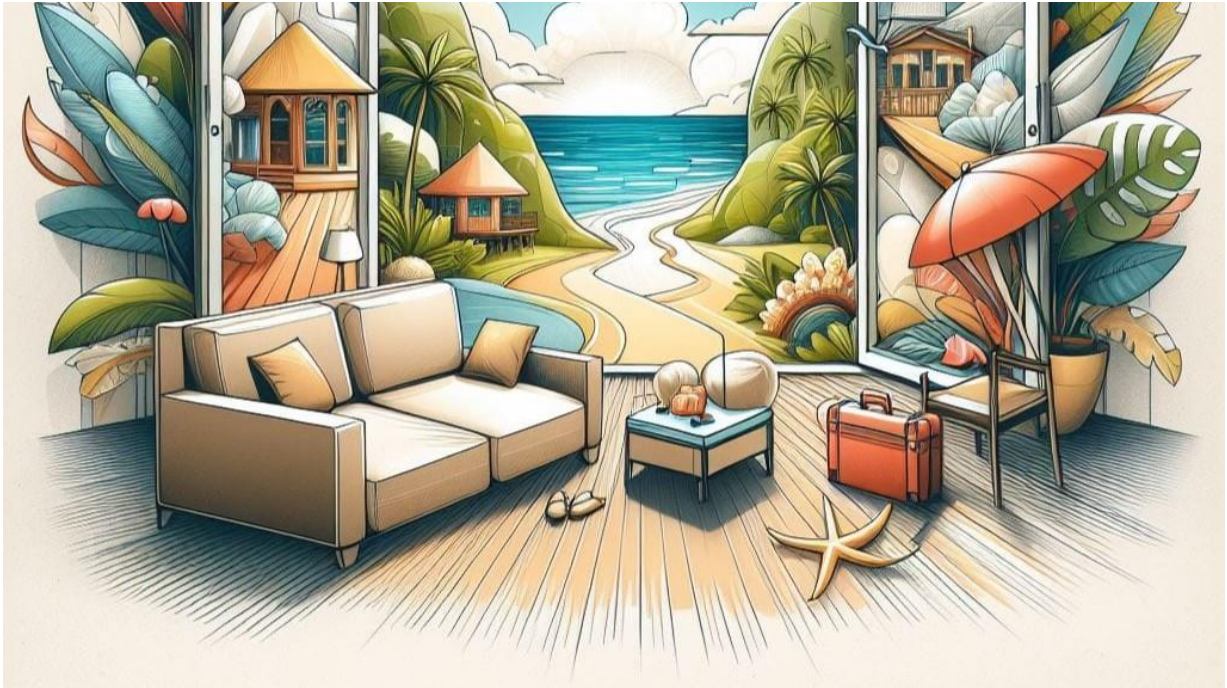


Staycation: Vacation at Home



Exploring the joys of a 'staycation', closer to home, often uncovers hidden gems in one's own backyard. Many people find that the local area offers parks and gardens waiting to be rediscovered. These tranquil spots are perfect for picnics, leisurely walks, or simply watching the world go by. Engaging in outdoor activities has the added benefit of fresh air and exercise, without the stress of travel.

At home, the possibilities are just as plentiful and rewarding. Taking up a new hobby, such as painting or gardening, can foster creativity and improve one's mood. It provides a welcome break from daily routines and an opportunity for personal growth. For those inclined towards culinary adventures, experimenting with new recipes is a delightful way to spend an afternoon. Transforming fresh, local ingredients into delicious meals can be both relaxing and exciting. It's a time to play with flavors while listening to your favorite tunes or a captivating podcast.

Entertainment at home can be both simple and enjoyable. A family may host a movie night with a themed selection of films and homemade popcorn. Games, puzzles, and even DIY projects bring everyone together, encouraging teamwork and a sense of achievement. These activities create cherished memories and a stronger family bond.

Staying indoors also gives many the chance to catch up on reading. Whether it's fiction, non-fiction, or the latest magazines, reading is a window to the world. It allows us to travel through words, escaping to other places and times. Moreover, organizing book clubs with friends or neighbors can add a social element. Discussions around books offer diverse perspectives and deepen connections with others.

Finally, the comfort of home is an excellent setting for self-care. Pamper days, where one can indulge in long baths, face masks, and meditation, revitalizes both mind and body. It's a time to unwind, reflect, and put one's well-being at the forefront. A home yoga session or workout can

also boost energy levels and contribute to overall health. A staycation provides the luxury of time, often leading to a richer and more fulfilling home life.

CEFR Level Card

General Level: B2.2

Vocabulary: B2.6

Verb Forms: A1.6

Sentences: B1.3

Vocabulary

captivating ADJ C1 x1

Definition (En):

v attract; cause to be enamored

s capturing interest as if by a spell

culinary ADJ C2 x1

Definition (En):

a. of or relating to or used in cooking

forefront NOUN C2 x1

Definition (En):

n. the part in the front or nearest the viewer

foster VERB C1 x1

Definition (En):

n. United States songwriter whose songs embody the sentiment of the South before the American Civil War (1826-1864)

v. promote the growth of

v. bring up under fosterage; of children

v. help develop, help grow

incline VERB C2 x1

Definition (En):

v. bend or turn (one's ear) towards a speaker in order to listen well

v. lower or bend (the head or upper body), as in a nod or bow

v. feel favorably disposed or willing

indulge VERB C1 x1

Definition (En):

v. give free rein to

v. enjoy to excess

leisurely ADJ C2 x1

Definition (En):

s not hurried or forced

r in an unhurried way or at one's convenience

plentiful ADJ C2 x1

Definition (En):

s. existing in great number or quantity

revitalize VERB C2 x1

Definition (En):

v. give new life or vigor to

tranquil ADJ C1 x1

Definition (En):

s (of a body of water) free from disturbance by heavy waves

s not agitated; without losing self-possession

unwind VERB C1 x1

Definition (En):

v. reverse the winding or twisting of

v. separate the tangles of

Phrases

PHRASE	COUNT	SENTENCES
at the forefront	1	<ul style="list-style-type: none"> It's a time to unwind, reflect, and put one's well-being at the forefront.
catch up on (something)	1	<ul style="list-style-type: none"> Staying indoors also gives many the chance to catch up on reading.

close to home	1	<ul style="list-style-type: none"> Exploring the joys of a 'staycation', closer to home, often uncovers hidden gems in one's own backyard.
contribute to (something)	1	<ul style="list-style-type: none"> A home yoga session or workout can also boost energy levels and contribute to overall health.
engage in	1	<ul style="list-style-type: none"> Engaging in outdoor activities has the added benefit of fresh air and exercise, without the stress of travel.
experiment with (something)	1	<ul style="list-style-type: none"> For those inclined towards culinary adventures, experimenting with new recipes is a delightful way to spend an afternoon.
hidden gem	1	<ul style="list-style-type: none"> Exploring the joys of a 'staycation', closer to home, often uncovers hidden gems in one's own backyard.
in one's own backyard	1	<ul style="list-style-type: none"> Exploring the joys of a 'staycation', closer to home, often uncovers hidden gems in one's own backyard.
indulge in (something)	1	<ul style="list-style-type: none"> Pamper days, where one can indulge in long baths, face masks, and meditation, revitalizes both mind and body.
lead to	1	<ul style="list-style-type: none"> A staycation provides the luxury of time, often leading to a richer and more fulfilling home life.
watch the world go by	1	<ul style="list-style-type: none"> These tranquil spots are perfect for picnics, leisurely walks, or simply watching the world go by.

Reading Comprehension Exercises

True / False / Not Given

1. Local parks and gardens remain largely unexplored by residents.
2. Staycations can assist in learning new things like drawing or garden care.
3. Preparing new dishes is a suggested activity for enjoying an afternoon indoors.
4. Engaging in outdoor activities away from home may lead to a stressful experience.
5. Exercising at home can enhance a person's energy level and contribute to healthier living.
6. It's recommended to cook with imported ingredients to make meals more exciting.
7. Family bonds are weakened by participating in stay-at-home activities.
8. Book discussions with friends or neighbors offer insight into varying viewpoints.
9. The comfort of one's living space is not considered an ideal place for staycations.
10. Staycations involve traveling to destinations that are far away from one's usual environment.

Multiple Choice

- 1) What is a significant benefit of engaging in outdoor activities during a 'staycation'?
 - a) Improving cooking skills
 - b) Traveling to far places
 - c) Getting fresh air and exercise
 - d) Watching TV shows
- 2) Why might someone choose to experiment with new recipes at home?
 - a) Because it requires complicated tools
 - b) To spend a lot of money
 - c) To create a stressful environment
 - d) As a delightful way to spend an afternoon
- 3) What can be achieved by participating in DIY projects at home?
 - a) Decreasing family bonds
 - b) Encouraging teamwork and a sense of achievement
 - c) Making the family drift apart
 - d) Ignoring personal hobbies
- 4) How does reading during a staycation benefit the reader?
 - a) Limits their imagination
 - b) Allows for time travel
 - c) Offers a window to the world
 - d) Restricts their knowledge to one place
- 5) What is a possible outcome of taking up a new hobby during a staycation?
 - a) Reduced creativity
 - b) An opportunity for personal growth
 - c) A disruption in daily routines
 - d) Less time for one's self
- 6) Why are 'staycations' seen as providing a luxury?
 - a) They limit new experiences
 - b) They offer the luxury of time
 - c) They always require a large budget
 - d) They prevent relaxation
- 7) What activity is suggested for revitalizing mind and body?
 - a) Competitive sports
 - b) Prolonged work sessions
 - c) Self-care routines
 - d) Skipping meals
- 8) How does a family movie night contribute to home life?
 - a) By isolating family members
 - b) Encouraging independent activities
 - c) Creating cherished memories and a stronger family bond
 - d) Reducing time spent together

- 9) What might hosting book clubs at home lead to?
- a) Diverse culinary experiences
 - b) Diminished social connections
 - c) Diverse perspectives and deeper connections with others
 - d) Less personal reading time
- 10) Why might someone value a 'staycation' for their well-being?
- a) It demands extensive traveling
 - b) It allows for uninterrupted work
 - c) It causes daily stress
 - d) It's a time to unwind and reflect

Short Answer

1. What can a staycation help people in their local area to discover?
2. What kind of outdoor activities can people enjoy during a staycation?
3. Why might someone prefer a staycation over traveling?
4. How can pursuing a new hobby at home benefit an individual?
5. What might one gain by experimenting with new recipes at home?
6. How can movie nights at home contribute to the family experience?
7. Why is reading described as a window to the world?
8. What social benefit can come from organizing book clubs at home?
9. What activities are recommended for self-care during a staycation?
10. What advantages does a staycation offer in terms of time?

Multiple Choice Cloze

Exploring the joys of a 'staycation', closer to home, often uncovers hidden gems in one's own backyard. Many people find that the local area offers parks and gardens waiting to be ___1___. These tranquil spots are perfect for picnics, leisurely walks, or simply watching the world go by. Engaging in outdoor activities has the added ___2___ of fresh air and exercise, without the stress of travel.

At home, the possibilities are just as plentiful and ___3___. Taking up a new hobby, such as painting or gardening, can foster creativity and improve one's mood. It provides a welcome break from daily ___4___ and an opportunity for personal growth. For those inclined towards culinary adventures, experimenting with new recipes is a delightful way to spend an afternoon. Transforming fresh, local ingredients into delicious meals can be both relaxing and ___5___. It's a time to play with flavors while listening to your favorite tunes or a captivating podcast.

Entertainment at home can be both simple and ___6___. A family may host a movie night with a themed selection of films and homemade popcorn. Games, puzzles, and even DIY projects bring everyone together, encouraging teamwork and a sense of ___7___. These activities create cherished memories and a stronger family bond.

Staying indoors also gives many the chance to catch up on ___8___. Whether it's fiction, non-fiction, or the latest magazines, reading is a window to the world. It allows us to travel through words, escaping to other places and times. Moreover, organizing book clubs with friends or neighbors can add a social ___9___. Discussions around books offer diverse perspectives and deepen connections with others.

Finally, the comfort of home is an excellent setting for ___10___. Pamper days, where one can indulge in long baths, face masks, and meditation, revitalizes both mind and body. It's a time to unwind, reflect, and put one's well-being at the forefront. A home yoga session or workout can also boost energy levels and contribute to overall health. A staycation provides the luxury of time, often leading to a richer and more fulfilling home life.

1) A. rediscovered B. ignored C. constructed D. diminished

2) A. example B. benefit C. detriment D. issue

3) A. rewarding B. disappointing C. sparse D. harmful

4) A. constraints B. adventures C. routines D. distractions

5) A. exasperating B. exciting C. frustrating D. dull

6) A. expensive B. enjoyable C. complicated D. intense

7) A. achievement B. anxiety C. conflict D. isolation

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- 8) A. movies B. television C. posts D. reading
- 9) A. delight B. obstacle C. element D. trouble
- 10) A. self-care B. discomfort C. stress D. chaos

Exercise Answers

True / False / Not Given Answers

1. True

Explanation: The text implies that local parks and gardens are waiting to be rediscovered, meaning they are not fully explored yet.

("Many people find that the local area offers parks and gardens waiting to be rediscovered.")

2. True

Explanation: The text suggests that painting or gardening, as new hobbies, can be taken up during staycations.

("Taking up a new hobby, such as painting or gardening, can foster creativity and improve one's mood.")

3. True

Explanation: Cooking new recipes is directly mentioned as a recommended activity for an afternoon spent at home.

("For those inclined towards culinary adventures, experimenting with new recipes is a delightful way to spend an afternoon.")

4. False

Explanation: The text states that outdoor activities have benefits without the stress of travel, which implies it is not stressful.

("Engaging in outdoor activities has the added benefit of fresh air and exercise, without the stress of travel.")

5. True

Explanation: The text directly mentions that home workouts can boost energy levels and are beneficial to health.

("A home yoga session or workout can also boost energy levels and contribute to overall health.")

6. False

Explanation: The text encourages the use of fresh, local ingredients, not imported ones, for cooking.

("Transforming fresh, local ingredients into delicious meals can be both relaxing and exciting.")

7. False

Explanation: The text states that activities such as games and puzzles create a stronger family bond, therefore it's the opposite.

("These activities create cherished memories and a stronger family bond.")

8. True

Explanation: The text mentions that discussing books provides diverse perspectives, meaning different viewpoints.

("Discussions around books offer diverse perspectives and deepen connections with others.")

9. False

Explanation: The text states that home is an excellent setting for self-care, implying that it is ideal for staycations.

("Finally, the comfort of home is an excellent setting for self-care.")

10. Not Given

Explanation: The text does not provide information about staycations involving travel to faraway places; staycations are about staying closer to home.

("N/A")

Multiple Choice Answers

1. C

Explanation: The text explicitly states that outdoor activities offer the benefit of fresh air and exercise, as opposed to the other options which are not supported by the text.

("These tranquil spots are perfect for picnics, leisurely walks, or simply watching the world go by. Engaging in outdoor activities has the added benefit of fresh air and exercise, without the stress of travel.")

2. D

Explanation: The text directly mentions that experimenting with new recipes is a delightful way to spend an afternoon, making the other choices clearly incorrect according to the context.

("For those inclined towards culinary adventures, experimenting with new recipes is a delightful way to spend an afternoon.")

3. B

Explanation: DIY projects are said to encourage teamwork and a sense of achievement, as per the text. The other options do not align with the information given.

("Games, puzzles, and even DIY projects bring everyone together, encouraging teamwork and a sense of achievement.")

4. C

Explanation: The text compares reading to a 'window to the world', suggesting it takes readers to new places and times through words. The incorrect options either distort the text's message or are contradictory.

("Reading is a window to the world. It allows us to travel through words, escaping to other places and times.")

5. B

Explanation: The text suggests that new hobbies can lead to personal growth. The other choices do not reflect the message conveyed.

("Taking up a new hobby, such as painting or gardening, can foster creativity and improve one's mood. It provides a welcome break from daily routines and an opportunity for personal growth.")

6. B

Explanation: The luxury mentioned in the text is the 'luxury of time'. Contrary to the other options, it is presented in a positive light, aligning with the concept of a fulfilling home life.

("A staycation provides the luxury of time, often leading to a richer and more fulfilling home life.")

7. C

Explanation: According to the text, self-care routines such as long baths, face masks, and meditation help in revitalizing the mind and body. The other options do not match the text's suggestions.

("Pamper days, where one can indulge in long baths, face masks, and meditation, revitalizes both mind and body.")

8. C

Explanation: The text indicates that a family movie night contributes to stronger family bonds and cherished memories, rather than isolation or reducing time together.

("These activities create cherished memories and a stronger family bond.")

9. C

Explanation: The text refers to book clubs as a way to gain diverse perspectives and deepen connections, unlike the other options which do not correspond to the benefits discussed.

("Moreover, organizing book clubs with friends or neighbors can add a social element. Discussions around books offer diverse perspectives and deepen connections with others.")

10. D

Explanation: The text describes a 'staycation' as a time to focus on well-being by unwinding and reflecting. The other options contradict the positive aspects of 'staycations' provided in the text.

("It's a time to unwind, reflect, and put one's well-being at the forefront.")

Short Answer Answers

1. Hidden gems.

Explanation: The text suggests that a staycation allows people to uncover hidden gems in their own backyard, implying local attractions that they might not have noticed before.

("closer to home, often uncovers hidden gems")

2. Picnics, leisurely walks, watching the world go by.

Explanation: The text states that local parks and gardens are suitable for these activities.

("These tranquil spots are perfect for picnics, leisurely walks, or simply watching the world go by.")

3. No stress of travel, fresh air, and exercise.

Explanation: Engaging in outdoor activities during a staycation provides fresh air and exercise without travel stress.

("without the stress of travel.")

4. Foster creativity, improve mood, personal growth.

Explanation: The text highlights these benefits to emphasize the value of starting a new hobby during a staycation.

("Taking up a new hobby can foster creativity and improve one's mood.")

5. Relaxation, excitement, creativity.

Explanation: The text suggests that cooking can be a relaxing and exciting creative outlet.

("experimenting with new recipes is a delightful way to spend an afternoon.")

6. Create cherished memories, stronger family bond.

Explanation: According to the text, family movie nights and other shared activities foster closer relationships.

("These activities create cherished memories and a stronger family bond.")

7. Allows travel through words to different places and times.

Explanation: The text explains that through reading, one can experience different places and times, metaphorically traveling through literature.

("reading is a window to the world.")

8. Diverse perspectives, deepened connections with others.

Explanation: Engaging in book clubs leads to shared insights and stronger social bonds, as indicated in the text.

("Discussions around books offer diverse perspectives and deepen connections with others.")

9. Long baths, face masks, meditation, yoga, workout.

Explanation: The text lists these activities as ways to focus on self-care and well-being.

("Pamper days, where one can indulge in long baths, face masks, and meditation, revitalizes both mind and body.")

10. Provides the luxury of time for a richer and more fulfilling home life.

Explanation: A key point of the text is that a staycation affords one the time to enjoy and enrich their home life.

("A staycation provides the luxury of time, often leading to a richer and more fulfilling home life.")

Multiple Choice Cloze Answers

1. A

Explanation: 'rediscovered' is the correct answer as it refers to finding something valuable that was forgotten or not appreciated.

2. B

Explanation: 'benefit' is correct; it refers to an advantage or positive outcome from an activity.

3. A

Explanation: 'rewarding' is the correct answer, meaning something is worth the effort.

4. C

Explanation: 'routines' is the correct answer; it refers to regular actions or practices.

5. B

Explanation: 'exciting' is correct, indicating something that stimulates excitement.

6. B

Explanation: 'enjoyable' means pleasant or enjoyable experiences.

7. A

Explanation: 'achievement' refers to the successful reaching of a goal, which fits the context.

8. D

Explanation: 'reading' is the correct word as the text talks about catching up on it.

9. C

Explanation: 'element' fits the context of adding something to a situation.

10. A

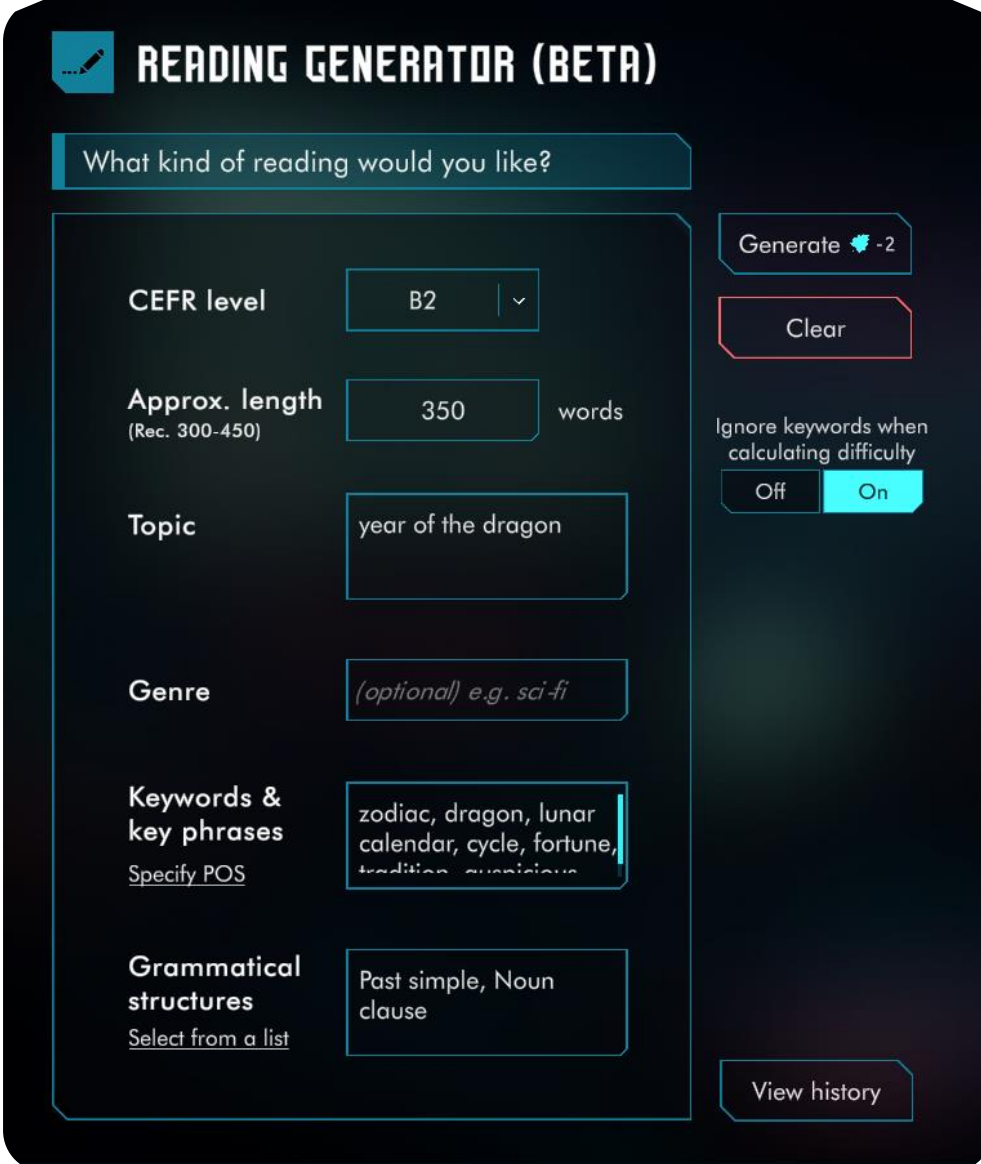
Explanation: 'self-care' is correct as it refers to activities to take care of one's health and well-being.

How to create your own reading lesson?

It's as simple as providing Cathoven with:

- the reading level
- the length of the reading
- the topic
- the vocabulary to study

And you're done. It will be automatically generated.



READING GENERATOR (BETA)

What kind of reading would you like?

CEFR level B2


Approx. length 350 words
(Rec. 300-450)

Topic year of the dragon

Genre *(optional) e.g. sci-fi*

Keywords & key phrases zodiac, dragon, lunar calendar, cycle, fortune, tradition, suspicious
Specify POS

Grammatical structures Past simple, Noun clause
Select from a list

Generate  -2

Clear

Ignore keywords when calculating difficulty
Off On

View history