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Level 3 – 18th August, 2022

Why thinking makes us feel tired

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2208/220818-thinking.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Have you ever wondered why thinking too much makes you tired? A new study has found out some answers to this question. Researchers from the Paris Brain Institute looked at why mental effort makes us tired. They found that when people think a lot, the brain releases a chemical called glutamate. Too much glutamate upsets the brain's functions. It means the brain tells the body it is tired and that it must rest. People who spend more than six hours working on a task that requires a lot of thought are more likely to feel tired. A period of rest allows the brain to return to normal. This explains why a power nap is good for us. A power nap can be as short as 20 minutes, but can make us feel totally refreshed.

The research team looked at the behaviour of 40 participants in their research. Twenty-four of these had to perform challenging tasks. These included looking at a computer screen and matching different letters that appeared. The other 16 participants did a similar, but easier task. Both teams worked for six hours, and had two ten-minute breaks. The researchers scanned the brains of the participants. They found that the group who had the more difficult task had higher levels of glutamate in their brain. Study author Antonius Wiehler said: "It would be great to find out more about how glutamate levels are restored." He asked: "Is sleep helpful? How long do breaks need to be to have a positive effect?"

Sources: <https://www.nature.com/articles/d41586-022-02161-5>
<https://www.cnet.com/science/biology/scientists-explain-why-our-brains-feel-tired-after-thinking-really-hard/>
<https://edition.cnn.com/2022/08/11/health/cognitive-fatigue-study-wellness/index.html>

WARM-UPS

1. FEELING TIRED: Students walk around the class and talk to other students about feeling tired. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

wondering / tired / study / question / answers / chemical / rest / tasks / power nap / behaviour / research / challenging / computer screen / letter / breaks / author / sleep

Have a chat about the topics you liked. Change topics and partners frequently.

3. SLEEP: Students A **strongly** believe everyone should sleep for at least eight hours a day; Students B **strongly** believe this isn't necessary. Change partners again and talk about your conversations.

4. THINKING: What do you think about regarding these things? Are they happy thoughts? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

| | What You Think? | Happy? | Why? |
|--------------|-----------------|--------|------|
| Money | | | |
| English | | | |
| Love | | | |
| Next weekend | | | |
| The world | | | |
| Dinner | | | |

5. NAP: Spend one minute writing down all of the different words you associate with the word "nap". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. TIREDNESS: Rank these with your partner. Put the thinks that make you most tired thinking about at the top. Change partners often and share your rankings.

- Money
- Health
- English
- Work
- Family
- Friends
- Social media
- The World

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|--|
| 1. wondered | a. Activities that are natural to or the purpose of a person or thing. |
| 2. study | b. A short sleep during the day. |
| 3. effort | c. Wanted to know more about something. |
| 4. chemical | d. A piece of research. |
| 5. functions | e. A thing from nature that other things are made from (O ₂ , H ₂ O, Fe....) |
| 6. task | f. A piece of work that we need to do. |
| 7. nap | g. Hard physical or mental work. |

Paragraph 2

- | | |
|--------------|---|
| 8. behaviour | h. Returned something to as it was before. |
| 9. perform | i. The writer of something. |
| 10. appeared | j. Made a surface or part of the body to be looked at by an electromagnetic beam. |
| 11. scanned | k. The way people act towards other people. |
| 12. author | l. A short rest from work or from doing something. |
| 13. restored | m. Do an action, job or function. |
| 14. break | n. Came into view so we could see it/them. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

1. The Paris Brain Institute looked into why thinking makes us tired. **T / F**
2. The chemical glutamate tells the body that it is tired and needs rest. **T / F**
3. The article says we should go to bed after working for six hours. **T / F**
4. We need to have a nap for longer than 20 minutes to feel refreshed. **T / F**
5. In the research, 16 participants worked for 24 hours. **T / F**
6. In the tests, 24 people had to look at a computer screen. **T / F**
7. People who did more difficult tasks had higher levels of glutamate. **T / F**
8. The author of the study wants to know if sleep is helpful. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|---------------------|------------------|
| 1. wondered | a. rests |
| 2. found out | b. needs |
| 3. task | c. carry out |
| 4. requires | d. discovered |
| 5. period | e. writer |
| 6. perform | f. time |
| 7. breaks | g. piece of work |
| 8. difficult | h. result |
| 9. author | i. hard |
| 10. effect | j. thought about |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|---------------------------|
| 1. A new study has found | a. of 40 participants |
| 2. why mental effort | b. effect |
| 3. People who spend more than six hours | c. as short as 20 minutes |
| 4. A period of rest allows the brain | d. in their brain |
| 5. A power nap can be | e. out some answers |
| 6. The research team looked at the behaviour | f. brains |
| 7. perform challenging | g. makes us tired |
| 8. researchers scanned the | h. to return to normal |
| 9. higher levels of glutamate | i. tasks |
| 10. have a positive | j. working on a task |

GAP FILL

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Have you ever (1) _____ why thinking too much makes you tired? A new study has found out some answers to this question. Researchers from the Paris Brain Institute looked at why mental (2) _____ makes us tired. They found that when people think a lot, the brain (3) _____ a chemical called glutamate. Too much glutamate upsets the brain's functions. It means the brain tells the body it is tired and that it must (4) _____. People who spend more than six hours working on a (5) _____ that requires a lot of thought are more likely to feel tired. A (6) _____ of rest allows the brain to return to normal. This explains why a (7) _____ nap is good for us. A power nap can be as short as 20 minutes, but can make us feel (8) _____ refreshed.

releases
rest
totally
wondered
effort
power
period
task

The research team looked at the (9) _____ of 40 participants in their research. Twenty-four of these had to perform challenging tasks. These included looking at a computer screen and (10) _____ different letters that appeared. The other 16 participants did a (11) _____, but easier task. Both teams worked for six hours, and had two ten-minute (12) _____. The researchers scanned the brains of the (13) _____. They found that the group who had the more difficult task had higher (14) _____ of glutamate in their brain. Study author Antonius Wiehler said: "It would be (15) _____ to find out more about how glutamate levels are (16) _____." He asked: "Is sleep helpful? How long do breaks need to be to have a positive effect?"

breaks
behaviour
similar
great
participants
restored
matching
levels

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

- 1) They found that when people think a lot, the brain _____
 - a. release is chemical
 - b. release as a chemical
 - c. releases a chemically
 - d. releases a chemical
- 2) It means the brain tells the body it is tired and that _____
 - a. it must rest
 - b. it must lest
 - c. it must tress
 - d. it must trust
- 3) People who spend more than six hours working on a task that requires a _____
 - a. lot off thought
 - b. lot of thought
 - c. lot oft thought
 - d. lots of thought
- 4) A period of rest allows the brain to _____
 - a. return tomb normal
 - b. return too normal
 - c. return to normal
 - d. return tune normal
- 5) A power nap can be as short as 20 minutes, but can make us _____
 - a. feels totally refreshed
 - b. feel totally refreshment
 - c. feels totally refreshing
 - d. feel totally refreshed
- 6) looking at a computer screen and matching different _____
 - a. letters that tap pared
 - b. letters that upper
 - c. letters that app eared
 - d. letters that appeared
- 7) Both teams worked for six hours, and had two _____
 - a. ten-minute brakes
 - b. ten-minute break
 - c. ten-minute breaks
 - d. ten-minute bleaks
- 8) The researchers scanned the brains _____
 - a. of the participant
 - b. of the party sip ants
 - c. of the part icy pants
 - d. of the party sip pants
- 9) the group who had the more difficult task _____
 - a. had higher level
 - b. had higher levels
 - c. had heighten levels
 - d. had high are levels
- 10) find out more about how glutamate _____
 - a. levels are restore
 - b. levels are rest stored
 - c. levels are re-storied
 - d. levels are restored

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Have you (1) _____ thinking too much makes you tired? A new study has found out some answers to this question. Researchers from the Paris Brain Institute looked at why (2) _____ us tired. They found that when people think a lot, the brain releases a chemical called glutamate. Too much glutamate upsets (3) _____. It means the brain tells the body it is tired and that it must rest. People who spend more than six hours working on a task that requires a lot of thought are more likely to feel tired. A period (4) _____ the brain to return to normal. This explains why (5) _____ is good for us. A power nap can be as short as 20 minutes, but can make us (6) _____.

The research team looked at (7) _____ 40 participants in their research. Twenty-four of these had to (8) _____. These included looking at a computer screen and matching different letters that appeared. The other 16 participants (9) _____, but easier task. Both teams worked for six hours, and had two ten-minute breaks. The researchers (10) _____ of the participants. They found that the group who had the more difficult task had (11) _____ glutamate in their brain. Study author Antonius Wiehler said: "It would be great to find out more about how glutamate levels are restored." He asked: "Is sleep helpful? How long do breaks need to be to have (12) _____?"

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

1. Who conducted this research?
2. What's the name of the chemical the brain releases when we are tired?
3. How long do people usually work before feeling tired?
4. What does a period of rest allow the brain to do?
5. How can a 20-minute power nap make us feel?
6. How many participants did the research team look at?
7. What did participants have to look at?
8. How many 10-minute breaks did the participants get?
9. What did the researchers scan?
10. Who is Antonius Wiehler?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

- 1) Who conducted this research?
 - a) Paris Brainy Institute
 - b) Paris Institute of Brains
 - c) Paris Brain Institute
 - d) Brainy Institute of Paris
- 2) What's the name of the chemical the brain releases when we are tired?
 - a) glutamate
 - b) guacamole
 - c) glucose
 - d) glutens
- 3) How long do people usually work before feeling tired?
 - a) six hours
 - b) six days
 - c) sixteen hours
 - d) sixty hours
- 4) What does a period of rest allow the brain to do?
 - a) think
 - b) return to normal
 - c) dream
 - d) have nice thoughts
- 5) How can a 20-minute power nap make us feel?
 - a) sleepy
 - b) more tired
 - c) groggy
 - d) totally refreshed
- 6) How many participants did the research team look at?
 - a) fifty
 - b) forty
 - c) thirty
 - d) sixty
- 7) What did participants have to look at?
 - a) a computer screen
 - b) books
 - c) tests
 - d) ants working
- 8) How many 10-minute breaks did the participants get?
 - a) three
 - b) one
 - c) two
 - d) none
- 9) What did the researchers scan?
 - a) questionnaires
 - b) barcodes
 - c) QR codes
 - d) the participants' brains
- 10) Who is Antonius Wiehler?
 - a) the study's author
 - b) a participant
 - c) head of the institute
 - d) a brain expert

ROLE PLAY

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Role A – Money

You think money is the think that makes us most tired thinking about. Tell the others three reasons why. Tell them why their things aren't as tiring. Also, tell the others which is the least tiring of these (and why): family, the world or social media.

Role B – Family

You think family is is the think that makes us most tired thinking about. Tell the others three reasons why. Tell them why their things aren't as tiring. Also, tell the others which is the least tiring of these (and why): money, the world or social media.

Role C – The World

You think the world is is the think that makes us most tired thinking about. Tell the others three reasons why. Tell them why their things aren't as tiring. Also, tell the others which is the least tiring of these (and why): family, money or social media.

Role D – Social Media

You think social media is is the think that makes us most tired thinking about. Tell the others three reasons why. Tell them why their things aren't as tiring. Also, tell the others which is the least tiring of these (and why): family, the world or money.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'thinking' and 'tired'.

| | |
|-----------------|--------------|
| thinking | tired |
|-----------------|--------------|

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

| | |
|---|--|
| <ul style="list-style-type: none">• new• effort• releases• tells• six• power | <ul style="list-style-type: none">• 40• 24• 16• difficult• great• helpful |
|---|--|

THINKING SURVEY

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Write five GOOD questions about thinking in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

THINKING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'brain'?
3. Does thinking a lot make you tired?
4. What do you think about a lot?
5. Do you ever think too much?
6. Why does thinking make us tired?
7. What things do you like thinking about?
8. What can make you think more clearly?
9. Are you good at thinking?
10. What do you think of power naps?

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THINKING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'thinking'?
13. What do you think about what you read?
14. Do you like doing challenging tasks?
15. What's the most challenging task you've ever done?
16. How do you feel if you work for six hours non-stop?
17. What things do you dislike thinking about?
18. How helpful is sleep?
19. How long should breaks from work be?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Have you ever (1) _____ why thinking too much makes you tired? A new study has found out some answers to this question. Researchers from the Paris Brain Institute looked at why mental (2) _____ makes us tired. They found that when people think a lot, the brain releases a chemical (3) _____ glutamate. Too much glutamate upsets the brain's functions. It means the brain tells the body it is tired and that it must (4) _____. People who spend more than six hours working on a task that requires a lot of thought are more (5) _____ to feel tired. A period of rest allows the brain to return to normal. This explains why a power nap is good for us. A power nap can be as (6) _____ as 20 minutes, but can make us feel totally refreshed.

The research team looked at the behaviour of 40 participants in their research. Twenty-four of these had to (7) _____ challenging tasks. These included looking at a computer screen and matching different letters that (8) _____. The other 16 participants did a similar, but easier task. Both teams worked for six hours, and had two ten-minute breaks. The researchers (9) _____ the brains of the participants. They found that the group who had the (10) _____ difficult task had higher levels of glutamate in their brain. Study author Antonius Wiehler said: "It would be great to find out more about how glutamate levels are (11) _____." He asked: "Is sleep helpful? How long do breaks need to be to have a (12) _____ effect?"

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|---------------|--------------|
| 1. | (a) wondered | (b) winded | (c) wandered | (d) wended |
| 2. | (a) effect | (b) affront | (c) effort | (d) affect |
| 3. | (a) shouted | (b) whispered | (c) called | (d) voiced |
| 4. | (a) best | (b) nest | (c) lest | (d) rest |
| 5. | (a) happily | (b) freely | (c) likely | (d) tiredly |
| 6. | (a) shorten | (b) short | (c) shorts | (d) shorty |
| 7. | (a) perfume | (b) perform | (c) pre-frame | (d) puffing |
| 8. | (a) appear | (b) appeared | (c) tapped | (d) tapered |
| 9. | (a) skimmed | (b) scones | (c) scanned | (d) skinned |
| 10. | (a) some | (b) much | (c) many | (d) more |
| 11. | (a) roasted | (b) cooked | (c) lived | (d) restored |
| 12. | (a) positivity | (b) positively | (c) positives | (d) positive |

SPELLING

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Paragraph 1

1. odwrened why
2. the brain releases a himeccal called glutamate
3. glutamate upsets the brain's tncfiouns
4. a task that eurriqes a lot of thought
5. return to onmral
6. make us feel totally errsefhed

Paragraph 2

7. the ahbveoiur of 40 participants
8. perform ggcinlelahn tasks
9. matching different letters that rdppeaae
10. researchers nsadenc the brains
11. how glutamate levels are dreroets
12. have a stoievip effect

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Number these lines in the correct order.

- () body it is tired and that it must rest. People who spend more than six hours working on a
- (**1**) Have you ever wondered why thinking too much makes you tired? A new study has found out some
- () effort makes us tired. They found that when people think a lot, the brain releases a chemical called
- () letters that appeared. The other 16 participants did a similar, but easier task. Both teams worked
- () author Antonius Wiehler said: "It would be great to find out more about how glutamate levels
- () who had the more difficult task had higher levels of glutamate in their brain. Study
- () glutamate. Too much glutamate upsets the brain's functions. It means the brain tells the
- () answers to this question. Researchers from the Paris Brain Institute looked at why mental
- () of these had to perform challenging tasks. These included looking at a computer screen and matching different
- () for six hours, and had two ten-minute breaks. The researchers scanned the brains of the participants. They found that the group
- () normal. This explains why a power nap is good for us. A power nap can be as short as 20 minutes, but can make us feel totally refreshed.
- () are restored." He asked: "Is sleep helpful? How long do breaks need to be to have a positive effect?"
- () The research team looked at the behaviour of 40 participants in their research. Twenty-four
- () task that requires a lot of thought are more likely to feel tired. A period of rest allows the brain to return to

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

1. makes tired . thinking you much Wondered too why
2. people found lot . think They a when that
3. a of task lot that requires A thought .
4. to Rest return normal . allows to brain the
5. why explains good . a is power This nap
6. the behaviour participants . Researchers of looked 40 at
7. challenging to these tasks . perform Twenty-four had of
8. the the researchers brains participants . scanned of The
9. had task . group the more who difficult The
10. would to find out more . great It be

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Have you ever *wandered / wondered* why thinking too much makes you tired? A new study has found out some answers to *these / this* question. Researchers from the Paris Brain Institute looked at why *mentally / mental* effort makes us tired. They found that when people think a *lots / lot*, the brain releases a chemical *called / cold* glutamate. Too much glutamate upsets the brain's *factions / functions*. It means the brain tells the body it is tired and that it must rest. People who spend more than six hours working *on / in* a task that requires a lot of thought are more *liked / likely* to feel tired. A period of rest allows the brain to return *to / of* normal. This explains why a power nap is good for us. A power nap can be as short as 20 minutes, but can make us feel *totally / total* refreshed.

The research team looked *by / at* the behaviour of 40 participants in their research. Twenty-four of these had *for / to* perform challenging tasks. These included looking at a computer screen and *matching / match* different letters that appeared. The other 16 participants did a *similar / similarity*, but easier task. Both teams worked for six hours, and had two ten-minute *break / breaks*. The researchers *scammed / scanned* the brains of the participants. They found that the group who had the more difficult *task / tusk* had higher levels of glutamate in *their / them* brain. Study author Antonius Wiehler said: "It would be great to find out more about how glutamate levels are *storied / restored*." He asked: "Is sleep helpful? How long do breaks need to be to have a *positively / positive* effect?"

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

H_v_ y__ _v_r w_nd_r_d why th_nk_ng t__ m_ch
m_k_s y__ t_r_d? _ n_w st_dy h_s f__nd __t s_m_
_nsw_rs t_ th_s q__st__n. R_s__rch_rs fr_m th_ P_r_s
Br__n _nst_t_t_ l__k_d _t why m_nt_l _ff_rt m_k_s _s
t_r_d. Th_y f__nd th_t wh_n p__pl_ th_nk _ l_t, th_
br__n r_l__s_s _ ch_m_c_l c_ll_d gl_t_m_t_. T__ m_ch
gl_t_m_t_ _ps_ts th_ br__n's f_nct__ns. _t m__ns th_
br__n t_lls th_ b_dy _t _s t_r_d _nd th_t _t m_st
r_st. P__pl_ wh_ sp_nd m_r_ th_n s_x h__rs wrk_ng
_n _ t_sk th_t r_q__r_s _ l_t _f th__ght _r_ m_r_
l_k_ly t_ f__l t_r_d. _ p_r__d _f r_st _ll_ws th_
br__n t_ r_t_rn t_ n_rm_l. Th_s _xpl__ns why _ p_w_r
n_p _s g__d f_r _s. _ p_w_r n_p c_n b_ _s sh_rt _s
20 m_n_t_s, b_t c_n m_k_ _s f__l t_t_lly r_fr_sh_d.

Th_ r_s__rch t__m l__k_d _t th_ b_h_v__r _f 40
p_rt_c_p_nts _n th__r r_s__rch. Twnty-f__r _f th_s_
h_d t_ p_rf_rm ch_ll_ng_ng t_sks. Th_s_ _ncl_d_d
l__k_ng _t _ c_m_p_t_r scr__n _nd m_tch_ng d_ff_r_nt
l_ttr_s th_t _pp__r_d. Th_ _th_r 16 p_rt_c_p_nts d_d _
s_m_l_r, b_t __s__r t_sk. B_th t__ms wrk_d f_r s_x
h__rs, _nd h_d tw_ t_n-m_n_t_ br__ks. Th_ r_s__rch_rs
sc_nn_d th_ br__ns _f th_ p_rt_c_p_nts. Th_y f__nd
th_t th_ gr__p wh_ h_d th_ m_r_ d_ff_c_l_t t_sk h_d
h_gh_r l_v_ls _f gl_t_m_t_ _n th__r br__n. St_dy
__th_r _nt_n__s W__hl_r s__d: "_t w__ld b_ gr__t t_
f_nd __t m_r_ _b__t h_w gl_t_m_t_ l_v_ls _r_
r_st_r_d." H_ _sk_d: "_s sl__p h_lpf_l? H_w l_ng d_
br__ks n__d t_ b_ t_ h_v_ _ p_s_t_v_ _ff_ct?"

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

have you ever wondered why thinking too much makes you tired a new study has found out some answers to this question researchers from the paris brain institute looked at why mental effort makes us tired they found that when people think a lot the brain releases a chemical called glutamate too much glutamate upsets the brains functions it means the brain tells the body it is tired and that it must rest people who spend more than six hours working on a task that requires a lot of thought are more likely to feel tired a period of rest allows the brain to return to normal this explains why a power nap is good for us a power nap can be as short as 20 minutes but can make us feel totally refreshed

the research team looked at the behaviour of 40 participants in their research twentyfour of these had to perform challenging tasks these included looking at a computer screen and matching different letters that appeared the other 16 participants did a similar but easier task both teams worked for six hours and had two tenminute breaks the researchers scanned the brains of the participants they found that the group who had the more difficult task had higher levels of glutamate in their brain study author antonius wiehler said it would be great to find out more about how glutamate levels are restored he asked is sleep helpful how long do breaks need to be to have a positive effect

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2208/220818-thinking.html>

Have you ever wondered why thinking too much makes you tired? A new study has found out some answers to this question. Researchers from the Paris Brain Institute looked at why mental effort makes us tired. They found that when people think a lot, the brain releases a chemical called glutamate. Too much glutamate upsets the brain's functions. It means the brain tells the body it is tired and that it must rest. People who spend more than six hours working on a task that requires a lot of thought are more likely to feel tired. A period of rest allows the brain to return to normal. This explains why a power nap is good for us. A power nap can be as short as 20 minutes, but it can make us feel totally refreshed. The research team looked at the behaviour of 40 participants in their research. Twenty-four of these had to perform challenging tasks. These included looking at a computer screen and matching different letters that appeared. The other 16 participants did a similar, but easier task. Both teams worked for six hours, and had two ten-minute breaks. The researchers scanned the brains of the participants. They found that the group who had the more difficult task had higher levels of glutamate in their brain. Study author Antonius Wiehlers said: "It would be great to find out more about how glutamate levels are restored." He asked: "Is sleep helpful? How long do breaks need to be to have a positive effect?"

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. THINKING: Make a poster about thinking. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SLEEP: Write a magazine article about requiring people to sleep and nap for at least eight hours a day. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on thinking. Ask him/her three questions about it. Give him/her three of your ideas on how to be better at thinking. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. d 3. g 4. e 5. a 6. f 7. b
8. k 9. m 10. n 11. j 12. i 13. h 14. l

TRUE / FALSE (p.5)

- 1 T 2 T 3 F 4 F 5 F 6 T 7 T 8 T

SYNONYM MATCH (p.5)

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

COMPREHENSION QUESTIONS (p.9)

1. The Paris Brain Institute
2. Glutamate
3. Six hours
4. Return to normal
5. Totally refreshed
6. Forty
7. A computer screen
8. Two
9. The participants' brains
10. The study's author

WORDS IN THE RIGHT ORDER (p.19)

1. Wondered why thinking too much makes you tired.
2. They found that when people think a lot.
3. A task that requires a lot of thought.
4. Rest allows the brain to return to normal.
5. This explains why a power nap is good.
6. Researchers looked at the behaviour of 40 participants.
7. Twenty-four of these had to perform challenging tasks.
8. The researchers scanned the brains of the participants.
9. The group who had the more difficult task.
10. It would be great to find out more.

MULTIPLE CHOICE - QUIZ (p.10)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)