.  | (a) waken     | (b) awake      | (c) wake up     | (d) wake       |
| 4.  | (a) benefits  | (b) beneficial | (c) beneficiary | (d) benefactor |
| 5.  | (a) risky     | (b) riskiness  | (c) risk        | (d) risked     |
| 6.  | (a) moody     | (b) moodiness  | (c) moodily     | (d) mood       |
| 7.  | (a) at        | (b) of         | (c) by          | (d) for        |
| 8.  | (a) onto      | (b) into       | (c) up to       | (d) down to    |
| 9.  | (a) while     | (b) since      | (c) time        | (d) during     |
| 10. | (a) refreshes | (b) refreshed  | (c) refreshment | (d) refreshing |
| 11. | (a) double    | (b) doubled    | (c) doubly      | (d) doubles    |
| 12. | (a) assurance | (b) insurance  | (c) insured     | (d) assured    |

## SPELLING

Spell the jumbled words (from the text) correctly.

### Paragraph 1

1. It etska place
2. people lsoe an hour's sleep
3. our daily tioruen
4. keep us kweaa
5. the etbnsife of napping
6. energy evslel

### Paragraph 2

7. a lot of herasecr
8. our lchnu hour
9. fall into edep sleep
10. leeiqfn drowsy
11. to take efectf
12. good for your athelh

## PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- ( ) nap. We put our head down and have a little sleep during our lunch hour. But then there is the power-nap. This is a
- ( ) drowsy and groggy. Another variety is the caffeine nap. This is when you have a power nap after a cup of
- ( ) When we are deprived of sleep, the best thing to do is take a nap; get a bit of shut-eye; have forty
- ( ) winks. There is a lot of research into just what kind of nap is best for us. We all know about the traditional cat-
- ( ) up you feel doubly energized. Whatever nap you take, you can rest assured it will be good for your health.
- ( ) levels and improves our mood and performance. It is a very cheap way of making us feel better!
- ( **1** ) National Napping Day started in 1999. It takes place on the Monday after daylight savings time
- ( ) sleep. We are working longer hours and there are more things to do that keep us awake, like movies and
- ( ) begins, which is when a lot of people lose an hour's sleep. The day serves as a reminder to us all that sleep is an
- ( ) the risk of having a heart attack or suffering from other heart problems. It also increases our energy
- ( ) short sleep which ends just before we fall into deep sleep. It quickly refreshes you and stops you from feeling
- ( ) essential and healthy part of our daily routine. More and more people are not getting enough
- ( ) video games. National Napping Day raises awareness of the benefits of napping. Regular napping can reduce
- ( ) coffee. It takes about 20 minutes for the caffeine to take effect, so when you wake

## SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. people of lot a sleep hour's an lose

---

2. our daily routine sleep is an essential and healthy part of

---

3. sleep are More not and getting more enough people

---

4. of risk the reduce attack heart a having

---

5. very cheap way of making us feel better It is a

---

6. take thing a to nap do the is best

---

7. about nap the We traditional all cat know -

---

8. down a We head have sleep our and little put

---

9. stops from drowsy groggy you feeling and

---

10. you when energized doubly feel you up wake

---

**DISCUSSION (Write your own questions)**

**STUDENT A's QUESTIONS (Do not show these to student B)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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**DISCUSSION (Write your own questions)**

**STUDENT B's QUESTIONS (Do not show these to student A)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# THE NATIONAL NAPPING DAY SURVEY

Write five questions about National Napping Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.



## HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find more information about National Napping Day. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about National Napping Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. POSTER:** Make your own poster about National Napping Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.