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Level 3 – 6th February, 2019

We may be able to learn vocabulary while sleeping

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

<https://breakingnewsenglish.com/1902/190206-learning-vocabulary.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/1902/190206-learning-vocabulary.html>

A new study shows that we could learn vocabulary while we are sleeping. This is great news for students struggling to learn a new language. It is also good for anyone who is trying to expand their knowledge of words. Researchers from the University of Bern in Switzerland have shown that it is possible to learn new information while we are sleeping deeply, and then recall this information when we need it after we wake up. This new information includes foreign language vocabulary. The researchers conducted tests on whether or not a person can remember new words and their translations while they were asleep. They said our sleeping brain is much more aware of the outside world than we thought.

Researcher Marc Züst said, "language areas of the brain and the hippocampus - the brain's essential memory hub - were activated" after a person woke up. He said these areas of the brain allow us to remember vocabulary during deep sleep. The researchers said that during deep sleep, our brain cells are active for a short period of time - about half a second. The cells then enter into a period of inactivity - again, about half a second. The active state is called "up-state" and the inactive state is called "down-state." The "up-state" period is the time when our brain could learn new vocabulary. The researchers say more research is needed to be 100 per cent sure that we can learn vocabulary while asleep.

Sources: <https://interestingengineering.com/study-shows-that-new-vocabulary-can-be-learned-while-sleeping>
<https://www.sciencedaily.com/releases/2019/01/190131113837.htm>
https://eurekaalert.org/pub_releases/2019-01/uob-Inv012819.php

WARM-UPS

1. LEARNING VOCABULARY: Students walk around the class and talk to other students about learning vocabulary. 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?

study / sleeping / language / knowledge / possible / information / vocabulary / aware
brain / essential / memory / active / remember / inactivity / time / period / asleep

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

3. SLEEPING: Students A **strongly** believe sleeping is for sleeping, not learning; Students B **strongly** believe sleeping is also for learning. Change partners again and talk about your conversations.

4. VOCABULARY: How can we learn vocabulary better using these things? Complete this table with your partner(s). Change partners often and share what you wrote.

	What we can do	Why this will work
Sleep		
Internet		
Movies		
Music		
Newspapers		
Friends		

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

6. SLEEP: Rank these with your partner. Put the best things to listen to while we sleep at the top. Change partners often and share your rankings.

- new vocabulary
- motivational quotes
- music
- the sea
- poetry
- nothing
- the news
- your heart

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|---|
| 1. struggling | a. Trying very hard to achieve something difficult. |
| 2. expand | b. A written or spoken meaning of a word, speech, book, or other text, in another language. |
| 3. knowledge | c. Become or make larger or more extensive. |
| 4. deeply | d. Bring a fact, event, or situation back into one's mind, especially to tell it to other people. |
| 5. recall | e. Facts, information, and skills a person gets through experience or education. |
| 6. translation | f. Greatly; very much. |
| 7. aware | g. Having knowledge or understanding of a situation or fact. |

Paragraph 2

- | | |
|----------------|--|
| 8. essential | h. Working and moving. |
| 9. hub | i. Give the necessary time or opportunity for something to happen. |
| 10. cell | j. Absolutely necessary; extremely important. |
| 11. allow | k. The state of not moving or working. |
| 12. active | l. The center of an activity, region, or network. |
| 13. inactivity | m. A length of time. |
| 14. period | n. The smallest living part of a human animal or plant. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

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

- a. This story is great news for people struggling to learn a language. **T / F**
- b. The research was conducted by researchers from a Swiss university. **T / F**
- c. Researchers tested language translations while people were asleep. **T / F**
- d. Our sleeping brain may be more aware of things than we thought. **T / F**
- e. The hippocampus is the part of the brain used to forget things. **T / F**
- f. In deep sleep, our brains are active for half-a-second at a time. **T / F**
- g. A sleeping period called "up-state" allows us to learn vocabulary. **T / F**
- h. The researchers are 100% sure we can learn vocabulary while we sleep. **T / F**

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

- | | |
|----------------------|----------------|
| 1. struggling | a. remember |
| 2. expand | b. testing |
| 3. recall | c. certain |
| 4. conducted | d. vital |
| 5. aware | e. time |
| 6. essential | f. grow |
| 7. allow | g. did |
| 8. period | h. conscious |
| 9. research | i. trying hard |
| 10. sure | j. permit |

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

- | | |
|---------------------------------|----------------------------|
| 1. we could learn vocabulary | a. deeply |
| 2. This is great | b. woke up |
| 3. struggling to | c. called "up-state" |
| 4. while we are sleeping | d. news for students |
| 5. new words and their | e. to be 100 per cent sure |
| 6. after a person | f. a second |
| 7. brain cells are active for a | g. while we are sleeping |
| 8. about half | h. translations |
| 9. The active state is | i. learn a new language |
| 10. more research is needed | j. short period of time |

GAP FILL

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

A new study shows that we could learn vocabulary (1) _____ we are sleeping. This is great news for students (2) _____ to learn a new language. It is also good for anyone who is trying to (3) _____ their knowledge of words. Researchers from the University of Bern in Switzerland have shown that it is (4) _____ to learn new information while we are sleeping deeply, and then recall this information when we need it after we wake up. This new information (5) _____ foreign language vocabulary. The researchers conducted tests on whether or not a person can remember new words and their (6) _____ while they were asleep. They said our sleeping brain is much more (7) _____ of the outside world than we (8) _____.

expand
includes
while
aware
possible
thought
struggling
translations

Researcher Marc Züst said, "language (9) _____ of the brain and the hippocampus - the brain's essential (10) _____ hub - were activated" after a person woke up. He said these areas of the brain allow us to remember vocabulary during (11) _____ sleep. The researchers said that during deep sleep, our brain cells are active for a short period of (12) _____ - about half a second. The cells then enter into a period of (13) _____ - again, about half a second. The active state is called "up-state" and the inactive (14) _____ is called "down-state." The "up-state" period is the time when our (15) _____ could learn new vocabulary. The researchers say more research is needed to be 100 per cent (16) _____ that we can learn vocabulary while asleep.

state
areas
deep
sure
inactivity
brain
memory
time

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

- 1) A new study shows that we could learn vocabulary _____ sleeping
 - a. while we were
 - b. while were
 - c. while weir
 - d. while we are
- 2) This is great news for students _____ learn
 - a. struggling of
 - b. struggling at
 - c. struggling to
 - d. struggling on
- 3) learn new information while we are sleeping deeply, and then _____ information
 - a. recall these
 - b. recall this
 - c. recall those
 - d. recall that
- 4) tests on whether or not a person can remember new words and _____
 - a. their translations
 - b. their translation
 - c. their transitions
 - d. their transition
- 5) They said our sleeping brain is much _____
 - a. more aware
 - b. more beware
 - c. more are aware
 - d. more are wear
- 6) areas of the brain and the hippocampus - the brain's essential _____
 - a. memorial hub
 - b. memories hub
 - c. memory hub
 - d. memorize hub
- 7) during deep sleep, our brain cells are active for a short _____
 - a. period of time
 - b. periods off time
 - c. periodical of time
 - d. period off time
- 8) The cells then enter into a period of inactivity - again, _____ second
 - a. about half a
 - b. about halve a
 - c. a bout half a
 - d. abbot half a
- 9) The "up-state" period is the time when our brain _____
 - a. could learning
 - b. could learn
 - c. could learnt
 - d. could learned
- 10) The researchers say more research is needed to be 100 _____
 - a. per cent share
 - b. per cent shore
 - c. per cent surely
 - d. per cent sure

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

A new study shows that we could learn vocabulary (1) _____ sleeping. This is great news for students struggling to learn a new language. It is also (2) _____ who is trying to expand their knowledge of words. Researchers from the University of Bern in Switzerland have shown (3) _____ possible to learn new information while we are sleeping deeply, and then recall this information when we need it after (4) _____. This new information includes foreign language vocabulary. The researchers conducted tests (5) _____ not a person can remember new words and their translations while they were asleep. They said our sleeping brain is much (6) _____ the outside world than we thought.

Researcher Marc Züst said, "language (7) _____ brain and the hippocampus - the brain's essential memory hub - were activated" after (8) _____ up. He said these areas of the brain allow us to remember vocabulary during deep sleep. The researchers said that during deep sleep, our brain cells (9) _____ a short period of time - about half a second. The cells then enter into a period of inactivity - again, about half a second. The (10) _____ called "up-state" and the inactive state is called "down-state." The "up-state" (11) _____ time when our brain could learn new vocabulary. The researchers say more research is needed to be 100 per cent sure that (12) _____ vocabulary while asleep.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

1. What kind of news did the article say this was for students?
2. In which country do the researchers work?
3. When did researchers say we recall information learnt while we sleep?
4. What did researchers say they tested besides new words?
5. What did the researchers say the sleeping brain was more aware of?
6. What is the hippocampus?
7. How long is each period of brain activity and inactivity?
8. What is the inactive state of our brain while we sleep called?
9. What can we do in the "up-state" period of our sleep?
10. How sure did researchers say they needed to be?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

- 1) What kind of news did the article say this was for students?
 - a) interesting news
 - b) good news
 - c) bad news
 - d) breaking news
- 2) In which country do the researchers work?
 - a) Swaziland
 - b) Sweden
 - c) Switzerland
 - d) Eswatini
- 3) When did researchers say we recall information learnt while we sleep?
 - a) just after breakfast
 - b) in dreamland
 - c) at 6am
 - d) when we wake up
- 4) What did researchers say they tested besides new words?
 - a) sleep
 - b) translations
 - c) dreams
 - d) grammar
- 5) What did the researchers say the sleeping brain was more aware of?
 - a) the outside world
 - b) pillows
 - c) light
 - d) phrasal verbs
- 6) What is the hippocampus?
 - a) the brain's essential memory hub
 - b) an animal
 - c) a grammar term
 - d) a place where hippos study
- 7) How long is each period of brain activity and inactivity?
 - a) 30 seconds
 - b) one night
 - c) two seconds
 - d) half a second
- 8) What is the inactive state of our brain while we sleep called?
 - a) the "inter-state"
 - b) the "up-state"
 - c) the "down-state"
 - d) the "dream-state"
- 9) What can we do in the "up-state" period of our sleep?
 - a) sleepwalk
 - b) speak English
 - c) see with our eyes shut
 - d) learn new vocabulary
- 10) How sure did researchers say they needed to be?
 - a) pretty sure
 - b) 100% sure
 - c) more sure than not
 - d) not that sure

ROLE PLAY

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

Role A – New Vocabulary

You think new vocabulary is the best thing to listen to while you are asleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): motivational quotes, your heart or the sea.

Role B – Motivational Quotes

You think motivational quotes are the best thing to listen to while you are asleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): new vocabulary, your heart or the sea.

Role C – Your Heart

You think your heart is the best thing to listen to while you are asleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): motivational quotes, new vocabulary or the sea.

Role D – The Sea

You think the sea is the best thing to listen to while you are asleep. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the worst of these (and why): motivational quotes, your heart or new vocabulary.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

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

learn	vocabulary
--------------	-------------------

- 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">• shows• good• recall• includes• whether• much	<ul style="list-style-type: none">• hub• allow• short• half• inactive• sure
---	--

LEARNING VOCABULARY SURVEY

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

Write five GOOD questions about learning vocabulary 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.

LEARNING VOCABULARY 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 'learn'?
3. How important is sleeping?
4. What is the best way to learn vocabulary?
5. What do you think of learning vocabulary while sleeping?
6. Is sleeping only for sleeping?
7. Could there be any dangers to learning while asleep?
8. How happy are you with your vocabulary?
9. What are your three favourite English words?
10. What else could we learn while we are asleep?

We may be able to learn vocabulary while sleeping – 6th February, 2019
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LEARNING VOCABULARY 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 'vocabulary'?
13. What do you think about what you read?
14. What do you know about the brain?
15. What problems do you have learning vocabulary?
16. Will we be able to inject languages into the brain one day?
17. How well do you sleep?
18. How do you think this method works?
19. Will you try learning vocabulary while you are asleep?
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/1902/190206-learning-vocabulary.html>

A new study shows that we could (1) _____ vocabulary while we are sleeping. This is great news for students (2) _____ to learn a new language. It is also good for anyone who is trying to expand their knowledge of words. Researchers from the University of Bern in Switzerland have (3) _____ that it is possible to learn new information while we are sleeping (4) _____, and then recall this information when we need it after we wake up. This new information includes foreign language vocabulary. The researchers conducted tests on (5) _____ or not a person can remember new words and their translations while they were asleep. They said our sleeping brain is much more (6) _____ of the outside world than we thought.

Researcher Marc Züst said, "language areas of the brain and the hippocampus - the brain's essential memory (7) _____ - were activated" after a person woke up. He said these areas of the brain allow us to remember vocabulary (8) _____ deep sleep. The researchers said that during deep sleep, our brain cells are (9) _____ for a short period of time - about half a second. The cells then enter into a period of inactivity - again, about (10) _____ a second. The active state is called "up-state" and the inactive state is called "down-state." The "up-state" period is the (11) _____ when our brain could learn new vocabulary. The researchers say more research is needed to be 100 per cent (12) _____ that we can learn vocabulary while asleep.

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

- | | | | | |
|-----|----------------|---------------|---------------|----------------|
| 1. | (a) learning | (b) learns | (c) learn | (d) learnt |
| 2. | (a) struggling | (b) struggles | (c) struggled | (d) struggle |
| 3. | (a) shown | (b) shows | (c) showing | (d) show |
| 4. | (a) deeply | (b) depth | (c) deeps | (d) deepen |
| 5. | (a) might | (b) if | (c) depends | (d) whether |
| 6. | (a) wares | (b) ware | (c) beware | (d) aware |
| 7. | (a) hub | (b) pub | (c) cub | (d) dub |
| 8. | (a) among | (b) middle | (c) while | (d) during |
| 9. | (a) active | (b) activity | (c) activate | (d) activation |
| 10. | (a) halve | (b) half | (c) halved | (d) halves |
| 11. | (a) timely | (b) time | (c) times | (d) timed |
| 12. | (a) sure | (b) surety | (c) surely | (d) assure |

SPELLING

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

Paragraph 1

1. lutnggrsi to learn a new language
2. expand their knwgedelo
3. recall this noirfmtanio
4. onrfgie language vocabulary
5. new words and their sanltastnoir
6. more aewra of the outside world

Paragraph 2

7. the brain's seneatisl memory
8. vataectid after a person woke up
9. these eraas of the brain
10. nrdugi deep sleep
11. more hcaserer is needed
12. be 100 per cent rsue

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

Number these lines in the correct order.

- () information when we need it after we wake up. This new information includes foreign language vocabulary. The researchers conducted
- () sleep. The researchers said that during deep sleep, our brain cells are active for a short
- () to learn a new language. It is also good for anyone who is trying to expand their knowledge
- () when our brain could learn new vocabulary. The researchers say more research is
- () possible to learn new information while we are sleeping deeply, and then recall this
- () of words. Researchers from the University of Bern in Switzerland have shown that it is
- () were asleep. They said our sleeping brain is much more aware of the outside world than we thought.
- () hub - were activated" after a person woke up. He said these areas of the brain allow us to remember vocabulary during deep
- () state is called "up-state" and the inactive state is called "down-state." The "up-state" period is the time
- () needed to be 100 per cent sure that we can learn vocabulary while asleep.
- () tests on whether or not a person can remember new words and their translations while they
- () period of time - about half a second. The cells then enter into a period of inactivity - again, about half a second. The active
- (**1**) A new study shows that we could learn vocabulary while we are sleeping. This is great news for students struggling
- () Researcher Marc Züst said, "language areas of the brain and the hippocampus - the brain's essential memory

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

1. we We learn while sleeping . are vocabulary could
2. struggling Great learn . for to news students
3. to their knowledge . is expand who trying Anyone
4. vocabulary . new includes information This foreign language
5. world . more the aware of Much outside
6. to sleep . Allow us during vocabulary remember deep
7. short Brain period . active are for a cells
8. then inactivity . into period a enter Cells of
9. time brain learns new The our when vocabulary .
10. that vocabulary Sure can we asleep . while learn

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

A new study *shows / showing* that we could learn vocabulary while we are sleeping. This is *greatly / great* news for students struggling to learn a new language. It is also good *for / as* anyone who is trying to expand their *knowledge / knowing* of words. Researchers from the University of Bern in Switzerland have *showing / shown* that it is possible to learn new information while we are sleeping *deeply / deep*, and then recall this information when we need it after we *wake / woken* up. This new information includes foreign language vocabulary. The researchers conducted *test / tests* on whether or not a person can remember new words and their *transitions / translations* while they were asleep. They said our sleeping brain is much more *aware / beware* of the outside world than we thought.

Researcher Marc Züst said, "language *area / areas* of the brain and the hippocampus - the brain's essential *memory / memorial* hub - were activated" after a person *woken / woke* up. He said these areas of the brain allow us to remember vocabulary *while / during* deep sleep. The researchers said that during deep sleep, our brain cells are *active / actively* for a short period of time - about half a second. The *cells / calls* then enter into a period of inactivity - again, about half *a / the* second. The active state is called "up-state" and the inactive state is called "down-state." The "up-state" *during / period* is the time when our brain could learn new vocabulary. The researchers say more research is *needy / needed* to be 100 per cent *sure / surely* that we can learn vocabulary while asleep.

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/1902/190206-learning-vocabulary.html>

A n_w s t_d y s h_w s t h_t w_ c__ l_d l__ r n
v_c_b_l_r y w h_l_ w_ r_ s l__ p_n g . T h_s _s g
r__ t n_w s f_r s t_d_n t s s t_r_g g_l_n g t_ l__ r n
_ n_w l_n g__ g_ . I t _s _l s_ g__ d f_r _n y_n_ w
h_ _s t r y_n g t_ _x p_n d t h__ r k n_w l_d g_ _f
w_r d s . R_s__ r c h_r s f_r_m t h_ U n_v_r s_t y _f
B_r n _n S w_t z_r l_n d h_v_ s h_w n t h_t _t _s
p_s s_b l_ t_ l__ r n n_w _n f_r m_t__ n w h_l_ w_ r_
s l__ p_n g d__ p_l y , _n d t h_n r_c_l l t h_s _n f_r
m_t__ n w h_n w_ n__ d _t _f t_r w_ w_k_ _p . T
h_s n_w _n f_r m_t__ n _n c_l_d_s f_r__ g_n l_n g__
g_ v_c_b_l_r y . T h_ r_s__ r c h_r s c_n d_c t_d t_s t
s _n w h_t h_r _r n_t _ p_r s_n c_n r_m_m_b_r
n_w w_r d s _n d t h__ r t_r n_s l_t__ n s w h_l_ t
h_y w_r_ _s l__ p . T h_y s__ d __ r s l__ p_n g b
r__ n _s m_c h m_r_ w_r_ _f t h_ __ t_s_d_ w_r l_d
t h_n w_ t h__ g h t .

R_s__ r c h_r M_r c Z ü s t s__ d , " l_n g__ g_ _r__ s
f t h b_r__ n _n d t h_ h_p p_c_m p_s - t h_ b
r__ n 's _s s_n t__ l m_m_r y h_b - w_r_ _c t_v_t_d
" _f t_r _ p_r s_n w_k_ _p . H_ s__ d t h_s _r__ s
f t h b_r__ n _l l_w _s t_ r_m_m_b_r v_c_b_l_r y
d_r_n g d__ p s l__ p . T h_ r_s__ r c h_r s s__ d t
h_t d_r_n g d__ p s l__ p , __ r b_r__ n c_l l s _r
_c t_v_ _f_r _ s h_r t p_r__ d _f t_m_ - _b__ t h_l f
_ s_c_n d . T h_ c_l l s t h_n _n t_r _n t__ _ p_r__ d
_f _n_c t_v_t y - _g__ n , _b__ t h_l f _ s_c_n d . T
h_ _c t_v_ s t_t_ _s c_l l_d " _p - s t_t_ " _n d t h_
_n_c t_v_ s t_t_ _s c_l l_d " d_w n - s t_t_ . " T h_ " _p
- s t_t_ " p_r__ d _s t h_ t_m_ w h_n __ r b_r__ n
c__ l_d l__ r n n_w v_c_b_l_r y . T h_ r_s__ r c h_r s
s_y m_r_ r_s__ r c h_ s n__ d_d t_ b_ 1 0 0 p_r
c_n t s_r_ t h_t w_ c_n l__ r n v_c_b_l_r y w h_l_
_s l__ p .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

a new study shows that we could learn vocabulary while we are sleeping this is great news for students struggling to learn a new language it is also good for anyone who is trying to expand their knowledge of words researchers from the university of bern in switzerland have shown that it is possible to learn new information while we are sleeping deeply and then recall this information when we need it after we wake up this new information includes foreign language vocabulary the researchers conducted tests on whether or not a person can remember new words and their translations while they were asleep they said our sleeping brain is much more aware of the outside world than we thought

researcher marc zust said language areas of the brain and the hippocampus the brains essential memory hub were activated after a person woke up he said these areas of the brain allow us to remember vocabulary during deep sleep the researchers said that during deep sleep our brain cells are active for a short period of time about half a second the cells then enter into a period of inactivity again about half a second the active state is called upstate and the inactive state is called downstate the upstate period is the time when our brain could learn new vocabulary the researchers say more research is needed to be 100 per cent sure that we can learn vocabulary while asleep

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary.html>

A new study shows that we could learn vocabulary while we are sleeping. This is great news for students struggling to learn a new language. It is also good for anyone who is trying to expand their knowledge of words. Researchers from the University of Bern in Switzerland have shown that it is possible to learn new information while we are sleeping deeply, and then recall this information when we need it after we wake up. This new information includes foreign language vocabulary. The researchers conducted a test to see whether or not a person can remember new words and their translations while they were asleep. They said our sleeping brain is much more aware of the outside world than we thought. Researcher Marc Züst said, "Language areas of the brain and the hippocampus - the brain's essential memory hub - were reactivated" after a person woke up. He said these areas of the brain allow us to remember vocabulary during deep sleep. The researchers said that during deep sleep, our brain cells are reactive for a short period of time - about half a second. The cell then enters into a period of inactivity - again, about half a second. The active state is called "up-state" and the inactive state is called "down-state." The "up-state" period is the time when our brain could learn new vocabulary. The researchers say more research is needed to be 100 percent sure that we can learn vocabulary while asleep.

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. LEARNING VOCABULARY: Make a poster about learning vocabulary. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SLEEP: Write a magazine article about sleep being for sleep and not for learning vocabulary. 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 learning vocabulary. Ask him/her three questions about it. Give him/her three of your ideas on how best to learn vocabulary. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

- a T b T c F d T e F f T g T h F

SYNONYM MATCH (p.5)

- | | |
|---------------|----------------|
| 1. struggling | a. trying hard |
| 2. expand | b. grow |
| 3. recall | c. remember |
| 4. conducted | d. did |
| 5. aware | e. conscious |
| 6. essential | f. vital |
| 7. allow | g. permit |
| 8. period | h. time |
| 9. research | i. testing |
| 10. sure | j. certain |

COMPREHENSION QUESTIONS (p.9)

1. Good news
2. Switzerland
3. When we wake up
4. Translations
5. The outside world
6. The brain's essential memory hub
7. Half a second
8. The "down-state"
9. Learn new vocabulary
10. 100% sure

WORDS IN THE RIGHT ORDER (p.20)

1. We could learn vocabulary while we are sleeping.
2. Great news for students struggling to learn.
3. Anyone who is trying to expand their knowledge.
4. This new information includes foreign language vocabulary.
5. Much more aware of the outside world.
6. Allow us to remember vocabulary during deep sleep.
7. Brain cells are active for a short period.
8. Cells then enter into a period of inactivity.
9. The time when our brain learns new vocabulary.
10. Sure that we can learn vocabulary while asleep.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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