

| Name  |  |
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| Date_ |  |

## Beginning Question Response "Time to Relax"

**Directions:** Try to answer the question below.

| Question: How do you relax? When?   |   |
|---|---|
| <b>Example Answer:</b> I am always tired after work. When I get home, I usually make a cup of tea or coffee. I listen to music, drink my tea, and read my mail. After I do this, I feel happy and have more energy. |   |
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