A break that fits the day

CEFR A2 | Unit 8: Wellbeing | Reading

Read the original text. You may underline evidence and reread as needed.

Name _____ Date _____

LEARNING ROOM NOTICE
Keep drinks away from the computers. Do not block the exit. You may use the quiet room during a break. You do not have to stay inside at lunchtime.

A STUDENT NOTE
I usually study for a long time without stopping. By the end, I feel tired. My classmate suggests a short break between tasks. I decide to try a simple plan: after finishing one task, I will stand up, look away from the screen and choose whether to rest or walk outside.

The room rules and my plan are different. Keeping the exit clear is required. Using the quiet room is a choice. I will review my plan after a week and decide whether it helps me organize my day.

Original Ilmiya practice text. Scenarios and research examples are fictional.