

LUCAS'S RELAXING AFTERNOON ACTIVITIES

I am Lucas, and I am a university student. Studying is important, but my brain needs a break too. Yesterday, I had a very long exam, so I felt stressed and tired. After my school hours, I decided to have a relaxing afternoon to recharge my energy.



First, I went for a short walk in the park near my house. The weather was beautiful and warm. I walked slowly under the green trees and breathed the fresh air. I did not think about exams or homework. It was very peaceful.



Then, I went back home and prepared a healthy snack. I ate an apple and drank a glass of cold water. After that, I sat on my comfortable sofa and listened to calm music for thirty minutes. I closed my eyes and relaxed. I closed my eyes and relaxed my whole body.



Finally, I drew a simple picture of a flower with colored pencils because being creative makes me happy. In the evening, I felt fresh, happy, and ready for a good night of sleep. In my opinion, taking a break is necessary to study better.



✓ COMPREHENSION CHECK (T / F)

1. Lucas went for a walk *after* his exam. (T / F)
2. He ate an apple and drank juice. (T / F)
3. He listened to music for *fifteen* minutes. (T / F)
4. Drawing a picture made Lucas happy. (T / F)
5. He felt fresh and happy in the evening. (T / F)

REFLECTIVE QUESTIONS

1. Why do you think Lucas felt peaceful during his walk?
2. What other healthy snacks could help a student relax?
3. How does listening to calm music help you recharge?
4. Is being creative important to you, and why?
5. Plan a 30-minute relaxation break for *your* next study session.