

NAPS AND REST

23.1. Vocabulary

Ex. 1. Match the words with their Russian equivalents.

1. mat	a. вздремнуть
2. wind down	b. детская кроватка
3. schedule	c. тихий
4. cot	d. лечь
5. calm	e. комфорт
6. soothing	f. спокойный
7. nap	g. день
8. beforehand	h. успокаивающий
9. quiet	i. отдыхать; отдых
10. comfort	j. коврик
11. afternoon	k. сворачиваться; успокоиться
12. rest	l. заранее
13. lie down	m. расписание

Ex. 2. Translate the sentences into English.

1. Я люблю отдыхать днем после обеда.
2. Давайте спланируем нашу поездку заранее, чтобы мы были готовы.
3. Океан был спокойным и умиротворяющим во время нашего отпуска.
4. Я позабочусь о том, чтобы у вас был весь необходимый комфорт.
5. Ребенок заснул в кроватке после игры.
6. Лягте на коврик и закройте глаза, чтобы расслабиться.
7. Я купила новый коврик для занятий йогой дома.
8. Вздремните, если чувствуете усталость от похода.
9. В библиотеке всегда тихо, что идеально подходит для учебы.
10. Важно каждый день выделять время для физических упражнений.
11. Играющая музыка была настолько успокаивающей, что помогла мне расслабиться.
12. Давайте выпьем немного чая перед сном, чтобы расслабиться.

23.2. Reading

Ex. 1. Read the text.

In many kindergartens, it is common for children to have a nap or rest in the afternoon. Some people may wonder why this is necessary, especially if the child has had a full night's sleep. However, there are several reasons why this time of rest is important for young children.

Firstly, having a nap or rest in the afternoon helps to replenish and recharge their energy levels. Young children are often very active and spend a lot of time playing and exploring. By the afternoon, they may start to feel tired and sleepy. If they do not have a chance to rest, they may become irritable and find it difficult to concentrate on their activities. A short nap or rest period can help them to feel refreshed and ready for the rest of the day.

Secondly, this quiet time in the afternoon provides an opportunity for children to wind down and relax. The kindergarten environment can be busy and noisy, with lots of other children and activities going on. Having a nap or rest allows them to escape from this stimulation and enjoy some peace and calm. It can also be a comforting and familiar routine for children who are used to taking regular naps at home.

Finally, having a nap or rest in the afternoon can have positive effects on a child's physical and mental well-being. Research has shown that getting enough sleep is important for a child's growth and development. It can also improve their mood, memory and learning abilities. Providing a regular nap or rest period as part of the kindergarten schedule ensures that children have the opportunity to get the sleep they need.

In conclusion, although it may not always be possible for children to have a full nap in the afternoon, providing a short period of rest can be beneficial for their overall well-being. It gives them a chance to recharge their energy levels, relax and wind down, and can have positive effects on their mood and learning abilities.

Ex. 2. Answer the questions.

1. Why is it important for young children in kindergarten to have a nap or rest in the afternoon?
2. How does having a nap or rest help replenish and recharge their energy levels?
3. What can happen if young children do not have a chance to rest in the afternoon?

4. How does the quiet time in the afternoon provide an opportunity for children to wind down and relax?
5. What are some positive effects of having a nap or rest in the afternoon on a child's physical and mental well-being?
6. How does providing a regular nap or rest period as part of the kindergarten schedule benefit children?
7. Why is it beneficial for children in kindergarten to have a short period of rest even if they cannot have a full nap in the afternoon?