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Level 3

Why do people yawn?

3rd September, 2017

<http://www.breakingnewsenglish.com/1709/170903-yawning.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Do you ever wonder why we yawn? Do you always yawn when you see other people yawn? A new study from Nottingham University in the UK has done research on this. Researchers found that yawning is contagious. It is a powerful and unstoppable reaction. People automatically want to yawn when they see other people yawning. The researchers said people actually yawn more when they try to stop yawning. The researchers also found that some people have a much stronger urge to yawn than other people. Lead researcher Professor Stephen Jackson said that even reading about yawning could be enough to make people yawn. You might even want to yawn right now.

The researchers studied the reactions and brain activity of 36 adult volunteers. The volunteers looked at video clips of other people yawning. They then had two choices - either to stop themselves yawning or to allow themselves to do it. The volunteers were videoed as they yawned or tried not to yawn. The researchers also monitored the brain activity of the volunteers and checked how strong their feeling to want to yawn was. Jackson said understanding more about yawning will help to treat conditions such as dementia, epilepsy and Tourettes. He said: "We are looking for potential non-drug, personalized treatments...that might be effective in [changing] imbalances in the brain."

Sources: <http://www.nottinghampost.com/news/nottingham-news/why-is-yawning-contagious-answer-407557>
<http://metro.co.uk/2017/08/31/why-is-yawning-contagious-6892289/>
<http://www.medicalnewstoday.com/articles/319227.php>

WARM-UPS

1. YAWNING: Students walk around the class and talk to other students about yawning. 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?

wonder / study / research / yawning / contagious / reaction / automatically / urge
brain activity / volunteers / video clips / monitored / checked / feeling / dementia

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

3. CONTAGIOUS: Students A **strongly** believe yawning is contagious; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. YAWN: Is it OK to yawn in these situations? How bad is it? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	OK?	How bad?	Why?
In a job interview			
On a first date			
On a train			
In a school lesson			
Talking to a friend			
Paying for shopping			

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

6. YAWN MAKERS: Rank these with your partner. Put the biggest yawn makers at the top. Change partners often and share your rankings.

- tiredness
- reading about yawning
- other people yawning
- English classes
- sports on TV
- boring people
- reading
- politics

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

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

- a. A university in the UK did some research on yawning. **T / F**
- b. Researchers discovered that yawning is contagious. **T / F**
- c. Researchers said people yawn more if they try to stop yawning. **T / F**
- d. A professor said reading about yawning stops us yawning. **T / F**
- e. Researchers studied the brain activity of 360 volunteers. **T / F**
- f. The volunteers looked at videos and were videoed. **T / F**
- g. The professor said yawning leads to dementia. **T / F**
- h. The professor hopes his research will lead to better drugs for the brain. **T / F**

2. SYNONYM MATCH:

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

- | | |
|-------------------------|------------------|
| 1. wonder | a. encourage |
| 2. contagious | b. options |
| 3. automatically | c. this instant |
| 4. urge | d. illnesses |
| 5. right now | e. catching |
| 6. reactions | f. watched |
| 7. choices | g. instinctively |
| 8. monitored | h. successful |
| 9. conditions | i. think about |
| 10. effective | j. responses |

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

- | | |
|--|----------------------------|
| 1. Researchers found that yawning is | a. such as dementia |
| 2. It is a powerful and | b. now |
| 3. some people have a much stronger | c. want to yawn was |
| 4. reading about yawning could be enough | d. contagious |
| 5. You might even want to yawn right | e. urge to yawn |
| 6. They then had two | f. imbalances in the brain |
| 7. brain | g. choices |
| 8. how strong their feeling to | h. to make people yawn |
| 9. treat conditions | i. activity |
| 10. be effective in changing | j. unstoppable reaction |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Do you ever (1) _____ why we yawn? Do you always yawn when you see other people yawn? A new study from Nottingham University in the UK has (2) _____ research on this. Researchers found that yawning is contagious. It is a (3) _____ and unstoppable reaction. People (4) _____ want to yawn when they see other people yawning. The researchers said people (5) _____ yawn more when they try to stop yawning. The researchers also found that some people have a much stronger (6) _____ to yawn than other people. Lead researcher Professor Stephen Jackson said that (7) _____ reading about yawning could be enough to make people yawn. You might even want to yawn right (8) _____.

automatically

done

urge

wonder

now

actually

even

powerful

The researchers studied the (9) _____ and brain activity of 36 adult volunteers. The volunteers looked at video (10) _____ of other people yawning. They then had two choices - either to stop themselves yawning or to (11) _____ themselves to do it. The volunteers were videoed as they yawned or tried not to yawn. The researchers also (12) _____ the brain activity of the volunteers and checked how strong their (13) _____ to want to yawn was. Jackson said understanding more about yawning will help to (14) _____ conditions such as dementia, epilepsy and Tourettes. He said: "We are looking for (15) _____ non-drug, personalized treatments...that might be effective in [changing] (16) _____ in the brain."

feeling

clips

potential

monitored

imbalances

reactions

allow

treat

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

- 1) A new study from Nottingham University in the UK has _____ this
 - a. done research in
 - b. done research off
 - c. done research on
 - d. done research of
- 2) It is a powerful and _____
 - a. non-stop a bull reaction
 - b. non-stoppable reaction
 - c. unstoppable reaction
 - d. and stop able reaction
- 3) The researchers also found that some people have a much stronger _____
 - a. urgent to yawn
 - b. urge to yawn
 - c. purge to yawn
 - d. urge too yawn
- 4) Professor Stephen Jackson said that even reading about yawning _____
 - a. could be enough
 - b. couldn't be enough
 - c. could been enough
 - d. could being enough
- 5) You might even want to yawn _____
 - a. right now
 - b. light now
 - c. weight now
 - d. write now
- 6) The researchers studied the reactions and brain activity of 36 _____
 - a. adult volunteer
 - b. adult volunteer is
 - c. adults volunteers
 - d. adult volunteers
- 7) either to stop themselves yawning or to allow themselves _____
 - a. to done it
 - b. too do it
 - c. to doing it
 - d. to do it
- 8) The volunteers were videoed as they yawned or tried _____
 - a. not two yawn
 - b. not too yawn
 - c. not to yawn
 - d. not thru yawn
- 9) understanding more about yawning will help to treat _____ dementia
 - a. condition such as
 - b. conditions such as
 - c. conditions such has
 - d. conditions such was
- 10) personalized treatments...that might be effective in changing _____ brain
 - a. imbalance is on the
 - b. imbalances on the
 - c. imbalances in the
 - d. imbalance is in the

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Do you ever wonder why we yawn? Do (1) _____ when you see other people yawn? A new study from Nottingham University in the UK has (2) _____ this. Researchers found that yawning is contagious. It is a powerful and unstoppable reaction. People automatically want to yawn when they (3) _____ yawning. The researchers said people actually yawn more when they try to stop yawning. The researchers also found that some people (4) _____ stronger urge to yawn than other people. Lead researcher Professor Stephen Jackson said (5) _____ about yawning could be enough to make people yawn. You might even want to (6) _____.

The researchers studied the reactions and (7) _____ 36 adult volunteers. The volunteers looked at video clips of other people yawning. They then (8) _____ - either to stop themselves yawning or to allow themselves to do it. The volunteers were videoed as they yawned (9) _____ to yawn. The researchers also monitored the brain activity of the volunteers and checked how strong their feeling to want (10) _____. Jackson said understanding more about yawning will help to (11) _____ as dementia, epilepsy and Tourettes. He said: "We are looking for potential non-drug, personalized treatments...that might (12) _____ [changing] imbalances in the brain."

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

1. What was the name of the UK university that did the research?
2. What did the researchers say was contagious?
3. What do some people have a stronger urge to do?
4. What might people read about to make them yawn more?
5. When did the article say people might want to yawn?
6. How many volunteers did the researchers study?
7. How many choices did the volunteers have?
8. What did the researchers monitor?
9. How many conditions did the article mention?
10. What did the professor want to change in the brain?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

- 1) What was the name of the UK university that did the research?
 - a) Oxford
 - b) Nottingham
 - c) Cambridge
 - d) Lancaster
- 2) What did the researchers say was contagious?
 - a) shopping
 - b) viruses
 - c) laughter
 - d) yawning
- 3) What do some people have a stronger urge to do?
 - a) yawn
 - b) sleep
 - c) stop yawning
 - d) yawn loudly
- 4) What might people read about to make them yawn more?
 - a) baseball statistics
 - b) politics
 - c) yawning
 - d) English grammar
- 5) When did the article say people might want to yawn?
 - a) at night
 - b) right now
 - c) after dinner
 - d) at a party
- 6) How many volunteers did the researchers study?
 - a) 36
 - b) 34
 - c) 38
 - d) 32
- 7) How many choices did the volunteers have?
 - a) 4
 - b) 3
 - c) 2
 - d) 1
- 8) What did the researchers monitor?
 - a) brain activity
 - b) yawn length
 - c) yawn loudness
 - d) dementia
- 9) How many conditions did the article mention?
 - a) 3
 - b) 4
 - c) 2
 - d) 5
- 10) What did the professor want to change in the brain?
 - a) electricity
 - b) conditions
 - c) chemicals
 - d) imbalances

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Role A – Boring People

You think boring people are the things that make us yawn most. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least likely to make us yawn of these (and why): English classes, politics or other people yawning.

Role B – English Classes

You think English classes are the things that make us yawn most. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least likely to make us yawn of these (and why): boring people, politics or other people yawning.

Role C – Politics

You think politics is the thing that makes us yawn most. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least likely to make us yawn of these (and why): English classes, boring people or other people yawning.

Role D – Other People Yawning

You think other people yawning is the thing that makes us yawn most. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least likely to make us yawn of these (and why): English classes, politics or boring people.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

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

yawn	brain
-------------	--------------

- 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">• always• this• automatically• stronger• enough• now	<ul style="list-style-type: none">• 36• choices• not• strong• treat• effective
---	---

YAWNING SURVEY

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Write five GOOD questions about yawning 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.

YAWNING 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 'yawn'?
3. What do you think of yawning?
4. What do you think when you see other people yawning?
5. Why do people yawn?
6. How does yawning make you feel?
7. Why is yawning contagious?
8. When do you stop yourself yawning?
9. What do you think of the research on yawning?
10. Has reading this made you want to yawn?

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YAWNING 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 'brain'?
13. What do you think about what you read?
14. Is yawning a good or bad thing?
15. What do you think of your brain activity?
16. How strong is your desire to yawn?
17. What do you think of people making sounds when they yawn?
18. What do you think of the word 'yawn'?
19. Are there times when we should never yawn?
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 <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Do you ever (1) _____ why we yawn? Do you always yawn when you see other people yawn? A (2) _____ study from Nottingham University in the UK has done research on this. Researchers found that yawning is (3) _____. It is a powerful and unstoppable (4) _____. People automatically want to yawn when they see other people yawning. The researchers said people (5) _____ yawn more when they try to stop yawning. The researchers also found that some people have a much stronger urge to yawn than other people. Lead researcher Professor Stephen Jackson said that even reading about yawning could be enough to make people yawn. You might even want to yawn right (6) _____.

The researchers studied the reactions and brain activity (7) _____ 36 adult volunteers. The volunteers looked at video clips of other people yawning. They then had two choices - (8) _____ to stop themselves yawning or to allow themselves to do it. The volunteers were videoed (9) _____ they yawned or tried not to yawn. The researchers also monitored the brain activity of the volunteers and checked (10) _____ strong their feeling to want to yawn was. Jackson said understanding more about yawning will help to treat conditions such (11) _____ dementia, epilepsy and Tourettes. He said: "We are looking for potential non-drug, personalized treatments...that might be effective (12) _____ [changing] imbalances in the brain."

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

- | | | | | |
|-----|------------------|---------------|------------------|----------------|
| 1. | (a) wander | (b) wonder | (c) wonders | (d) wanders |
| 2. | (a) newly | (b) new | (c) newt | (d) newsy |
| 3. | (a) contagiously | (b) contagion | (c) contagiously | (d) contagious |
| 4. | (a) reactive | (b) reaction | (c) reacts | (d) reacted |
| 5. | (a) actualize | (b) actuality | (c) actual | (d) actually |
| 6. | (a) then | (b) again | (c) now | (d) never |
| 7. | (a) of | (b) at | (c) on | (d) by |
| 8. | (a) neither | (b) ether | (c) either | (d) earthier |
| 9. | (a) has | (b) is | (c) was | (d) as |
| 10. | (a) how | (b) what | (c) which | (d) where |
| 11. | (a) as | (b) has | (c) was | (d) is |
| 12. | (a) in | (b) of | (c) on | (d) by |

SPELLING

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Paragraph 1

1. Do you ever dornew why?
2. has done aechsrer on this
3. yawning is otnsagcuoi
4. a powerful and unstoppable arctieon
5. a much stronger gure to yawn
6. could be ongheu

Paragraph 2

7. brain ivcitty
8. The rnuolteesv looked at video clips
9. drtoonmei the brain
10. help to treat ncdoiinots such as dementia
11. that might be effective
12. blcaasniem in the brain

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Number these lines in the correct order.

- (**1**) Do you ever wonder why we yawn? Do you always yawn when you see other people
- () other people. Lead researcher Professor Stephen Jackson said that even reading
- () on this. Researchers found that yawning is contagious. It is a powerful and unstoppable
- () not to yawn. The researchers also monitored the brain activity of the volunteers and checked how
- () conditions such as dementia, epilepsy and Tourettes. He said: "We are looking for potential non-
- () The researchers studied the reactions and brain activity of 36 adult volunteers. The volunteers looked
- () yawn? A new study from Nottingham University in the UK has done research
- () reaction. People automatically want to yawn when they see other people yawning. The researchers said people actually yawn
- () at video clips of other people yawning. They then had two choices - either to stop themselves yawning
- () about yawning could be enough to make people yawn. You might even want to yawn right now.
- () or to allow themselves to do it. The volunteers were videoed as they yawned or tried
- () more when they try to stop yawning. The researchers also found that some people have a much stronger urge to yawn than
- () strong their feeling to want to yawn was. Jackson said understanding more about yawning will help to treat
- () drug, personalized treatments...that might be effective in [changing] imbalances in the brain."

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

1. yawning that found Researchers contagious is .
2. unstoppable It a and reaction is powerful .
3. more try yawning yawn they stop actually when to People .
4. Even about could enough reading yawning be .
5. might You now right yawn to want even .
6. other at people video The clips volunteers of looked .
7. brain The also the activity researchers monitored .
8. more to about treat yawning conditions will Understanding help .
9. non- treatments Looking drug for , potential personalized .
10. Effective changing in brain in imbalances the .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

Do you ever *wonder / wander* why we yawn? Do you always yawn when you see other people yawn? A new *studying / study* from Nottingham University in the UK has done research *on / in* this. Researchers found that yawning is *contagious / contagion*. It is a powerful and unstoppable *reacts / reaction*. People automatically want to yawn when they see *other / others* people yawning. The researchers said people *actual / actually* yawn more when they try to stop yawning. The researchers also found that some people have a much stronger *urgent / urge* to yawn than other people. Lead researcher Professor Stephen Jackson said that *even / ever* reading about yawning could be enough to make people yawn. You might even want to yawn right *now / then*.

The researchers studied the reactions and brain *active / activity* of 36 adult volunteers. The volunteers looked at video clips *of / off* other people yawning. They then had two *choice / choices* - either to stop themselves yawning or to *allow / allowance* themselves to do it. The volunteers were videoed as they yawned or *tired / tried* not to yawn. The researchers also monitored the brain activity of the *volunteers / voluntary* and checked *now / how* strong their feeling to want to yawn was. Jackson said understanding more about yawning will help to *treat / threat* conditions such as dementia, epilepsy and Tourettes. He said: "We are looking for potential non-drug, personalized *treatment / treatments*...that might be effective in [changing] imbalances *in / on* the brain."

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 <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

D_ y_ _ v_ r w_ nd_ r why w_ y_ wn? D_ y_ _ lw_ ys y_ wn
wh_ n y_ _ s_ _ th_ r p_ _ pl_ y_ wn? _ n_ w st_ dy fr_ m
N_ tt_ ngh_ m_ _ n_ v_ rs_ ty_ _ n_ th_ _ K_ h_ s_ d_ n_ r_ s_ _rch
_ n_ th_ s_ . R_ s_ _rch_ rs_ f_ _nd_ th_ t_ y_ wn_ ng_ _ s
c_ nt_ g_ _ s_ . _ t_ _ s_ _ p_ w_ rf_ l_ _nd_ _nst_ pp_ bl_ _
r_ _ct_ _n_ . P_ _pl_ _ _t_ m_ t_ c_ lly_ w_ nt_ t_ y_ wn_ wh_ n
th_ y_ s_ _ th_ r p_ _ pl_ y_ wn_ ng_ . Th_ r_ s_ _rch_ rs_ s_ _d
p_ _pl_ _ _ct_ _lly_ y_ wn_ m_ r_ wh_ n th_ y_ try_ t_ st_ p
y_ wn_ ng_ . Th_ r_ s_ _rch_ rs_ ls_ f_ _nd_ th_ t_ s_ m_ p_ _pl_ _
h_ v_ _ m_ ch_ str_ ng_ r_ rg_ t_ y_ wn_ th_ n_ th_ r p_ _ pl_ _ .
L_ _d_ r_ s_ _rch_ r Pr_ f_ ss_ r St_ ph_ n J_ cks_ n s_ _d_ th_ t
_ v_ n_ r_ _d_ ng_ _ b_ _t_ y_ wn_ ng_ c_ _ld_ b_ _ n_ _gh_ t_ m_ k_ _
p_ _pl_ y_ wn_ . Y_ _ m_ gh_ t_ _ v_ n_ w_ nt_ t_ y_ wn_ r_ gh_ t_ n_ w_ .
Th_ r_ s_ _rch_ rs_ st_ d_ _d_ th_ r_ _ct_ _ns_ _nd_ br_ _n
ct v_ ty_ _f_ 36_ _d_ lt_ v_ l_ nt_ _rs_ . Th_ v_ l_ nt_ _rs_ l_ _k_ d
t v_ d_ _ cl_ ps_ _f_ th_ r p_ _ pl_ y_ wn_ ng_ . Th_ y_ th_ n_ h_ d
tw_ ch_ _c_ s_ - _ th_ r_ t_ st_ p_ th_ ms_ lv_ s_ y_ wn_ ng_ _r_ t_ _
ll w_ th_ ms_ lv_ s_ t_ _d_ _t_ . Th_ v_ l_ nt_ _rs_ w_ r_ _
v_ d_ _d_ _s_ th_ y_ y_ wn_ d_ _r_ tr_ _d_ n_ t_ t_ y_ wn_ . Th_ r_ s_ _rch_ rs_ ls_ m_ n_ t_ r_ d_ th_ br_ _n_ ct_ v_ ty_ _f_ th_ v_ l_ nt_ _rs_ _nd_ ch_ ck_ d_ h_ w_ str_ ng_ th_ _r_ f_ _l_ ng_ t_ w_ nt_ t_ y_ wn_ w_ s_ . J_ cks_ n_ s_ _d_ _nd_ rst_ nd_ ng_ m_ r_ _ b_ _t_ y_ wn_ ng_ w_ ll_ h_ lp_ t_ tr_ _t_ c_ nd_ t_ ns_ s_ ch_ _s_ d_ m_ nt_ _ , _p_ l_ psy_ _nd_ T_ _r_ tt_ s_ . H_ s_ _d_ : "W_ _r_ l_ _k_ ng_ _f_ r_ p_ t_ nt_ _l_ n_ n_ dr_ g_ , _p_ rs_ n_ l_ z_ d_ tr_ _tm_ nts_ ...th_ t_ m_ gh_ t_ b_ _ ff_ ct_ v_ _ n_ [ch_ ng_ ng_] _mb_ l_ nc_ s_ _n_ th_ br_ _n_ ."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1709/170903-yawning.html>

do you ever wonder why we yawn do you always yawn when you see other people yawn a new study from nottingham university in the uk has done research on this researchers found that yawning is contagious it is a powerful and unstoppable reaction people automatically want to yawn when they see other people yawning the researchers said people actually yawn more when they try to stop yawning the researchers also found that some people have a much stronger urge to yawn than other people lead researcher professor stephen jackson said that even reading about yawning could be enough to make people yawn you might even want to yawn right now

the researchers studied the reactions and brain activity of 36 adult volunteers the volunteers looked at video clips of other people yawning they then had two choices - either to stop themselves yawning or to allow themselves to do it the volunteers were videoed as they yawned or tried not to yawn the researchers also monitored the brain activity of the volunteers and checked how strong their feeling to want to yawn was jackson said understanding more about yawning will help to treat conditions such as dementia epilepsy and tourettes he said "we are looking for potential non-drug personalized treatments...that might be effective in [changing] imbalances in the brain"

PUT A SLASH (/) WHERE THE SPACES ARE

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Do you ever wonder why we yawn? Do you always yawn when you see other people yawn? A new study from Nottingham University in the UK has done research on this. Researchers found that yawning is contagious. It is a powerful and unstoppable reaction. People automatically want to yawn when they see other people yawning. The researchers said people actually yawn more when they try to stop yawning. The researchers also found that some people have a much stronger urge to yawn than other people. Lead researcher Professor Stephen Jackson said that even reading about yawning could be enough to make people yawn. You might even want to yawn right now. The researchers studied the reactions and brain activity of 36 adult volunteers. The volunteers looked at video clips of other people yawning. They then had two choices - either to stop themselves yawning or to allow themselves to do it. The volunteers were videoed as they yawned or tried not to yawn. The researchers also monitored the brain activity of the volunteers and checked how strong their feeling to want to yawn was. Jackson said understanding more about yawning will help to treat conditions such as dementia, epilepsy and Tourettes. He said: "We are looking for potential non-drug, personalized treatments... that might be effective in [changing] imbalances in the brain."

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. Share what you discover with your partner(s) in the next lesson.

3. YAWNING: Make a poster about yawning. Show your work to your classmates in the next lesson. Did you all have similar things?

4. NO YAWNING IN PUBLIC: Write a magazine article about not yawning in public. 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 yawning. Ask him/her three questions about it. Give him/her three of your opinions on the benefits of yawning. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

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

SYNONYM MATCH (p.4)

- | | |
|------------------|------------------|
| 1. wonder | a. think about |
| 2. contagious | b. catching |
| 3. automatically | c. instinctively |
| 4. urge | d. encourage |
| 5. right now | e. this instant |
| 6. reactions | f. responses |
| 7. choices | g. options |
| 8. monitored | h. watched |
| 9. conditions | i. illnesses |
| 10. effective | j. successful |

COMPREHENSION QUESTIONS (p.8)

1. Nottingham
2. Yawning
3. Yawn
4. Yawning
5. Right now
6. 36
7. Two
8. Brain activity
9. Three
10. Imbalances

MULTIPLE CHOICE - QUIZ (p.9)

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

ALL OTHER EXERCISES

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