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Level 6 – 16th September, 2019

Giving children time-outs won't harm them

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<https://breakingnewsenglish.com/1909/190916-time-outs.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

There is good news for parents who are in two minds about the merits of using time-outs as a form of punishment. Research from the University of Michigan in the USA says there is evidence to show time-outs can be an effective discipline strategy for children aged between two and eight years. Researchers say parents do not need to fret about their parenting skills if they give time-outs to misbehaving children as they do not harm children's mental wellbeing or their relationship with their parents. In an eight-year study, researchers compared the emotional health and behavior in children whose parents used time-outs with those who didn't. They found there was no difference in the children.

Time-outs are a form of discipline used by parents to modify their children's behavior. It usually involves sending children to a quiet space or quiet corner. The aim is for children to reflect on their behavior. Scientists have disagreed about the effectiveness of this strategy. Dr Rachel Knight said: "Some reports in the media and by select organizations have suggested that time-out is ineffective and even harmful." She added: "There are some alarming claims that time-outs can damage the parent-child relationship and negatively affect emotional health, but the research simply doesn't support those claims." Dr Knight concluded: "We did not find a relationship between time-outs and negative side effects in children."

Sources: <https://metro.co.uk/2019/09/14/give-children-time-outs-wont-ruin-relationship-says-new-research-10741450>
<https://medicalxpress.com/news/2019-08-parenting-tool.html>
http://www.healthnewsdigest.com/news/Children_s_Health_200/Time-outs-Not-Associated-with-Long-term-Negative-Effects-in-Children.shtml

WARM-UPS

1. TIME-OUTS: Students walk around the class and talk to other students about time-outs. 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?

good news / in two minds / punishment / evidence / discipline / parenting / health / behavior / quiet space / effectiveness / strategy / media / harmful / support / negative

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

3. HARMFUL: Students A **strongly** believe time-outs are harmful for children; Students B **strongly** believe they aren't. Change partners again and talk about your conversations.

4. DISCIPLINE: What measures of discipline would you give for these forms of bad behavior in children? Complete this table with your partner(s). Change partners often and share what you wrote.

	Discipline	Why?
Answering back		
Stealing		
Swearing		
Playing truant		
Fighting		
Setting fire to curtains		

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

6. PUNISHMENTS: Rank these with your partner. Put the most effective at the top. Change partners often and share your rankings.

- time-outs
- no TV
- scolding
- smacking
- household chores
- the naughty room
- no pocket money
- being grounded

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------|--------------------------------------------------------------------------------------------|
| 1. in two minds | a. Be constantly or visibly worried or anxious. |
| 2. punishment | b. The available body of facts or information indicating whether a belief or idea is true. |
| 3. evidence | c. The penalty given to someone as retribution because they did something wrong. |
| 4. strategy | d. Looked at or measured the similarity or dissimilarity between two or more things. |
| 5. fret | e. Undecided or uncertain about something or about what to do. |
| 6. wellbeing | f. A plan of action or policy designed to achieve a major or overall aim. |
| 7. compared | g. The state of being comfortable, healthy, or happy. |

Paragraph 2

- | | |
|-------------------|-----------------------------------------------------------------------------------------------|
| 8. modify | h. Carefully chosen from a larger number as being the best or most valuable. |
| 9. reflect | i. State or assert that something is the case, typically without providing evidence or proof. |
| 10. effectiveness | j. Worrying or disturbing. |
| 11. select | k. Represent something in a faithful or appropriate way. |
| 12. alarming | l. A secondary, usually undesirable effect of a drug, medical treatment or other strategy. |
| 13. claim | m. Make small changes to something, typically so as to improve it or to make it less extreme. |
| 14. side effects | n. The degree to which something is successful in producing a desired result; success. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

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

- a. There is bad news for parents about time-outs. **T / F**
- b. Research says time-outs are effective for children up to 18 years old. **T / F**
- c. Researchers say parents do not need to worry about time-outs. **T / F**
- d. The study into time-outs was over a decade long. **T / F**
- e. An example of a time-out is sending a child into a corner. **T / F**
- f. The aim of time-outs is to get children to reflect on their behavior. **T / F**
- g. Most media reports say time-outs are harmful. **T / F**
- h. A researcher found no relationship between time-outs and side effects. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-------------------------|---------------|
| 1. merits | a. contrasted |
| 2. evidence | b. worry |
| 3. strategy | c. reactions |
| 4. fret | d. proof |
| 5. compared | e. type |
| 6. form | f. exclusive |
| 7. modify | g. benefits |
| 8. select | h. worrying |
| 9. alarming | i. policy |
| 10. side effects | j. amend |

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

- | | |
|-----------------------------------------|------------------------------|
| 1. parents who are in two | a. their children's behavior |
| 2. using time-outs as a form | b. strategy for children |
| 3. an effective discipline | c. child relationship |
| 4. parents do not need to | d. behavior in children |
| 5. the emotional health and | e. of punishment |
| 6. discipline used by parents to modify | f. on their behavior |
| 7. The aim is for children to reflect | g. effects |
| 8. the effectiveness of | h. minds about the merits |
| 9. damage the parent- | i. this strategy |
| 10. negative side | j. fret |

GAP FILL

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

There is good news for parents who are in two (1) _____ about the merits of using time-outs as a (2) _____ of punishment. Research from the University of Michigan in the USA says there is (3) _____ to show time-outs can be an effective discipline (4) _____ for children aged between two and eight years. Researchers say parents do not need to (5) _____ about their parenting skills if they give time-outs to misbehaving children as they do not harm children's mental (6) _____ or their relationship with their parents. In an eight-year study, researchers (7) _____ the emotional health and behavior in children whose parents used time-outs with those who didn't. They found there was no (8) _____ in the children.

evidence
fret
compared
minds
form
difference
strategy
wellbeing

Time-outs are a form of (9) _____ used by parents to modify their children's behavior. It usually involves sending children to a quiet space or quiet (10) _____. The aim is for children to reflect on their behavior. Scientists have disagreed about the effectiveness of this (11) _____. Dr Rachel Knight said: "Some reports in the media and by (12) _____ organizations have suggested that time-out is ineffective and even harmful." She added: "There are some (13) _____ claims that time-outs can damage the parent-child relationship and (14) _____ affect emotional health, but the research simply doesn't support those (15) _____." Dr Knight concluded: "We did not find a relationship between time-outs and negative side (16) _____ in children."

select
effects
negatively
discipline
strategy
alarming
corner
claims

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

- 1) There is good news for parents who are _____
 - a. in twice minds
 - b. into minds
 - c. in thru minds
 - d. in two minds
- 2) the merits of using time-outs as a _____
 - a. forms of punishment
 - b. form of punishment
 - c. formed of punishment
 - d. former of punishment
- 3) the USA says there is evidence to show time-outs can be an effective _____
 - a. discipline strategy
 - b. disciplined strategy
 - c. disciplines strategy
 - d. disciplining strategy
- 4) Researchers say parents do not _____
 - a. need to fret
 - b. need to sweat
 - c. need to bet
 - d. need to threat
- 5) In an eight-year study, researchers compared the _____
 - a. emotion all health
 - b. the motion all health
 - c. emotionally health
 - d. emotional health
- 6) It usually involves sending children to _____
 - a. a quilt space
 - b. a quit space
 - c. a quite space
 - d. a quiet space
- 7) Scientists have disagreed about the effectiveness _____
 - a. offer this strategy
 - b. of this strategy
 - c. oft this strategy
 - d. off this strategy
- 8) Dr Rachel Knight said: "Some reports in the media and by _____..."
 - a. select organizations
 - b. selection organizations
 - c. selects organizations
 - d. see elect organizations
- 9) alarming claims that time-outs can damage the parent-_____
 - a. childish relationship
 - b. child's relationship
 - c. child relationship
 - d. children relationship
- 10) but the research simply doesn't support _____
 - a. those claims
 - b. those clams
 - c. those claim
 - d. those clam

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

There is (1) _____ parents who are in two minds about the merits of using time-outs as (2) _____ punishment. Research from the University of Michigan in the USA says there is evidence to show time-outs can be (3) _____ strategy for children aged between two and eight years. Researchers say parents do not need to (4) _____ parenting skills if they give time-outs to misbehaving children as they (5) _____ children's mental wellbeing or their relationship with their parents. In an eight-year study, researchers compared the (6) _____ behavior in children whose parents used time-outs with those who didn't. They found there was no difference in the children.

Time-outs are a form of discipline used by parents (7) _____ children's behavior. It usually involves sending children to a quiet space or quiet corner. The aim is for children (8) _____ their behavior. Scientists have disagreed about the effectiveness of this strategy. Dr Rachel Knight said: "Some reports in the media (9) _____ organizations have suggested that time-out is ineffective and even harmful." She added: "There are (10) _____ that time-outs can damage the parent-child relationship and negatively (11) _____, but the research simply doesn't support those claims." Dr Knight concluded: "We did not find a relationship between time-outs and (12) _____ in children."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

1. What kind of news did the article say was in this story?
2. Which educational institution conducted this research?
3. What did researchers say parents didn't have to do?
4. How long was the study?
5. What difference did researchers find with children who had no time-outs?
6. What do time-outs attempt to modify in children?
7. What did the article say scientists disagreed about?
8. What did select organizations suggest time-outs were?
9. What did some media say time-outs could damage?
10. What negative things did researchers not find?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

- 1) What kind of news did the article say was in this story?
 - a) health news
 - b) breaking news
 - c) bad news
 - d) good news
- 2) Which educational institution conducted this research?
 - a) the University of Minnesota
 - b) the University of Michigan
 - c) the University of Manitoba
 - d) the University of Minneapolis
- 3) What did researchers say parents didn't have to do?
 - a) scold
 - b) punish
 - c) fret
 - d) discipline
- 4) How long was the study?
 - a) eight years
 - b) seven years
 - c) six years
 - d) five years
- 5) What difference did researchers find with children who had no time-outs?
 - a) a huge difference
 - b) a few differences
 - c) no difference
 - d) an interesting difference
- 6) What do time-outs attempt to modify in children?
 - a) DNA
 - b) their behavior
 - c) their genes
 - d) quiet time
- 7) What did the article say scientists disagreed about?
 - a) everything
 - b) where time-outs should take place
 - c) the length of time-outs
 - d) the effectiveness of time-outs
- 8) What did select organizations suggest time-outs were?
 - a) ineffective and even harmful
 - b) very useful
 - c) shocking
 - d) too long
- 9) What did some media say time-outs could damage?
 - a) life
 - b) intelligence
 - c) the parent-child relationship
 - d) brain cells
- 10) What negative things did researchers not find?
 - a) bad behavior
 - b) side effects
 - c) bad children
 - d) sad parents

ROLE PLAY

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

Role A – Time-outs

You think giving a time-out is the best form of punishment for children. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): scolding, no TV or naughty room.

Role B – Scolding

You think scolding is the best form of punishment for children. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): time-outs, no TV or naughty room.

Role C – No TV

You think no TV is the best form of punishment for children. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): scolding, time-outs or naughty room.

Role D – The Naughty Room

You think the naughty room is the best form of punishment for children. Tell the others three reasons why. Tell them what is wrong with their ways. Also, tell the others which is the least effective of these (and why): scolding, no TV or time-outs.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

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

children	time-out

- 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">• news• between• fret• harm• whose• difference	<ul style="list-style-type: none">• modify• space• reflect• even• damage• side
---------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------

TIME-OUTS SURVEY

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

Write five GOOD questions about time-outs 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.

TIME-OUTS 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 'children'?
3. What do you think of time-outs for children?
4. What do you think of time-outs as a punishment?
5. Did your parents give you a time-out?
6. What do you think children think of time-outs?
7. What do you fret about?
8. How are your parenting skills?
9. How effective are time-outs in disciplining children?
10. What are the negative things about time-outs?

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TIME-OUTS 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 'time-out'?
13. What do you think about what you read?
14. Do children think of time-outs as a punishment?
15. What is the best form of punishment for children?
16. What should children get time-outs for?
17. Should other people get time-outs?
18. How might time-outs affect parent-child relationships?
19. What do children think about during time-outs?
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/1909/190916-time-outs.html>

There is good news for parents who are in (1) _____ minds about the merits of using time-outs as a form (2) _____ punishment. Research from the University of Michigan in the USA says there is evidence to show time-outs can be an effective discipline (3) _____ for children aged between two and eight years. Researchers say parents do not need to (4) _____ about their parenting skills if they give time-outs to misbehaving children as they do not harm children's mental wellbeing or their relationship (5) _____ their parents. In an eight-year study, researchers compared the emotional health and behavior in children whose parents used time-outs with those who didn't. They found there was (6) _____ difference in the children.

Time-outs are a form of discipline used by parents to (7) _____ their children's behavior. It usually involves sending children to a quiet space or quiet corner. The aim is for children to (8) _____ on their behavior. Scientists have disagreed about the effectiveness of this strategy. Dr Rachel Knight said: "Some reports in the (9) _____ and by select organizations have suggested that time-out is ineffective and even harmful." She added: "There are some (10) _____ claims that time-outs can damage the parent-child relationship and negatively (11) _____ emotional health, but the research simply doesn't support those claims." Dr Knight concluded: "We did not find a relationship between time-outs and negative side effects (12) _____ children."

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

- | | | | | |
|-----|----------------|--------------|---------------|---------------|
| 1. | (a) never | (b) multiple | (c) three | (d) two |
| 2. | (a) in | (b) at | (c) on | (d) of |
| 3. | (a) strategize | (b) strategy | (c) strata | (d) stratify |
| 4. | (a) neck | (b) bridge | (c) fret | (d) string |
| 5. | (a) within | (b) wither | (c) with | (d) without |
| 6. | (a) no | (b) non | (c) not | (d) nor |
| 7. | (a) deify | (b) modify | (c) solidify | (d) humidify |
| 8. | (a) reflect | (b) mirror | (c) shine | (d) glow |
| 9. | (a) memoranda | (b) media | (c) curricula | (d) referenda |
| 10. | (a) charming | (b) arming | (c) alarming | (d) farming |
| 11. | (a) reflect | (b) infect | (c) affect | (d) effect |
| 12. | (a) by | (b) on | (c) as | (d) in |

SPELLING

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

Paragraph 1

1. the itmres of using time-outs
2. a form of hspmunietn
3. there is niedeecv
4. eilspnicid strategy
5. parents do not need to efrt
6. mnetlooia health

Paragraph 2

7. midfoy their children's behavior
8. It usually levvoins sending children
9. The aim is for children to cfterle
10. time-out is ivcifeetnef
11. some mlaniagr claims
12. eetivang side effects in children

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

Number these lines in the correct order.

- () damage the parent-child relationship and negatively affect emotional health, but
- (**1**) There is good news for parents who are in two minds about the merits of using time-outs as a form
- () the research simply doesn't support those claims." Dr Knight concluded: "We did not
- () study, researchers compared the emotional health and behavior in children whose parents used time-outs with those
- () who didn't. They found there was no difference in the children.
- () suggested that time-out is ineffective and even harmful." She added: "There are some alarming claims that time-outs can
- () Time-outs are a form of discipline used by parents to modify their children's behavior. It usually involves sending children
- () children as they do not harm children's mental wellbeing or their relationship with their parents. In an eight-year
- () to a quiet space or quiet corner. The aim is for children to reflect on their behavior. Scientists have disagreed
- () show time-outs can be an effective discipline strategy for children aged between two
- () find a relationship between time-outs and negative side effects in children."
- () of punishment. Research from the University of Michigan in the USA says there is evidence to
- () and eight years. Researchers say parents do not need to fret about their parenting skills if they give time-outs to misbehaving
- () about the effectiveness of this strategy. Dr Rachel Knight said: "Some reports in the media and by select organizations have

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

1. two for who are News in parents minds .
2. as Merits punishment . time-outs of of a form
3. parents not say Researchers fret . do to need
4. harm They not mental wellbeing . children's do
5. no there was in They difference found children .
6. to parents Used behavior . by modify their children's
7. a children space . It to sending involves quiet
8. this disagreed effectiveness Scientists strategy . the of about
9. research support those But doesn't simply claims . the
10. negative Time-outs effects and children . in side

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

There is good news for parents who are *on / in* two minds about the merits of using time-outs as a *firm / form* of punishment. Research from the University of Michigan in the USA says there *is / are* evidence to show time-outs can be an effective discipline *strategy / strategic* for children aged between two and eight years. Researchers say parents do not need to *frat / fret* about their *parenting / parented* skills if they give time-outs to misbehaving children as they do not harm children's *mentally / mental* wellbeing or their relationship *with / within* their parents. In an eight-year study, researchers compared the emotional health and behavior in children *whose / which* parents used time-outs with those who didn't. They found there was no *difference / different* in the children.

Time-outs are a *form / firm* of discipline used by parents to modify their children's behavior. It usually *revolves / involves* sending children to a quiet space or quiet corner. The aim is *to / for* children to reflect on their behavior. Scientists have disagreed about the effectiveness of *this / these* strategy. Dr Rachel Knight said: "Some reports in the media and by *selection / select* organizations have suggested that time-out is ineffective and even harmful." She added: "There are some *alarms / alarming* claims that time-outs can damage the parent-child relationship and negatively *effect / affect* emotional health, but the research simply *doesn't / don't* support those claims." Dr Knight concluded: "We did not find a relationship *between / among* time-outs and negative side effects *in / on* children."

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/1909/190916-time-outs.html>

T h _ r _ _ s g _ _ d n _ w s f _ r p _ r _ n _ t _ s w h _ _ r _ _ n t
w _ m _ n _ d _ s _ b _ _ t t h _ m _ r _ t _ s _ f _ s _ n _ g t _ m _ - _ _ t _ s
_ s _ f _ r _ m _ f _ p _ n _ s _ h _ m _ n _ t . R _ s _ _ r _ c h _ f _ r _ m _ t h _
U _ n _ v _ r _ s _ t _ y _ f _ M _ c h _ g _ n _ _ n _ t h _ U _ S _ A _ s _ y _ s _ t
h _ r _ _ s _ v _ d _ n _ c _ t _ s h _ w t _ m _ - _ _ t _ s c _ n b _ _ n _ f
f _ c _ t _ v _ d _ s _ c _ p _ l _ n _ s _ t _ r _ t _ g _ y _ f _ r c _ h _ l _ d _ r _ n _ g _ d
b _ t w _ _ n t w _ _ n _ d _ _ g _ h _ t _ y _ _ r _ s . R _ s _ _ r _ c h _ r _ s
s _ y p _ r _ n _ t _ s d _ n _ t n _ _ d t _ f _ r _ t _ b _ _ t t h _ _ r
p _ r _ n _ t _ n _ g s k _ l _ l _ s _ f _ t h _ y g _ v _ t _ m _ - _ _ t _ s t _
m _ s b _ h _ v _ n _ g c _ h _ l _ d _ r _ n _ s t h _ y d _ n _ t h _ r _ m c
h _ l _ d _ r _ n ' s m _ n _ t _ l w _ l _ l _ b _ _ n _ g _ r _ t h _ _ r r _ l _ t _ _
n _ s h _ p w _ t h t h _ _ r p _ r _ n _ t _ s . I n _ n _ _ g _ h _ t _
y _ _ r _ s t _ d _ y , r _ s _ _ r _ c h _ r _ s c _ m _ p _ r _ d t h _ _ m _ t _ _
n _ l h _ _ l _ t h _ n _ d b _ h _ v _ _ r _ n c _ h _ l _ d _ r _ n w h _ s _
p _ r _ n _ t _ s _ s _ d t _ m _ - _ _ t _ s w _ t h t h _ s _ w h _ d _ d _ n ' t
. T h _ y f _ _ n _ d t h _ r _ w _ s n _ d _ f _ f _ r _ n _ c _ _ n t h _
c _ h _ l _ d _ r _ n .

T _ m _ - _ _ t _ s _ r _ _ f _ r _ m _ f _ d _ s _ c _ p _ l _ n _ _ s _ d b _ y
p _ r _ n _ t _ s t _ m _ d _ f _ y t h _ _ r c _ h _ l _ d _ r _ n ' s b _ h _ v _ _ r
. I t _ s _ _ l _ l _ y _ n _ v _ l _ v _ s _ s _ n _ d _ n _ g c _ h _ l _ d _ r _ n t _ _
q _ _ t _ s p _ c _ _ r q _ _ t _ c _ r _ n _ r . T h _ _ _ m _ s _ f _ r c
h _ l _ d _ r _ n t _ r _ f _ l _ c _ t _ n t h _ _ r b _ h _ v _ _ r . S c _ _ n
t _ s _ t _ s h _ v _ d _ s _ g _ r _ _ d _ b _ _ t t h _ _ f _ f _ c _ t _ v _ n _ s _ s _ f
t h _ s s _ t _ r _ t _ g _ y . D r R _ c h _ l K n _ g _ h _ t s _ _ d : "
S _ m _ r _ p _ r _ t _ s _ n t h _ m _ d _ _ n _ d b _ y s _ l _ c _ t _ r
g _ n _ z _ t _ _ n _ s h _ v _ s _ g _ g _ s _ t _ d t h _ t t _ m _ - _ _ t _ s
_ n _ f _ f _ c _ t _ v _ _ n _ d _ v _ n h _ r _ m _ f _ l . " S h _ _ d _ d _ d : " T
h _ r _ _ r _ s _ m _ _ l _ r _ m _ n _ g c _ l _ _ m _ s t h _ t t _ m _ - _ _ t _ s
c _ n d _ m _ g _ t h _ p _ r _ n _ t - c _ h _ l _ d _ r _ l _ t _ _ n _ s h _ p _ n _ d
n _ g _ t _ v _ l _ y _ f _ f _ c _ t _ _ m _ t _ _ n _ l h _ _ l _ t h , b _ t t h _
r _ s _ _ r _ c h _ s _ m _ p _ l _ y d _ _ s _ n ' t s _ p _ p _ r _ t t h _ s _ c _ l _ _
m _ s . " D r K n _ g _ h _ t c _ n c _ l _ d _ d : " W _ d _ d _ n _ t
f _ n _ d _ r _ l _ t _ _ n _ s h _ p b _ t w _ _ n t _ m _ - _ _ t _ s _ n _ d
n _ g _ t _ v _ s _ d _ f _ f _ c _ t _ s _ n c _ h _ l _ d _ r _ n . "

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

there is good news for parents who are in two minds about the merits of using timeouts as a form of punishment research from the university of michigan in the usa says there is evidence to show timeouts can be an effective discipline strategy for children aged between two and eight years researchers say parents do not need to fret about their parenting skills if they give timeouts to misbehaving children as they do not harm childrens mental wellbeing or their relationship with their parents in an eightyyear study researchers compared the emotional health and behavior in children whose parents used timeouts with those who didnt they found there was no difference in the children

timeouts are a form of discipline used by parents to modify their childrens behavior it usually involves sending children to a quiet space or quiet corner the aim is for children to reflect on their behavior scientists have disagreed about the effectiveness of this strategy dr rachel knight said some reports in the media and by select organizations have suggested that timeout is ineffective and even harmful she added there are some alarming claims that timeouts can damage the parentchild relationship and negatively affect emotional health but the research simply doesnt support those claims dr knight concluded we did not find a relationship between timeouts and negative side effects in children

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1909/190916-time-outs.html>

There is good news for parents who are in two minds about the merits of using time-outs as a form of punishment. Research from the University of Michigan in the USA says there is evidence to show time-outs can be an effective discipline strategy for children aged between two and eight years. Researchers say parents do not need to fret about their parenting skills if they give time-out to misbehaving children as they do no harm to children's mental well-being or their relationship with their parents. In an eight-year study, researchers compared the emotional health and behavior in children whose parents used time-outs with those who didn't. They found there was no difference in the children. Time-outs are a form of discipline used by parents to modify their children's behavior. It usually involves sending children to a quiet space or quiet corner. The aim is for children to reflect on their behavior. Scientists have disagreed about the effectiveness of this strategy. Dr Rachel Knight said: "Some reports in the media and by select organizations have suggested that time-out is ineffective and even harmful." She added: "There are some alarming claims that time-outs can damage the parent-child relationship and negatively affect emotional health, but the research simply doesn't support those claims." Dr Knight concluded: "We did not find a relationship between time-outs and negative side effects in children."

HOMWORK

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. TIME-OUTS: Make a poster about time-outs. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CHILDREN'S BEHAVIOR: Write a magazine article about time-outs being great to change children's behavior. 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 time-outs. Ask him/her three questions about them. Give him/her three of your opinions on them. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

- | | |
|------------------|---------------|
| 1. merits | a. benefits |
| 2. evidence | b. proof |
| 3. strategy | c. policy |
| 4. fret | d. worry |
| 5. compared | e. contrasted |
| 6. form | f. type |
| 7. modify | g. amend |
| 8. select | h. exclusive |
| 9. alarming | i. worrying |
| 10. side effects | j. reactions |

COMPREHENSION QUESTIONS (p.9)

1. Good news
2. The University of Michigan
3. Fret
4. Eight years
5. No difference
6. Their behavior
7. The effectiveness of time-outs
8. Ineffective and even harmful
9. The parent-child relationship
10. Side effects

WORDS IN THE RIGHT ORDER (p.20)

1. News for parents who are in two minds.
2. Merits of time-outs as a form of punishment.
3. Researchers say parents do not need to fret.
4. They do not harm children's mental wellbeing.
5. They found there was no difference in children.
6. Used by parents to modify their children's behavior.
7. It involves sending children to a quiet space.
8. Scientists disagreed about the effectiveness of this strategy.
9. But the research simply doesn't support those claims.
10. Time-outs and negative side effects in children.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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