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# One Thing at a Time: How to Have a Slow Weekend

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6 Intermediate

## Exercise 1

### Vocabulary

Repeat each word, definition, and example sentence after your tutor.

**calm**

Noun

**/kɑ:m/** a state of relaxed and free from strong emotions

I took a few deep breaths to regain my **calm** before the interview.

**avoid**

Verb

**/ə'vɔɪd/**

to stay away from or stop oneself from doing something; to stop something from happening

I'm trying to **avoid** fatty foods because I just started a new diet.

**multitasking**

Noun

**/ˌmʌlti'tæskiŋ/**

the act of doing many different tasks at the same time

I've become an expert in **multitasking** since I became a mother.

advise

Verb

/æd'vaɪz/

to recommend or offer suggestions about what should be done in a particular situation

Susan's doctor **advised** her to take a daily 30-minute walk at a moderate pace.

nap

Noun

/næp/ a short sleep, typically during the day

I always take a short **nap** when I get home from work.

reflect

Verb

/rɪ'flekt/ to think deeply about something

Take some time to **reflect** before you decide.

## Exercise 2

### Article

Read the article aloud on your own or repeat each paragraph after your tutor.

## One Thing at a Time: How to Have a Slow Weekend

Do you wake up at the start of the week and ask yourself, "Is it Monday already?"

If so, you might need a "slow weekend"!

Sometimes we feel like we have to spend our days off tidying the house, seeing friends and family, and doing everything we couldn't do during the week.

But when you fill your days off with things like this, it might feel like you didn't get a weekend at all!

That's why some people try to have "slow weekends" — days when they focus on resting and doing less.

So how do you do it?

Adam Kelton from *VegOut* magazine says it's important to start the weekend in the right way. Don't plan anything on Saturday morning, and "start from a place of calm," he says.

After that, try to avoid multitasking, advises *Women on Top* magazine. Instead, try "single-tasking." In other words, do one thing at a time.

If you want to cook a meal, just cook the meal — don't cook while talking on the phone or folding clothes.

That also means if you're going to watch a movie, put your phone away. Or if you're using your Kindle, turn off the TV. This should all make your time "feel slower and richer," the magazine says.

Of course, you don't have to spend all weekend inside — getting out in the fresh air is really good for your mental health.

Kelton suggests taking a walk without a planned route. Just leave the house and walk!

And if you get tired later on, don't feel bad about taking a nap in the middle of the afternoon.

And whatever you do, spend Sunday evening reflecting on the things you enjoyed during the weekend, not preparing for the week ahead — Monday can wait!

### **Exercise 3**

#### **Discussion**

Have a discussion based on the following questions.

1. Do you often feel like your weekends go by too quickly?
2. When was the last time you had a slow weekend?

3. What would your perfect slow Saturday morning be like?
4. When was the last time you had a very busy weekend?
5. Do you tend to get outside most weekends?

#### Exercise 4

### Further Discussion

Have a discussion based on the following questions.

1. When do you usually get chores done on the weekend?
2. Do you tend to multitask while doing chores?
3. Do you have any hobbies that you only get to do on weekends?
4. How do you like to spend Sunday evenings?
5. *Rest is not idleness.* — John Lubbock. What are your thoughts on this quote?

### Source

This lesson is based on an article by Henry Milward.

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