

A New Word You Should Know:

“chillax”

Definition: It's a slang blend of “Chill” and “Relax”

From work one evening, I called my son at home and asked what he was up to. “Nuthin’ ” was the predictable response. A week later, his friend called and asked the same question. “Chillaxing” was his reply. For kids, and increasingly for adults, the word “chillax” describes an unscheduled time to decompress. But in stressful situations, it means “let’s calm down.” It’s similar to the 1970s phrase “Mellow-out!”

Forgot Mom’s birthday again? **Chillax**, Dad. I have a gift for you to give her.

By ANDY SHEN, with input from hundreds of kids

Comments from Kids

Samuel, 10



“Sometimes, when my friends get irritating, I just like to go home, put on my best old sweats, eat grapes, and chillax with my family.” **Ashley, 10**

“The word *chillax* is needed today, because so many people are too incredibly uptight.” **Nicolas, 15**

“When people get too intense, there should be a *Chillax Squad* to rush to the rescue.” **Ben, 12**

“People who hate slang should just chillax!” **Emma, 11**



Pronunciation: \chi-'laks\
Function: It's a verb.

Is slang okay?

We say “YES, definitely.” Sure, some people dislike words that aren’t *officially in the book*. But all words were slang once, and new words are created all the time.



Stressed out? Try to “chillax to the max” in your favorite chair.

Learn more!

Visit TipsFromKids.com/2.27 for helpful links and discussion tips for adults & kids. Chillax, it won't hurt!