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Level 2 – 6th February, 2019

We may be able to learn vocabulary while sleeping

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<https://breakingnewsenglish.com/1902/190206-learning-vocabulary-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary-2.html>

A study shows we could learn vocabulary while we are asleep. This is great news for students trying to learn a new language or increase their knowledge of words. Researchers in Switzerland showed that it is possible to learn new information while sleeping deeply, and then recall this information when we need it later. The researchers did tests on whether or not a person can remember new words and their translations while they were asleep. The researchers said our sleeping brain is much more aware of the outside world than we thought.

A researcher said, "language areas of the brain and the...brain's essential memory hub were activated" after a person woke up. These areas of the brain remember vocabulary during deep sleep. During deep sleep, our brain is active for about half a second. It then enters a period of inactivity. The active state is called "up-state" and the inactive state is called "down-state." The "up-state" period is when our brain could learn new vocabulary. The researchers say more research is needed to be 100 per cent sure that we can learn vocabulary while asleep.

Sources: <https://interestingengineering.com/study-shows-that-new-vocabulary-can-be-learned-while-sleeping>
<https://www.sciencedaily.com/releases/2019/01/190131113837.htm>
https://eurekalert.org/pub_releases/2019-01/uob-Inv012819.php

PHRASE MATCHING

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary-2.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|-------------------------|
| 1. learn vocabulary while | a. learn a new language |
| 2. This is great | b. new words |
| 3. trying to | c. of words |
| 4. increase their knowledge | d. when we need it |
| 5. it is possible | e. we are asleep |
| 6. recall this information | f. of the outside world |
| 7. a person can remember | g. news |
| 8. much more aware | h. to learn |

PARAGRAPH TWO:

- | | |
|----------------------------|------------------|
| 1. language areas | a. needed |
| 2. after a person | b. sleep |
| 3. During deep | c. of inactivity |
| 4. about half | d. while asleep |
| 5. a period | e. sure |
| 6. more research is | f. woke up |
| 7. be 100 per cent | g. of the brain |
| 8. we can learn vocabulary | h. a second |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary-2.html>

A study (1) _____ learn vocabulary while we are asleep. This is (2) _____ students trying to learn a new language or increase their knowledge of words. Researchers in Switzerland showed that (3) _____ to learn new information while sleeping deeply, and then recall this information when we (4) _____. The researchers did tests on whether or not a person can remember new words and their translations (5) _____ asleep. The researchers said our sleeping brain is much (6) _____ the outside world than we thought.

A researcher said, "language (7) _____ brain and the...brain's essential (8) _____ activated" after a person woke up. These (9) _____ brain remember vocabulary during deep sleep. During deep sleep, our brain is active for about (10) _____. It then enters a period of inactivity. The active state is called "up-state" and the inactive state is called "down-state." The "up-state" (11) _____ our brain could learn new vocabulary. The researchers say more research (12) _____ be 100 per cent sure that we can learn vocabulary while asleep.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary-2.html>

A study shows we could learn vocabulary while we are asleep. This is great news for students trying to learn a new language or increase their knowledge of words. Researchers in Switzerland showed that it is possible to learn new information while sleeping deeply, and then recall this information when we need it later. The researchers did tests on whether or not a person can remember new words and their translations while they were asleep. The researchers said our sleeping brain is much more aware of the outside world than we thought. As researchers said, "language areas of the brain and the... brain's essential memory hub were reactivated" after a person woke up. These areas of the brain remember vocabulary during deep sleep. During deep sleep, our brain is active for about half a second. It then enters a period of inactivity. The active state is called "up-state" and the inactive state is called "down-state." The "up-state" period is when our brain could learn new vocabulary. The researchers say more research is needed to be 100 percent sure that we can learn vocabulary while asleep.

LEARNING VOCABULARY SURVEY

From <https://breakingnewsenglish.com/1902/190206-learning-vocabulary-4.html>

Write five GOOD questions about Learning vocabulary 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) _____

