



Minimalism as a Lifestyle

Reading Worksheet — Level C | tahricteaches.com

Do you have too many toys, clothes, or things in your room? Many people today are learning about **minimalism**. This is a way of living with fewer things. People who live this way believe that less is more. They think a simple life is a good life.

Minimalists look at their home and choose only the things they really need. They clear away the **clutter** — old books, unused clothes, and broken toys. These things take up **space** in your home. When you remove them, your home feels bigger, cleaner, and easier to keep tidy.

Living with less can make you feel more **peaceful**. When a room is tidy, it is easy to find things. You do not feel stressed or worried. Many people say they sleep better and feel happier when their home is simple and clean.

How do you start? First, look at your things. Ask yourself: Do I use this? Do I need this? If the answer is no, you can **donate** it to someone who needs it more. You can also throw it away or give it to a charity shop.

Minimalism is not just about your home. It is also about your time. Minimalists choose activities that make them truly happy. They do not buy new things just because they look nice. They focus on what is really important — people, health, and good experiences.

A. Vocabulary

- | | |
|--------------------|--|
| 1. minimalism ____ | a. to pick one thing from different options |
| 2. simple ____ | b. something that matters a lot |
| 3. clutter ____ | c. calm and quiet; without stress or worry |
| 4. peaceful ____ | d. to use old things again or turn them into something new |
| 5. donate ____ | e. easy; not complicated or busy |
| 6. space ____ | f. too many things in a space that make it messy |
| 7. important ____ | g. to give something to others who need it |
| 8. tidy ____ | h. empty area inside a room or home |
| 9. choose ____ | i. clean and organized, with everything in its place |
| 10. recycle ____ | j. way of living with only the things you need and not much more |

B. True or False

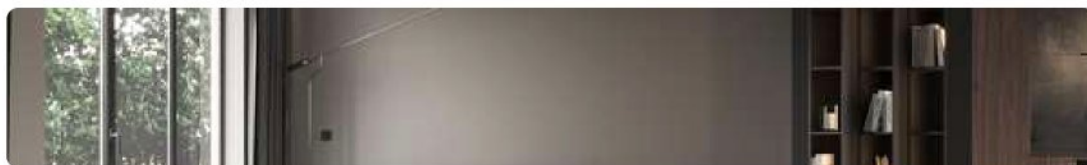
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|---|---|
| ____ 1. Minimalism means living with fewer things. | ____ 2. Minimalists try to buy as many new things as possible. |
| ____ 3. Clutter can make a room feel smaller and messy. | ____ 4. You must throw away all your things to be a minimalist. |

- ___ 5. A tidy room can help you feel less stressed.
- ___ 6. Minimalism is only about keeping your bedroom clean.
- ___ 7. You can donate things you do not use to other people.
- ___ 8. Minimalists only focus on things, not on time or activities.
- ___ 9. Living simply can help some people sleep better.
- ___ 10. Minimalists believe that more things make you happier.

C. Fill in the Blanks

Word Bank: minimalism, tidy, donate, clutter, peaceful, recycle, choose, simple

1. _____ is a way of living with only the things you really need.
2. When you clean your room and put everything away, it looks very _____.
3. If you have old clothes you do not wear, you can _____ them to a charity.
4. Too many things in a small space create _____ and make the room feel messy.
5. A clean and quiet home can make you feel calm and _____.



D. Comprehension Questions

1. What is minimalism?
2. What can you do with things you do not use or need anymore?
3. How can living with less change the way you feel?

E. Discussion Questions

1. Is there anything in your room that you do not use? What would you do with it?
2. Do you think having fewer things makes people happier? Why or why not?



Answer Key

Minimalism as a Lifestyle

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A. Vocabulary: 1-j, 2-e, 3-f, 4-c, 5-g, 6-h, 7-b, 8-i, 9-a, 10-d

B. True/False: 1-T, 2-F, 3-T, 4-F, 5-T, 6-F, 7-T, 8-F, 9-T, 10-F

C. Fill Blanks: 1-minimalism, 2-tidy, 3-donate, 4-clutter, 5-peaceful

D. Comprehension:

1. Minimalism is a way of living with fewer things and only keeping what you really need.
2. You can donate them to someone who needs them, throw them away, or give them to a charity shop.
3. Living with less can make you feel more peaceful, less stressed, and happier.

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