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Level 3 – 18th February, 2019

Going to bed early is better for us

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<https://breakingnewsenglish.com/1902/190218-night-owls.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/1902/190218-night-owls.html>

The phrase, "The early bird catches the worm" may be true. It means people who wake up early get more done than people who don't. Another saying is from former U.S. President Benjamin Franklin. He said: "Early to bed, early to rise makes a man healthy, wealthy, and wise." Scientists have found that people who go to bed before 11pm may do better in life than people who sleep around 2:30am. The researchers are from Birmingham's Centre for Human Brain Health in the U.K. Their research showed that people who slept and rose early (early birds) had an advantage over people who slept and woke up late (night owls). There were differences in the brain function of early birds and night owls.

The scientists tested 38 people in their research. The people answered questionnaires about their sleeping pattern and when they felt tired during the day. They were then put into an early bird or night owl group based on their answers. All of the people had MRI scans on their brain and did different tests throughout the day. The early birds said they felt less sleepy and were able to do the tests quicker than the night owls. The researchers said there were big differences between the two groups. The researchers said: "Night owls during school have to get up earlier, then they go into work and they have to get up earlier, so they're constantly having to fight against their preferences and natural rhythms."

Mistake: Benjamin Franklin was a Founding Father of the USA, not a President.

Sources: <https://www.medicaldaily.com/brain-functions-differently-if-you-are-night-person-429837>
<https://www.livescience.com/64779-night-owls-brain-connectivity.html>
<https://www.newsweek.com/night-owls-work-mornings-brains-wired-differently-science-1332931>

WARM-UPS

1. NIGHT OWLS: Students walk around the class and talk to other students about night owls. 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?

early / bird / worm / president / healthy / wealthy / wise / sleep / advantage / brain / scientist / questionnaire / answer / MRI scan / sleepy / school / preferences / rhythms

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

3. EARLY BIRD: Students A **strongly** believe being an early bird is better than being a night owl; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. SLEEP: How do these things affect our sleep? Complete this table with your partner(s). Change partners often and share what you wrote.

	Good Things	Bad Things
Exercise		
Reading		
Eating		
Baths		
Music		
Alcohol		

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

6. BED TIME: Rank these with your partner. Put the best times to go to bed at the top. Change partners often and share your rankings.

- 6pm
- 9pm
- 12am
- 3am
- 6am
- 9am
- 12pm
- 3pm

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|--|
| 1. phrase | a. Having had a particular role or been a particular thing in the past. |
| 2. former | b. An activity or purpose natural to or intended for a person or thing. |
| 3. rise | c. Wake up and get out of bed. |
| 4. wealthy | d. A small group of words used together as an idiom, expression or saying. |
| 5. wise | e. Rich; having a lot of money of expensive things. |
| 6. advantage | f. Showing experience, knowledge, and good judgment. |
| 7. function | g. Something that puts someone in a better position or situation. |

Paragraph 2

- | | |
|------------------|--|
| 8. questionnaire | h. A greater like for one thing over another or others. |
| 9. pattern | i. Continuously over a period of time; always. |
| 10. MRI scan | j. From beginning to end of an event or period of time. |
| 11. throughout | k. A set of questions with a choice of answers, devised for the purposes of a survey or statistical study. |
| 12. constantly | l. A strong, regular, repeated pattern of movement or sound. |
| 13. preference | m. A set of actions that are done regularly at the same time. |
| 14. rhythms | n. A machine test that takes images of the inside of a person's body. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

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

- a. The article suggests the early bird may not catch worms. **T / F**
- b. A U.S. president said going to bed early could make you wealthier. **T / F**
- c. People who sleep before 11pm could be more successful in life. **T / F**
- d. The brain functions of night owls and early birds are different. **T / F**
- e. Nearly 380 people took part in the research. **T / F**
- f. The research participants had a scan on their brain. **T / F**
- g. Researchers found small differences between night owls and early birds. **T / F**
- h. Night owls don't have to fight against their natural rhythms. **T / F**

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

- | | |
|--------------------------|---------------------|
| 1. phrase | a. always |
| 2. done | b. got up |
| 3. former | c. variations |
| 4. rose | d. for the whole of |
| 5. differences | e. achieved |
| 6. questionnaires | f. replies |
| 7. answers | g. tempos |
| 8. throughout | h. saying |
| 9. constantly | i. surveys |
| 10. rhythms | j. ex- |

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

- | | |
|-------------------------------|---------------------------|
| 1. The early bird | a. in life |
| 2. Early to bed, | b. between the two groups |
| 3. do better | c. function |
| 4. had an advantage | d. questionnaires |
| 5. brain | e. to fight |
| 6. people answered | f. over people |
| 7. people had MRI scans | g. the day |
| 8. throughout | h. catches the worm |
| 9. there were big differences | i. on their brain |
| 10. they're constantly having | j. early to rise |

GAP FILL

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

The phrase, "The early bird catches the (1) _____" may be true. It means people who wake up early get more (2) _____ than people who don't. Another saying is from (3) _____ U.S. President Benjamin Franklin. He said: "Early to bed, early to rise makes a man healthy, wealthy, and (4) _____." Scientists have found that people who go to bed before 11pm may do (5) _____ in life than people who sleep around 2:30am. The researchers are from Birmingham's Centre for Human Brain Health in the U.K. Their research showed that people who slept and (6) _____ early (early birds) had an (7) _____ over people who slept and woke up late (night owls). There were differences in the brain (8) _____ of early birds and night owls.

wise
done
advantage
better
function
worm
former
rose

The scientists tested 38 people in their research. The people answered questionnaires about their sleeping (9) _____ and when they felt tired during the day. They were then put into an early bird or night owl group (10) _____ on their answers. All of the people had MRI (11) _____ on their brain and did different tests throughout the day. The early birds said they felt (12) _____ sleepy and were able to do the tests (13) _____ than the night owls. The researchers said there were big differences between the two groups. The researchers said: "Night owls (14) _____ school have to get up earlier, then they go into work and they have to get up earlier, so they're (15) _____ having to fight against their preferences and natural (16) _____."

less
based
constantly
quicker
pattern
rhythms
during
scans

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

- 1) The phrase, "The early bird catches the worm" _____
 - a. may be truly
 - b. may be flew
 - c. may be blue
 - d. may be true
- 2) It means people who wake up early get more done than _____
 - a. people who don't
 - b. people who doesn't
 - c. people who didn't
 - d. people who donut
- 3) Early to bed, early to rise makes a man healthy, _____
 - a. wealthy, and wisdom
 - b. wealthy, and wise
 - c. wealth, and wise
 - d. wealthy, but wise
- 4) Scientists have found that people who go to bed before 11pm may do _____
 - a. better on life
 - b. better as life
 - c. better of life
 - d. better in life
- 5) research showed that people who slept and rose early (early birds) _____
 - a. had an disadvantage
 - b. had an advantage
 - c. had an advantages
 - d. had an advantaged
- 6) questionnaires about their sleeping pattern and when they felt tired _____
 - a. dour in the day
 - b. dulling the day
 - c. during the day
 - d. daring the day
- 7) All of the people had MRI scans on their brain and did different tests _____
 - a. trough out the day
 - b. thought out the day
 - c. thorough out the day
 - d. throughout the day
- 8) The researchers said there were big differences between _____
 - a. the too group
 - b. the two grouping
 - c. the too groups
 - d. the two groups
- 9) have to get up earlier, then they go into work and they have to _____
 - a. get up earlier
 - b. gets up earlier
 - c. get ups earlier
 - d. get up earlies
- 10) they're constantly having to fight against their preferences and _____
 - a. naturally rhythms
 - b. naturalize rhythms
 - c. natural rhythms
 - d. naturalism rhythms

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

The phrase, "The early bird (1) _____" may be true. It means people who wake up early get more done than people who don't. Another saying (2) _____ U.S. President Benjamin Franklin. He said: "Early to bed, early to rise makes a (3) _____, and wise." Scientists have found that people who go to bed before 11pm may do better in life than (4) _____ around 2:30am. The researchers are from Birmingham's Centre for Human Brain Health in the U.K. Their research showed that people who slept and rose early (early birds) (5) _____ over people who slept and woke up late (night owls). There were differences in the (6) _____ early birds and night owls.

The scientists tested 38 people (7) _____. The people answered questionnaires about their sleeping pattern and when they felt tired (8) _____. They were then put into an early bird or night owl group based (9) _____. All of the people had MRI scans on their brain and did different tests throughout the day. The early birds said they felt less sleepy and were able to do (10) _____ than the night owls. The researchers said there were big differences between the two groups. The researchers said: "Night owls (11) _____ to get up earlier, then they go into work and they have to get up earlier, so they're constantly having to fight against their preferences (12) _____."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

1. What did the article say catches worms?
2. What did a U.S. president say getting up early "makes a man"?
3. What time did the article say early birds sleep before?
4. Who did the scientists say had an advantage?
5. In what part of the body did scientists find differences in people?
6. How many people did scientists test in their research?
7. What kind of medical test did the people have?
8. How did the early birds feel after doing tests?
9. Where did the researchers say night owls have to get up earlier?
10. How often do night owls have to fight against their natural rhythms?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

- 1) What did the article say catches worms?
 - a) a fish
 - b) the early bird
 - c) a fisherman
 - d) baby birds
- 2) What did a U.S. president say getting up early "makes a man"?
 - a) healthy, wealthy and stealthy
 - b) wise, tired and healthy
 - c) healthy, sleepy and alive
 - d) healthy, wealthy and wise
- 3) What time did the article say early birds sleep before?
 - a) 11pm
 - b) 10pm
 - c) 9pm
 - d) 8pm
- 4) Who did the scientists say had an advantage?
 - a) wise men
 - b) worms
 - c) early birds
 - d) healthy men
- 5) In what part of the body did scientists find differences in people?
 - a) the eyes
 - b) the brain
 - c) the heart
 - d) the back
- 6) How many people did scientists test in their research?
 - a) 308
 - b) 380
 - c) 38
 - d) 83
- 7) What kind of medical test did the people have?
 - a) an IQ test
 - b) an eye test
 - c) a CAT scan
 - d) an MRI brain scan
- 8) How did the early birds feel after doing tests?
 - a) less sleepy
 - b) sleepy
 - c) intelligent
 - d) stupid
- 9) Where did the researchers say night owls have to get up earlier?
 - a) at school and work
 - b) at school and home
 - c) at home and in tents
 - d) in tents and at school
- 10) How often do night owls have to fight against their natural rhythms?
 - a) rarely
 - b) constantly
 - c) once in a while
 - d) every now and then

ROLE PLAY

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

Role A – 6pm

You think 6pm is the best time to go to bed. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these times (and why): 12am, 3am or 6am.

Role B – 12am

You think 12am is the best time to go to bed. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these times (and why): 6pm, 3am or 6am.

Role C – 3am

You think 3am is the best time to go to bed. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these times (and why): 12am, 6pm or 6am.

Role D – 6am

You think 6am is the best time to go to bed. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these times (and why): 12am, 3am or 6pm.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

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

night	owl
--------------	------------

- 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">• worm• healthy• found• U.K.• rose• brain	<ul style="list-style-type: none">• 38• during• answers• less• during• natural
--	---

NIGHT OWLS SURVEY

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

Write five GOOD questions about night owls 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.

NIGHT OWLS 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 'sleep'?
3. Why does the early bird catch the worm?
4. What do you think of getting up early?
5. How early is early?
6. Are you an early bird or a night owl?
7. How might getting up early make someone wealthier?
8. How might getting up early make someone healthier?
9. How might getting up early make someone wise?
10. What do you think of sleep?

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NIGHT OWLS 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 'night'?
13. What do you think about what you read?
14. What are you like if you have not slept enough?
15. What is your sleeping pattern like?
16. What are you like when you are very sleepy?
17. What time do you think people should start work?
18. What are your body's natural rhythms?
19. Would you like to take a pill that means you don't have to sleep?
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/1902/190218-night-owls.html>

The (1) _____, "The early bird catches the worm" may be true. It means people who wake up early get more (2) _____ than people who don't. Another saying is from former U.S. President Benjamin Franklin. He said: "Early to bed, early to (3) _____ makes a man healthy, wealthy, and wise." Scientists have found that people who go to bed before 11pm may do better (4) _____ life than people who sleep around 2:30am. The researchers are from Birmingham's Centre for Human Brain Health in the U.K. Their research showed that people who (5) _____ and rose early (early birds) had an advantage over people who slept and woke up late (night owls). There were differences (6) _____ the brain function of early birds and night owls.

The scientists tested 38 people in their research. The people answered questionnaires about their sleeping (7) _____ and when they felt tired during the day. They were then put into an early bird or night owl group (8) _____ on their answers. All of the people had MRI scans on their brain and did different tests (9) _____ the day. The early birds said they felt less sleepy and were able to do the tests quicker than the night owls. The researchers said there were big (10) _____ between the two groups. The researchers said: "Night owls (11) _____ school have to get up earlier, then they go into work and they have to get up earlier, so they're constantly having to fight against their preferences and natural (12) _____."

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

- | | | | | |
|-----|---------------|-----------------|----------------|------------------|
| 1. | (a) phrase | (b) pass | (c) phase | (d) phasing |
| 2. | (a) doing | (b) do | (c) done | (d) does |
| 3. | (a) arise | (b) rising | (c) rise | (d) riser |
| 4. | (a) at | (b) of | (c) on | (d) in |
| 5. | (a) slept | (b) sleeping | (c) sleepy | (d) sleeps |
| 6. | (a) on | (b) in | (c) at | (d) to |
| 7. | (a) plan | (b) format | (c) design | (d) pattern |
| 8. | (a) paste | (b) based | (c) aced | (d) waste |
| 9. | (a) though | (b) thorough | (c) throughout | (d) thoroughly |
| 10. | (a) different | (b) differences | (c) difference | (d) differential |
| 11. | (a) absent | (b) amid | (c) among | (d) during |
| 12. | (a) lyrics | (b) rhythms | (c) tunes | (d) melodies |

SPELLING

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

Paragraph 1

1. The early bird ahccst the worm
2. merofr U.S. President Benjamin Franklin
3. wtalehy and wise
4. uamhn brain health
5. an vegaadatn over people who slept
6. brain fnucniot

Paragraph 2

7. The essitictn tested 38 people
8. felt tired drgiun the day
9. thruhotgo the day
10. there were big ednriefesfc
11. they're nlochtsnyta having to fight
12. natural ryshhmt

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

Number these lines in the correct order.

- (**1**) The phrase, "The early bird catches the worm" may be true. It means people who wake up early get more
- () from Birmingham's Centre for Human Brain Health in the U.K. Their research showed that people who
- () done than people who don't. Another saying is from former U.S. President Benjamin Franklin. He said: "Early to bed,
- () pattern and when they felt tired during the day. They were then put into an early bird or night owl group based
- () felt less sleepy and were able to do the tests quicker than the night owls. The researchers said there were big
- () differences between the two groups. The researchers said: "Night owls during school have
- () The scientists tested 38 people in their research. The people answered questionnaires about their sleeping
- () slept and rose early (early birds) had an advantage over people who slept and woke
- () on their answers. All of the people had MRI scans on their brain and did different tests throughout the day. The early birds said they
- () before 11pm may do better in life than people who sleep around 2:30am. The researchers are
- () early to rise makes a man healthy, wealthy, and wise." Scientists have found that people who go to bed
- () to get up earlier, then they go into work and they have to get up earlier, so they're
- () constantly having to fight against their preferences and natural rhythms."
- () up late (night owls). There were differences in the brain function of early birds and night owls.

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

1. " The phrase worm " . bird the catches, The early
2. more early wake who People done . get up
3. go to before bed who 11pm . People
4. advantage rose who had People early an
5. were brain in the function . differences There
6. The tested their 38 scientists in people research .
7. their The sleeping about pattern . people questionnaires answered
8. had brain . MRI The people their scans on
9. groups . two between were the big differences There
10. against rhythms . natural preferences their Fight and

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

The phrase, "The early bird *snatches / catches* the worm" may be true. It means people who wake up early get more *doing / done* than people who don't. Another saying is from *former / farmer* U.S. President Benjamin Franklin. He said: "Early to bed, early to *arise / rise* makes a man healthy, wealthy, and *wisely / wise*." Scientists have found that people who go to bed before 11pm may do *better / good* in life than people who sleep *around / in* 2:30am. The researchers are from Birmingham's Centre for Human Brain Health in the U.K. Their research *showing / showed* that people who slept and rose early (early birds) had an advantage *under / over* people who slept and woke up late (night owls). There were differences in the brain *function / fraction* of early birds and night owls.

The scientists *tested / rested* 38 people in their research. The people answered questionnaires about their sleeping *design / pattern* and when they felt *tired / tried* during the day. They were then put into an early bird or night owl group based *in / on* their answers. All of the people had MRI scans on their *brainy / brain* and did different tests throughout the day. The early birds said they felt *less / low* sleepy and were able to do the tests quicker than the night owls. The researchers said there were big *different / differences* between the two groups. The researchers said: "Night owls *during / among* school have to get up earlier, then they go into work and they have to get up earlier, so they're constantly *doing / having* to fight against their preferences and natural *lyrics / rhythms*."

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/1902/190218-night-owls.html>

Th_ p_h_r_s_, "Th_ __ rly b_r_d c_t_c_h_s th_ w_r
m" m_y b_ t_r__ . It m__ n_s p__ p_l_ w_h_ w_k_
p __ rly g_t m_r_ d_n_ th_n p__ p_l_ w_h_ d_n'
t. A_n_t_h_r s_y_n_g _s_ f_r_m f_r_m_r U.S. P
r_s_d_n_t B_n_j_m_n F_r_n_k_l_n. H_ s__ d: "E_rly
t_b_d, __ rly t_r_s_ m_k_s _ m_n h__ lthy,
w__ lthy, _n_d w_s_." S_c__ n_t_s_t_s h_v_ f__ n_d
th_t p__ p_l_ w_h_ g_ t_ b_d b_f_r_ 11 p_m m_y
d_ b_t_t_r _n_ l_f_ th_n p__ p_l_ w_h_ s_l__ p_ r__ n
d 2:30_m. Th_ r_s__ r_c_h_r_s _r_ f_r_m B_r_m_n
g_h_m's C_n_t_r_ f_r H_m_n B_r__ n H__ lth _n_ t
h_ U.K. Th__ r r_s__ r_c_h_ s_h_w_d th_t p__ p_l_
w_h_ s_l_p_t _n_d r_s_ __ rly (_rly b_r_d_s) h_d
n d_v_n_t_g_ _v_r p__ p_l_ w_h_ s_l_p_t _n_d w_k_ _p
l_t_ (n_g_h_t _w_l_s). Th_r_ w_r_ d_f_f_r_n_c_s _n_ t
h_ b_r__ n f_n_c_t__ n _f_ __ rly b_r_d_s _n_d n_g_h_t
_w_l_s.

Th_ s_c__ n_t_s_t_s t_s_t_d 38 p__ p_l_ _n_ th__ r
r_s__ r_c_h_. Th_ p__ p_l_ _n_s w_r_d q__ s_t__ n_n__
r_s_ _b__ t th__ r s_l__ p_n_g p_t_t_r_n _n_d w_h_n
th_y f_l_t t_r_d d_r_n_g th_ d_y. Th_y w_r_ t
h_n p_t _n_t_ _n_ __ rly b_r_d _r_n_g_h_t _w_l_ g_r__
p_b_s_d _n_ th__ r _n_s_w_r_s. All _f_ th_ p__ p
l_ h_d M_R_I s_c_n_s _n_ th__ r b_r__ n _n_d d_d
d_f_f_r_n_t t_s_t_s th_r__ g_h__ t th_ d_y. Th_ __ r
l_y b_r_d_s s__ d th_y f_l_t l_s_s s_l__ p_y _n_d
w_r_ _b_l_ t_ d_ th_ t_s_t_s q__ c_k_r th_n th_
n_g_h_t _w_l_s. Th_ r_s__ r_c_h_r_s s__ d th_r_ w_r_
b_g d_f_f_r_n_c_s b_t_w__ n th_ t_w_ g_r__ p_s. T
h_ r_s__ r_c_h_r_s s__ d: "N_g_h_t _w_l_s d_r_n_g s
c_h__ l h_v_ t_ g_t _p_ __ r_l__ r, th_n th_y g__ n
t_ w_r_k _n_d th_y h_v_ t_ g_t _p_ __ r_l__ r, s_ t
h_y'r_ c_n_s_t_n_t_l_y h_v_n_g t_ f_g_h_t _g__ n_s_t t
h__ r p_r_f_r_n_c_s _n_d n_t_r_l r_h_y_t_h_m_s."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

the phrase the early bird catches the worm may be true it means people who wake up early get more done than people who dont another saying is from former us president benjamin franklin he said early to bed early to rise makes a man healthy wealthy and wise scientists have found that people who go to bed before 11pm may do better in life than people who sleep around 230am the researchers are from birminghams centre for human brain health in the uk their research showed that people who slept and rose early early birds had an advantage over people who slept and woke up late night owls there were differences in the brain function of early birds and night owls

the scientists tested 38 people in their research the people answered questionnaires about their sleeping pattern and when they felt tired during the day they were then put into an early bird or night owl group based on their answers all of the people had mri scans on their brain and did different tests throughout the day the early birds said they felt less sleepy and were able to do the tests quicker than the night owls the researchers said there were big differences between the two groups the researchers said night owls during school have to get up earlier then they go into work and they have to get up earlier so theyre constantly having to fight against their preferences and natural rhythms"

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1902/190218-night-owls.html>

The phrase, "The early bird catches the worm" may be true. It means people who wake up early get more done than people who don't. Another saying is from former U.S. President Benjamin Franklin. He said: "Early to bed, early to rise makes a man healthy, wealthy, and wise." Scientists have found that people who go to bed before 11 p.m. may do better in life than people who sleep around 2:30 a.m. The researchers are from Birmingham's Centre for Human Brain Health in the U.K. Their research showed that people who slept and rose early (early birds) had an advantage over people who slept and woke up late (night owls). There were differences in the brain function of early birds and night owls. The scientists tested 38 people in their research. The people answered questionnaires about their sleeping pattern and when they felt tired during the day. They were then put into an early bird or night owl group based on their answers. All of the people had MRIs scans on their brain and did different tests throughout the day. The early birds said they felt less sleepy and were able to do the tests quicker than the night owls. The researchers said there were big differences between the two groups. The researchers said: "Night owls during school have to get up earlier, then they go to work and they have to get up earlier, so they're constantly having to fight against their preferences and natural rhythms."

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. NIGHT OWLS: Make a poster about night owls. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SWITCH OFF: Write a magazine article about the government switching of TV and the Internet at 11pm. 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 night owls. Ask him/her three questions about sleeping late. Give him/her three of your opinions on sleep. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

- | | |
|-------------------|---------------------|
| 1. phrase | a. saying |
| 2. done | b. achieved |
| 3. former | c. ex- |
| 4. rose | d. got up |
| 5. differences | e. variations |
| 6. questionnaires | f. surveys |
| 7. answers | g. replies |
| 8. throughout | h. for the whole of |
| 9. constantly | i. always |
| 10. rhythms | j. tempos |

COMPREHENSION QUESTIONS (p.9)

1. The early bird
2. Healthy, wealthy and wise
3. 11pm
4. Early birds
5. The brain
6. 38
7. An MRI brain scan
8. Less sleepy
9. At school and work
10. Constantly

WORDS IN THE RIGHT ORDER (p.20)

1. The phrase, "The early bird catches the worm".
2. People who wake up early get more done.
3. People who go to bed before 11pm.
4. People who rose early had an advantage
5. There were differences in the brain function.
6. The scientists tested 38 people in their research.
7. The people answered questionnaires about their sleeping pattern.
8. The people had MRI scans on their brain.
9. There were big differences between the two groups.
10. Fight against their preferences and natural rhythms.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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