

Relaxing 1

Vocabulary

1 chill out

I like to chill out on the sofa and do nothing.

2 sleep in

My favorite thing is to sleep in until noon.

3 spontaneous day trips

I love taking spontaneous day trips.

4 spend quality time with ~

I want to spend quality time with my family.

5 catch up on

I need to catch up on some reading that I've been putting off.

Questions

1 How do you usually chill out when you're feeling stressed?"

2 Do you prefer to sleep in on weekends, or are you an early bird?

3 If you had a free day tomorrow, would you go on a day trip somewhere?

4 Are you a planner, or do you prefer to be spontaneous with your holiday plans?

5 What's your favorite way to spend quality time alone?

6 Is there anything you need to catch up on this weekend?

Relaxing 2

Phrases

I couldn't agree more.

That sounds like a perfect way to relax.

I totally get that. I also need my alone time to recharge.

I'm not so sure about that.

I see what you mean, but...

1 I'm more of an indoor/outdoor person.

2 I'd love to spend my time ____ing...

3 The most important thing for me is to

Today was my day off. I planned to go for a run and clean my room, but I just wanted to chill out.

I stayed in bed until noon and scrolled through my phone for hours. I didn't have a spontaneous idea to go out, so I stayed on the sofa in my pajamas.

In the afternoon, I thought, "I should catch up on my favorite Netflix series." I watched five episodes, but I didn't really spend quality time with myself or anyone else.

Now, the sun is setting, and I feel a little sad. I spent the whole day doing nothing.

Tomorrow is Monday... I should have been more active!