

A2-B1 Worksheet: Seoul's Power Nap Contest - 06 May 2026

Article

On Saturday, hundreds of people in Seoul went to a park by the Han River for a very unusual contest. They did not run or sing. They lay on mats and tried to sleep. The city made the event to show that many people do not get enough rest.

South Korea is a busy country. Many people work long hours, study hard and use their phones late at night. Because of this, some people feel tired every day. At the contest, people wore fun sleep clothes and tried to relax in public. Judges checked their heart rate to see who became calmer.

The event was funny, but the message was serious. Sleep is not lazy. It is important for health, work and study. Many people need more time to switch off and sleep well.

True/False

Decide if each statement is True (T) or False (F).

1. The contest happened in Seoul.
2. People went to the park to run a race.
3. The event showed that many people do not get enough rest.
4. The article says South Korea is a quiet country with short work hours.
5. Some people feel tired because they work, study and use phones late at night.
6. Judges checked heart rate during the contest.
7. The article says sleep is lazy and not useful.
8. The message of the event was serious.

Synonym Match

Match the words (1-10) to the correct synonyms (A-J).

Words (1-10)	Synonyms (A-J)
1. unusual	A. rest
2. contest	B. amusing
3. rest	C. competition
4. many	D. sufficient
5. tired	E. more relaxed
6. relax	F. strange
7. enough	G. sleepy
8. calmer	H. important
9. funny	I. lots of
10. serious	J. break

Use the new language

Please choose 5 words from the Synonym Match and make your own sentence using each word.

1. _____
2. _____
3. _____
4. _____
5. _____

Discussion Questions

Student A

1. How many hours do you usually sleep?
2. Do you feel tired during the day? Why?
3. Would you join a sleeping contest in a park?
4. Is it easy for you to sleep well?
5. What helps you relax after work or study?
6. Do people in your country work too much?
7. Should schools or companies give people more rest time?
8. Is sleep more important than exercise? Why?

Student B

1. Why do many people sleep too little?
2. Do phones make sleep worse? Why?
3. Is it good to sleep in the afternoon?
4. Should tired people be proud or worried?
5. What happens when people do not get enough sleep?
6. How can a city help people rest more?
7. Do you think public events can teach people about health?
8. What is one change you could make to sleep better?

Answer Key

True/False: 1=T, 2=F, 3=T, 4=F, 5=T, 6=T, 7=F, 8=T

Synonym Match: 1=F, 2=C, 3=J, 4=I, 5=G, 6=A, 7=D, 8=E, 9=B, 10=H

Example sentences with the words

1. The unusual contest made many people laugh.
2. A spelling contest can be fun for students.
3. I need more rest after a long week.
4. Many people use phones late at night.
5. I feel tired when I sleep badly.
6. Music helps me relax after work.
7. I have enough time to sleep tonight.
8. She felt calmer after ten minutes of quiet rest.
9. The funny event had a serious message.
10. Sleep is a serious health issue.