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Level 1 – 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-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2208/220818-thinking-1.html>

Have you ever thought why thinking makes us tired?

Researchers from Paris looked at why mental effort makes us tired. When we think a lot, our brain releases a chemical. Too much of this changes the brain. It tells the body that we must rest. People who spend a long time on a task are more likely to feel tired. Resting helps the brain to return to normal. A power nap is good for us. A 20-minute power nap can make us feel totally refreshed.

The researchers looked at the behaviour of 40 people. Twenty-four of these had challenging tasks. These included looking at a computer screen. The other 16 people did a similar, but easier task. Both teams worked for six hours. The researchers scanned the participants' brains. The group with the more difficult task had higher levels of the chemical in their brain. The study's author wants to find out about how the chemical levels are restored.

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>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2208/220818-thinking-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------|----------------------|
| 1. mental effort makes | a. nap |
| 2. our brain releases | b. the brain |
| 3. People who spend a long | c. totally refreshed |
| 4. more likely | d. us tired |
| 5. Resting helps | e. normal |
| 6. return to | f. time on a task |
| 7. A 20-minute power | g. a chemical |
| 8. make us feel | h. to feel tired |

PARAGRAPH TWO:

- | | |
|----------------------------|-------------------------|
| 1. researchers looked | a. screen |
| 2. Twenty-four of | b. the chemical |
| 3. challenging | c. easier task |
| 4. looking at a computer | d. are restored |
| 5. a similar, but | e. participants' brains |
| 6. researchers scanned the | f. these |
| 7. higher levels of | g. at the behaviour |
| 8. the chemical levels | h. tasks |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2208/220818-thinking-1.html>

Have you (1) _____ thinking makes us tired?
Researchers from Paris looked at (2) _____
makes us tired. When we (3) _____, our brain
releases a chemical. Too much of this (4) _____.
It tells the body that we must rest. People who spend a long time
on a task are (5) _____ feel tired. Resting helps
the brain to return to normal. A power nap is good for us. A 20-
minute power nap can make (6) _____
refreshed.

The researchers (7) _____ behaviour of 40
people. Twenty-four of these (8) _____. These
included looking at a computer screen. The other 16 people did a
similar, (9) _____. Both teams worked for six
hours. The researchers scanned (10) _____. The
group with the more difficult task (11) _____ of
the chemical in their brain. The study's author wants to find out
about (12) _____ levels are restored.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2208/220818-thinking-1.html>

Have you ever thought why thinking makes us tired? Researchers from Paris looked at why mental effort makes us tired. When we think a lot, our brain releases a chemical. Too much of this changes the brain. It tells the body that we must rest. People who spend a long time on a task are more likely to feel tired. Resting helps the brain to return to normal. A power nap is good for us. A 20-minute power nap can make us feel totally refreshed. The researchers looked at the behaviour of 40 people. Twenty-four of these had challenging tasks. These included looking at a computer screen. The other 16 people did a similar, but easier task. Both teams worked for six hours. The researchers scanned the participants' brains. The group with the more difficult task had a higher level of the chemical in their brain. The study's author wants to find out about how the chemical levels are restored.

THINKING SURVEY

From <https://breakingnewsenglish.com/2208/220818-thinking-4.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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

WRITING

From <https://breakingnewsenglish.com/2208/220818-thinking-1.html>

Write about **thinking** for 10 minutes. Read and talk about your partner’s paper.
