



Name: _____

Class: _____ Date: _____

Taking Breaks

An activity of "Celebrities are choosing to take breaks to prevent burnout"

Successful celebrities are often admired for their talent, dedication, and passion for their work. When their careers are going so well, why would they take a break? Yet, many stars are doing it to take care of their mental health.

- A. From the story "Celebrities are choosing to take breaks to prevent burnout" (page 17, *What's Up* September 2026), look for words or phrases that are connected with "break". How many can you find? Write them in this table ↓.

Words or phrases that are connected with "break"		
<i>Step back</i>		

- B. What did each celebrity do during the break?

Celebrity	What each did during the break
Ed Sheeran	
Simone Biles	
Naomi Osaka	

- C. What would you like to do during your end-of-year school break?

- D. In your view, how do your regular school breaks help you?
