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**Level 0** – 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-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/2208/220818-thinking-0.html>

Why does thinking make us tired? Researchers looked into this. When we think a lot, our brain releases a chemical. It tells us that we must rest. People who spend a long time thinking will feel tired. Resting helps the brain to return to normal. A 20-minute power nap can make us feel totally refreshed.

The researchers tested 40 people. Twenty-four of these had difficult tasks looking at a computer screen. The other 16 people did a similar, but easier task. Everyone worked for six hours. Brain scans showed that the group with the difficult task had more of the chemical in their brain.

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-0.html>

## PARAGRAPH ONE:

- |                         |               |
|-------------------------|---------------|
| 1. make                 | a. normal     |
| 2. Researchers looked   | b. a chemical |
| 3. our brain releases   | c. refreshed  |
| 4. It tells us that we  | d. us tired   |
| 5. Resting helps the    | e. into this  |
| 6. return to            | f. nap        |
| 7. A 20-minute power    | g. brain      |
| 8. make us feel totally | h. must rest  |

## PARAGRAPH TWO:

- |                       |                    |
|-----------------------|--------------------|
| 1. researchers tested | a. easier task     |
| 2. Twenty-four        | b. task            |
| 3. looking at a       | c. scans           |
| 4. a similar, but     | d. their brain     |
| 5. Everyone worked    | e. of these        |
| 6. Brain              | f. for six hours   |
| 7. the difficult      | g. 40 people       |
| 8. the chemical in    | h. computer screen |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2208/220818-thinking-0.html>

Why does thinking (1) \_\_\_\_\_? Researchers looked into this. When we (2) \_\_\_\_\_, our brain releases a chemical. It (3) \_\_\_\_\_ we must rest. People who (4) \_\_\_\_\_ time thinking will feel tired. Resting helps the (5) \_\_\_\_\_ to normal. A 20-minute power nap can make (6) \_\_\_\_\_ refreshed.

The researchers (7) \_\_\_\_\_. Twenty-four of these (8) \_\_\_\_\_ looking at a computer screen. The other 16 people (9) \_\_\_\_\_, but easier task. Everyone worked (10) \_\_\_\_\_. Brain scans showed that the group (11) \_\_\_\_\_ task had more of the (12) \_\_\_\_\_ brain.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2208/220818-thinking-0.html>

Why does thinking make us tired? Researchers looked into this. When we think a lot, our brain releases a chemical. It tells us that we must rest. People who spend a long time thinking will feel tired. Resting helps the brain to return to normal. A 20-minute power nap can make us feel totally refreshed. The researcher tested 40 people. Twenty-four of these had difficult tasks looking at a computer screen. The other 16 people did a similar, but easier task. Everyone worked for six hours. Brain scans showed that the group with the difficult task had more of the chemical in their brain.

# THINKING SURVEY

From <https://breakingnewsenglish.com/2208/220818-thinking-0.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) \_\_\_\_\_

