

Name _____

Morning's Reluctance

Open-Ended Response Answer Key

1. Some people find it difficult to leave their beds in the morning due to the comfort and warmth of the bed, the desire to continue dreaming, or the anticipation of a busy or challenging day ahead. The reluctance can also be influenced by a lack of motivation or excitement about the day.
2. "Dreams lingering behind" implies that the dreams are still vivid in the mind, making it harder to fully transition from sleep to wakefulness. This lingering effect of dreams can create a sense of attachment to the dream world.
3. Strategies to start the day with more enthusiasm may include setting goals, practicing mindfulness or meditation, enjoying a nutritious breakfast, and engaging in morning activities that bring joy.
4. A positive morning routine can set a positive tone for the day, boost energy levels, and enhance one's overall well-being. It can include activities like exercise, reading, or spending time in nature, which can help improve mood and motivation for the day ahead.

