

## Chatterbox #84 – Take it easy

### Transcript

Harp: Hello everyone. This is Harp.

Maura: And Maura.

Harp: And we're here at Culips English Learning Podcast.

Maura: Don't forget to visit our website. If you don't know what it is, it's Culips.com. That's C-U-L-I-P-S.com.

Harp: Yes. And when you're there, you can learn how to become a member. Become a member. I would strongly recommend it, because when you're a member, you have access to the learning materials for each episode. And in the learning materials, you have a complete transcript, detailed explanations, and even a quiz.

Maura: And if you're on Facebook and Twitter, come on over and say hi. We might just say hi back.

Harp: Yes. If you have any questions, that's a great place to leave a question for us.

Maura: So today we are going to do a Chatterbox episode. And that is where Harp and I chat. We chat about all different kinds of topics of interest, sometimes we interview people. But today we are going to talk about...

Harp: Relaxing!

Maura: Ah. Just saying the word makes me want **to sit back** in my chair and put my hands behind my head.

Harp: Maura, **snap out of it**. We've got work to do here.

Maura: So today we're gonna talk about relaxing and what people do in their free time, when they're not working.

Harp: Yep. So we're gonna start with talking about some vocabulary that we use when we're talking about relaxing and when we talk about free time.

Maura: And then we're going to also share with you what people do in Canada when they're relaxing, and specifically what Harp and I like to do in our free time.

Harp: Exactly. Then we're gonna talk about the ultimate relaxation: when you go on a vacation.

- Maura: That is definitely a time to relax.
- Harp: Yep. So let's get started. Let's talk about some vocabulary related to relaxing.
- Maura: You know, all of the vocabulary that we use to talk about relaxing is really relaxed. I just feel relaxed saying the words.
- Harp: Yeah, I agree.
- Maura: So one of the first ones is **to chill**, or **chilling**.
- Harp: Yep. So **to chill** is when you relax, when you're not doing anything special or important. You're just doin' nothin', usually.
- Maura: Yeah. You're just **chillin'**. And that's something that's interesting to note, too, is because this word is so relaxing, often people don't even say the *g* on the end. They just say, "I'm **chillin'**."
- Harp: Exactly.
- Maura: So it's a word that is most often used by people who are a bit younger, but really, anybody can **chill**.
- Harp: Yeah, exactly. You could **chill** on the weekend or in the evening.
- Maura: Yeah. Oh, I like **chillin'**.
- Harp: Me too.
- Maura: You can also **hang out**.
- Harp: Exactly, and it's the same thing. It's... You're just relaxing. There's nothing special that you're doing. You're not doing some work, you're not doing any homework, you're just **hangin' out**.
- Maura: Yep. I remember using this expression a lot when I was a teenager. And I would specifically use it to talk about spending time with friends. So I would say, "I'm gonna go **hang out** with my friend Nicole," or "I'm gonna **go hang out** with my friend Holly." It was just a way to talk about spending time with a friend and not doing anything important.
- Harp: Yeah, exactly. You could be doing anything. You could just be talking and gossiping the whole time, but you're just **hangin' out** with friends.
- Maura: Yep. Just **hangin' out**, **chillin'**, and **takin' it easy**.

- Harp: Yeah. **Takin' it easy**, for sure. And, again, when you're **taking it easy**, you're not doing anything difficult, you're not doing anything hard. You're just relaxing.
- Maura: Right. And just like I said with **chilling**, you can also drop the *g* on **hangin' out** and **takin' it easy**. We often don't pronounce that *g* at the end, just because we're so relaxed and our mouths are so relaxed. We don't even care to pronounce the words properly.
- Harp: Yeah. We don't want to say all the letters. We don't want to pronounce all the letters, so we just say **chillin'**, **hangin' out**.
- Maura: And **take it easy** is often used when people are leaving or saying goodbye to each other. One person will say to the other person, "**Take it easy**," which really means, "Relax. I hope you're not having any stress at the moment. I hope you're just relaxing and having a good time."
- Harp: Yeah, getting some rest, for sure. Another expression that I use when I wanna say that I'm just relaxing or **takin' it easy**, is I say, "I'm just gonna **put my feet up** and relax."
- Maura: Right, because the classic position to take if you're relaxing is **to put your feet up**. That could be on your couch, or on your bed, or if you're in a hammock, maybe your feet are above as well.
- Harp: Exactly. Because when your feet are up, you're not walking and doing work. You're relaxing, you're lying down.
- Maura: Right. And if you're doing a lot of work, often your feet hurt, because you've been walking around and doing things. But if your feet are up, then you're really just **sitting back** with no place to go. You're lying down, you're **takin' it easy**, you're getting a little **R&R**.
- Harp: **R&R**, that's another good expression with relaxing.
- Maura: Right. **R&R** stands for **rest and relaxation**. So instead of saying all of that, you just say the *r*. So *R* for *rest* and *R* for *relaxation*: **R&R**. But we say it so fast, it almost sounds like one word.
- Harp: **R&R**.
- Maura: Right. Gettin' a little **R&R** this weekend.
- Harp: Yeah, exactly. So when you're getting some **rest and relaxation**, you say you're gettin' some **R&R**.

- Maura: And it really is important to get some **R&R** from time to time, because people are busy, we're always busy, but you've gotta make time **to take it easy**.
- Harp: Definitely. I think that brings us to our next topic. How do you rest and relax, Maura? What do people do normally in North America?
- Maura: Well, a lot of people, when they're finished work for the day and they've come home and they've made dinner and they've done all the stuff they need to do, they watch some television. And I'm definitely **a fan of that** at the end of the night. Because by the time I've done a full day's work, made my dinner, and done some other chores around the house, I'm tired. And so, it's hard to do anything else other than **sit back** and **veg out**.
- Harp: Yeah, exactly. I like to watch TV as well, because you don't have to think too much, just relax and **veg out** in front of the TV.
- Maura: And because of the Internet and websites where you can watch television shows, now when you sit down, you always have something to watch and you can plan to look forward to a certain television episode any night of the week. It's really convenient.
- Harp: It is. You know, I don't actually have a TV right. I just watch everything on my computer.
- Maura: Me too. And I love it.
- Harp: Me too.
- Maura: So that's one thing that we both do and I would say it's pretty Canadian of us. Most people like to come home and watch TV. But one thing that's different: many Canadians, I would say most Canadians, still have a television and watch television directly on their TV.
- Harp: Yeah, I agree. But more and more people are starting to watch TV on their computers.
- Maura: So after I've watched TV and I go to bed, I do like to read. If I have a really great book, then I find the energy to keep reading it.
- Harp: I know, and that's sometimes a problem for me, because I have a hard time putting a good book down. So if I start reading when I'm in bed and I'm about to go to sleep, sometimes I'm not tired anymore and I keep reading and then I don't go to sleep when I want and then I'm tired the next day. I'm a little bit of a bookworm.
- Maura: Yeah. Reading is a great way to spend free time. But unfortunately, I have to say, I think most Canadians watch more TV than they read.

- Harp: Yeah. I think I probably read more than I watch TV. But I'm not normal, I don't think, for that.
- Maura: Yes. You're weird and strange.
- Harp: Yeah. But to me it's the most relaxing thing I can do. I love reading.
- Maura: So what about on the weekends? What do you do on the weekends, Harp?
- Harp: I like **to hang out** with friends, you know, maybe have dinner together. Something where you're just relaxing and talking. Sometimes people come over or I go to my friend's house. To me that's really relaxing.
- Maura: Yeah, for sure. Sometimes a certain friend makes dinner at their place and then the next time it's at your place. So you're just really getting together in a comfortable atmosphere to spend time with friends.
- Harp: Yeah, exactly. I also sometimes like to get out of the city on the weekend.
- Maura: Definitely. To go away from where it's busy, and to get a little bit closer to nature.
- Harp: Yeah. And being in Montreal, I find we're so lucky. There are so many beautiful places we can go that are close to the city but that you really feel like you're **in the middle** of nature.
- Maura: It's true. If you drive out of the city, even for just 20 minutes, you find suddenly that you're surrounded by forests. And if you go north, even mountains.
- Harp: Yeah. So I like to get out of the city, sometimes maybe rent a cabin. Or even just for the day, go and take a picnic.
- Maura: Yeah. I think that's pretty popular with a lot of people. On the weekend, they want to get away, even if it's just for one night, to a place that's a little bit different.
- Harp: Exactly. What about you? What do you like to do on the weekends when you're resting and relaxing?
- Maura: When the weather's nice, I really like to go on hikes. So, like we said, you're out of the city and you can still do something active. So even though it's relaxing, I guess I'm not really resting, because I'm still doing something physical.
- Harp: Yes, but something very enjoyable and you feel great after.

- Maura: Exactly. It's not stressful at all.
- Harp: You know, a thing that I'm noticing more and more people doing on the weekends when they're resting is, again, getting out of the city, or sometimes even in the city, but going to **a spa**.
- Maura: You're right. That has become more and more popular. And part of the reason I think it's become popular is because it's so relaxing. I've only done it once, but after a couple hours, you really feel like a zombie, because you're just so relaxed, and you're just wandering around going in a hot tub or going in a sauna or sitting in a comfy chair. You just **feel so zoned out**.
- Harp: Yeah, I know. You know, I've only gone once in the city. This year, in the winter, I've decided I'm for sure gonna go up north and go to **a spa**, where you have the cold baths and the hot baths and you go outside and it's supposed to be amazing.
- Maura: Yeah. Those kinds of things used to be especially popular with females, where they might also go and get some kind of massage. But, especially in the last couple years, they've gotten really popular for men and women to go to. So they're **springing up** all over the place.
- Harp: Yeah, for sure.
- Maura: So those are some of the ways that Harp and I, and also many Canadians, like to relax or spend our free time.
- Harp: Let's go on to our next topic, Maura, about the ultimate relaxation.
- Maura: Right. So we've been talking about how people relax and what we do in our free time when we're able to finally relax. Sometimes, we're so busy that even on the weekends, or after work is done during the week, you still don't really have time to relax, because there are so many things to take care of. So maybe you need a vacation in order to find some time to relax.
- Harp: Yeah. A lot of people are working more overtime or they have chores at home and they just don't have that time to rest, so they need to take some time off and take a vacation.
- Maura: Yeah. They have to book some time to get some serious **R&R**.
- Harp: Yeah, definitely.
- Maura: So this can happen, really, at any time during the year. It's pretty popular for people to take a week off and go to another country and spend some time at a resort.

- Harp: Yeah. I did that this year in February. I went down to Mexico for a week. I went to an all-inclusive resort and it was amazing.
- Maura: I think one of the things that makes all-inclusive resort vacations so popular is that everything is arranged for you, so it really is relaxing, because you don't have the stress of trying to plan out a vacation. Everything is arranged. You just buy the ticket and you go.
- Harp: Exactly. They have restaurants there, it's all included. You can go and eat whenever you want. There are usually quite a few different types of restaurants. There's beaches, there's pools, there's activities if you wanna do. Everything's there, you don't have to think about it.
- Maura: Yeah. So people take these vacations at any time throughout the year. But we also just finished one of the peak seasons for vacations in Canada and that is in the summer.
- Harp: Yeah. And if you're all regular Culips listeners, you know that Maura took quite a long vacation and went on a big road trip.
- Maura: Right. So it's the perfect time to take a vacation in Canada because the weather is nice. And we do have warm summers, but Canada is a place that gets quite cold, so when it's the summer, people like to travel. The other reason that summer vacations are popular is because the students are not in school. So if you have a family and you wanna travel with your children, this is the time when it makes sense to do that.
- Harp: Yeah, exactly. And like you said, it's warm and we have nice summers, so people want to take advantage of that and maybe go camping or maybe go visit another city in Canada, or in the US.
- Maura: You know, it's really interesting where the idea of a vacation came from. Because nowadays, we **take it for granted**, because people are always going on vacation.
- Harp: Yeah, because in Canada, and I believe in most parts of the US, most people have two weeks of vacation. Many people have more, but that's the standard. So, like you said, most people do go on vacation now, but it's a pretty new idea.
- Maura: Yeah. In the past, when people talked about vacation, a summer vacation meant for teachers and students, because those are the only people who really got a vacation at that time. But historically, vacations were for people who were wealthy and had a lot of money and could afford to take vacations. And slowly over the years, this **trickled down** to the majority of the population. So now most Canadians take a vacation at least once or twice a year.



- Harp: Yeah. And not everyone goes somewhere. Often times, they do a **staycation**, which is where they just stay at home and relax and do nothing.
- Maura: Right. Not everyone has the money to go away. So if you don't, a good alternative is to still take time off work and relax but stay at home.
- Harp: Exactly.
- Maura: And that can be the perfect place to relax, because you have all of your movies and you have your computer so you can watch TV there, you can read, you can **hang out** with friends. All of that stuff that you like to do in your free time normally, you can do it all week long.
- Harp: Exactly. Now all this talk of rest and relaxation, Maura, I need to go relax.
- Maura: I know. It really makes me think about how important it is and makes me want to take a little **nap**.
- Harp: Yeah. I need to go **chill**.
- Maura: Definitely. So, let's go over what we talked about one more time.
- Harp: All right. Well we started with talking about some different vocabulary used to talk about relaxing.
- Maura: Right. We talked about **chillin'** and **hangin' out**.
- Harp: And **takin' it easy**.
- Maura: Yeah. And we also talked about **putting your feet up** to relax.
- Harp: Exactly. And then we talked about some things that we like to do, and what a lot of people in North America like to do, to rest and relax.
- Maura: And then we talked about the ultimate way to relax, which is to not work. And that is to go on vacation, even if you stay at home. If you're relaxing, you're probably not at work. Harp, have you ever heard of someone who is relaxing at work?
- Harp: They're probably not working very hard and might lose their jobs.
- Maura: That's right.
- Harp: That's it for us today. Let's go **chill**, Maura.
- Maura: Yes.



- Harp: But always, like usual, check out our website, Culips.com. That's C-U-L-I-P-S.com.
- Maura: And if you're on Facebook, let us know how you **chill** in your country. Maybe there's a way that you relax that we don't know about and I would like to know, because if there's a new way to relax, I'd like to try it.
- Harp: Me too.
- Maura: We'll talk to you soon.
- Harp: **Take it easy.**
- Maura: Bye.

## Detailed Explanations

### To sit back

In this episode, Maura and Harp discuss all the ways that people can talk about relaxing. One expression that means to relax is **to sit back**. This expression comes from the act of sitting in a chair and leaning back so that your body relaxes.

You don't have to actually **sit back** in a chair to use this expression. It's just a way to talk about relaxing. You can sit on the floor, or lie down on a couch, or even hang out on your porch. If you are relaxing, you can say that you are **sitting back** and relaxing.

Here is an example with the expression **to sit back**:

Devin: I feel like I've been doing these dishes for hours.

Tracy: You made us dinner and now you're doing the dishes too? You just **sit back** and relax. I'll finish them.

Devin: Thanks Tracy. I'm going to go hang out with the dog in the backyard, then.

### To snap out of it

**To snap out of it** means to pay attention. This expression is usually used when someone is daydreaming or not paying attention because they are thinking about something else, so you tell them **to snap out of their daydream**. **Snapping out of it** means to separate yourself from a thought and concentrate on whatever it is you are supposed to be paying attention to.

If you think about something snapping, it makes a sudden noise that gets your attention. It is the same with **snapping out of something**—this expression is supposed to get your attention.

In this episode, we hear Harp tell Maura **to snap out of it** when Maura talks about wanting to sit back in her chair every time she hears the word *relax*. Harp tells Maura **to snap out of it** so that Maura will stop thinking about relaxing and turn her attention to the work she is supposed to be doing.

### To chill

Another expression that means to relax is **to chill**. This expression comes from the act of cooling down when you get hot. You could be actually hot from exercising, or just figuratively hot from being busy or excited about something.

There are many ways to use this expression. People sometimes say **to chill out**, or that they are **chillin'**. As Maura explains in this episode, expressions that mean to relax are often shortened. **Chillin'** is short for **chilling**. It is almost as if the person saying the word is relaxing by shortening it to make it easier.

Here is an example with the expression **to chill**:

Bob: So what are you up to tonight?

Jane: Probably just **chillin'**. I had such a busy day.

Bob: Yeah. I'd like **to chill** tonight too, but I have too many chores to do.

### To hang out

Another expression that means to relax is **to hang out**. This expression comes from the act of hanging your body, or letting your body hang loosely and naturally, instead of doing things that strain your body, like walking, exercising, or doing chores.

This expression can be used to mean more than just relaxing by yourself at home. You can also **hang out** with your friends. Basically, **hanging out** just means not doing anything in particular. It means you have no special plans or goals, you are just **hanging out**.

Here is an example with the expression **to hang out**:

Kevin: What are you doing tonight?

Sarah: I was just gonna **hang out** in my room and listen to music or read. Why?

Kevin: I was going to ask Tina and Alex if they want **to hang out** at my place, do you want to join us?

Sarah: Sure, if you guys are just **hangin' out**. I'm pretty tired, so I'm not up for doing anything special.

### To take it easy

**To take it easy** means to keep things simple and uncomplicated, so that you can be comfortable and carefree. When someone tells you **to take it easy**, they are wishing you a relaxed and stress-free time.

This expression is often used instead of saying goodbye to people. You might hear people say **take it easy** before they leave somewhere. What they mean is that they hope that the people they are leaving have a cheerful time that is free of worry.

In this episode, Harp talks about how some people say they are **takin' it easy** when they are relaxing. Like in the expressions *chillin'* and *hangin' out*, the *g* is commonly taken off words that mean relaxing, almost as if the words themselves are relaxing!

Here is an example with the expression **to take it easy**:

Ben: Are you going to go skiing tonight?

Susan: No, I'm going **to take it easy** tonight, I think. I'm so tired from skiing last night.

Ben: Yeah. I can't believe you made it into work today!

Susan: I know. Well, have a good time tonight. **Take it easy!**

To put your feet up

**To put your feet up** means to relax. This expression comes from the idea of putting your feet on a couch or a footstool so that they are no longer on the ground. You are no longer standing or walking around; you're just sitting back and relaxing.

Here is an example using the expression **to put your feet up**:

Tania: I've been standing all day. I really just want to go home and **put my feet up**.

Bob: I know what you mean. **Putting your feet up** feels so good after standing on them all day.

R&R

**R&R** is an abbreviation that stands for *rest and relaxation*. This expression is often pronounced very quickly, so that it sounds like a word, sort of like *ar-and-ar*.

This is a common and short way of talking about relaxing. **R&R** is actually an old military term meaning *rest and recuperation*, and was used when a soldier needed some free time to relax or to heal from being wounded. But these days, **R&R** is generally understood to mean *rest and relaxation*.

Here is an example using the expression **R&R**:

Ted: Have you finished your exams yet?

Barb: Not yet. Tomorrow is my last one. These have been the hardest exams I've ever written. I'm so glad I have some time off after this.

Ted: Yeah, for sure. You definitely need some **R&R**. You've worked really hard.

To be a fan of something

When someone says **they are a fan of something**, it means that they really like it. **A fan** is an admirer or supporter of someone or something. Usually, this word is used when referring to people who like certain musicians. For example, if you like a certain band, you could call yourself **a fan of that band**.

The word **fan** comes from the word *fanatic*, but usually the entire word *fanatic* is only used for really extreme supporters of things. The word *fanatic* is often used negatively. For example, if someone really likes a band and goes to their concerts, you can call them **a fan**. But, if that person starts trying to contact the band and tries to follow them into their house, you could call them a fanatic. Fanatics become a little too enthusiastic about things. It is almost like the word *fanatic* was shortened to **fan** because **a fan** is sort of like a fanatic but not to such a great extent, so the word **fan** is like a shortened or smaller *fanatic*.

The word **fan** is often used these days to refer to more than just things that you are a follower or supporter of. It can also simply mean that you enjoy something or like something. In this episode, Maura tells Harp that **she is a fan of watching television** at the end of a busy day. What Maura means is that she really enjoys watching television after work.

### To veg out

**To veg out** means to relax. The word **veg** comes from the word vegetate, which means to lie or sit still for a long time. The word *vegetate* is related to the word *vegetable*.

Vegetables start as seeds and stay in the ground for a very long time before they become vegetables, so **to veg out** means to be as still or inactive as one of those seeds.

In this episode, Maura and Harp talk about how nice it is **to veg out** in front of the TV after a busy day at work.

Here is an example with the phrase **to veg out**:

Kate: What's on television tonight?

Deb: I dunno. I was going to go out to a basketball game.

Kate: OK, but I just wanna **veg out**. You go ahead and I'll rent a movie to watch.

### To be in the middle of something

**To be in the middle of something** means to be in the process of doing something. For example, if you are on page 100 of a 200-page book, you are **in the middle of** reading the book. If you are directly in the center of a park, you are **in the middle of** the park.

But this expression doesn't have to be used this precisely. It can also be used to mean that you are fully surrounded by something.

In this episode, Harp talks to Maura about how lucky they are to be in Montreal because even though it is a city, there are places you can go that feel like you are **in the middle of** nature. In other words, you feel like you are surrounded by nature.

### A spa

**Spas** are places where people go to get massages, to use hot tubs, and sometimes even to get facials or their nails done. **A spa** is a place that is just for relaxing. There are lots of **spas** in cities because people need to relax when they are surrounded by all that busyness.

The term **spa** actually comes from a town in Belgium named Spa, which is known for its water and fountains. Many **spas** use water as therapy and for relaxation, and the original **spas** were named after this city because they used water in the form of baths and fountains to relax people and cure people of illnesses.

To feel zoned out

**To feel zoned out** means to feel sort of sleepy or unable to think clearly. This expression can be used to describe when you are daydreaming or when you are unable to concentrate. It can also be used as an expression to talk about relaxing because when you relax, sometimes **you zone out** and you don't think about too much, so that you can let your brain relax too.

Here is an example with the expression **to feel zoned out**:

John: Are you listening to this? This news broadcast is really interesting.

Tami: Sorry, I just totally **zoned out**. I didn't hear any of it!

John: Oh, wow. You've been **feeling zoned out** a lot today. Maybe you should go take a nap.

To spring up

**To spring up** means to appear suddenly or quickly. This expression is related to the word *spring*, as in the season that comes after summer. Spring is when plants sprout and appear very quickly and suddenly, and it is said that they **spring up**.

In this episode, Maura and Harp talk about how spas are getting really popular, and Maura says that they are **springing up** all over the place. What Maura means is that spas are becoming really popular and they are opening up very quickly all over, just like plants do in the spring.

Here is another example of the expression **to spring up**:

George: Have you seen the movie *The Hunger Games*?

Tina: No, but I've read the books. I'm actually taking archery lessons now. It just seemed so neat in the book.

George: Yeah, that's becoming very popular now that the movie is out. There are archery classes and ranges **springing up** all over the place.

To take something for granted

**To take something for granted** is an expression that describes when someone doesn't appreciate something properly, usually because they are so used to it that it seems common.

In this episode, Maura and Harp say that people **take vacations for granted** now, because they are not aware or they do not remember that the general population used to not be able to afford vacations.

There are a lot of things that we **take for granted** because we are so used to them. For example, when was the last time that you really appreciated the hot water that you can have at any time just by turning a tap? This is something we use daily, but we usually don't really think about the fact that a lot of the world still does not have running water. We should try to appreciate things like this and not **take them for granted**!

Here is an example with the expression **to take something for granted** used in a conversation:

Dean: I had to go to the hospital this weekend.

Rory: Really? Why?

Dean: I got food poisoning! I had to wait to see a doctor. It was so bad.

Rory: I bet. But at least you live really close to the hospital.

Dean: That's true. I shouldn't **take that for granted**. It's so close that I just walked over.

### To trickle down

When we say that something **trickles down**, it means that something at the top eventually benefits whatever is at the bottom. Often, this expression is used to explain how something that benefits rich people could eventually benefit people who are not as rich.

**To trickle down** is an expression that usually refers to something about money or about consumer goods. For example, if there were an apartment building that only rich people could afford, the amount they spend on the apartments could be so much that it makes other apartments less expensive. That would be a **trickle-down** effect.

In this episode, Maura and Harp talk about how expensive vacations used to be, and how over time, this **trickled down** to the rest of the population, so that many more people are now able to afford vacations.

### A staycation

The word **staycation** is a pun on the word *vacation*. It is an expression that means that you take your vacation at home. In other words, you stay at home for your vacation.

The word **staycation** is a pretty new word in the English language. It's a portmanteau, which means it is a mixture of two existing words—*stay* and *vacation*. Another word that is a portmanteau is the word *blog*, which is a mixture of the words *web* and *log*. Sometimes, people call celebrity couples by names that are portmanteaus. Brad Pitt and Angelina Jolie are commonly called Brangelina. Portmanteaus are pretty common in the English language.



Here is an example with the word **staycation**:

Tom: So you have two weeks off work, right? What are you going to do?

Jill: Well, there's so much to do here. I might just stay in the neighbourhood.

Tom: Ah, **a staycation**. Those are always nice.

Jill: Yeah. It's nice to just hang out at home without having to get up to go to work every day!

### A nap

**A nap** is a short sleep that you take during the day. **A nap** usually lasts for an hour or so, but some people can take very short **naps**, and some people take very long **naps**. Babies and older people need daily **naps**, whereas adults may only need one when they are tired during the day.

Some people **nap** after work, and others **nap** after they exercise. Some people **nap** just because it feels very nice **to nap**. Sometimes a short **nap** during the day is called a power **nap** or a cat **nap**.

The word **nap** comes from the very old word *hnappian*, which is of German origin and means to sleep. In this episode, Maura says she needs a little **nap** after this episode because of all the talk about relaxation. Maura doesn't sound tired, but she wants **a nap** because **napping** can be a very good way to relax.

## Quiz

**1. What does it mean to snap out of something?**

- a) to break a chair while sitting in it
- b) to stop daydreaming and pay attention
- c) to leave a class or leave work to go take a nap
- d) to fall asleep during school

**2. Which of the following is NOT a way to say that you are relaxing?**

- a) I'm chillin'.
- b) I'm hangin' out.
- c) I'm getting some R&R.
- d) I'm exhausting.

**3. What does the abbreviation *R&R* stand for?**

- a) rest and relaxation
- b) restoration and release
- c) revealing and renovating
- d) rocking and rolling

**4. If you are a fan of something, what are you?**

- a) an employee
- b) a protestor
- c) an admirer
- d) a teacher

**5. What does *vegging out* mean?**

- a) Eating a square meal
- b) Declining an offer to go out
- c) Hanging out and relaxing
- d) Going for a run

**6. What is a spa?**

- a) a place people can go to and get a massage
- b) a place people can go to study
- c) a quiet place in your house

d) a school that teaches you how to relax

**7. What is a nap?**

- a) a place where they have public baths
- b) a place you can get a manicure or pedicure
- c) a short sleep during the daytime
- d) a place to rest your feet

**Answers:**

1.b    2.d    3.a    4.c    5.c    6.a    7.c