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Level 0 – 18th February, 2019

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<https://breakingnewsenglish.com/1902/190218-night-owls-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/1902/190218-night-owls-0.html>

The early bird catches the worm. This means people who wake up early do many things. This may be true. Scientists found that people who sleep early do better in tests. People who sleep and wake up early (early birds) do better than people who sleep and wake up late (night owls). Their brains are different.

The scientists tested 38 people. They answered questions about sleep and tiredness. They had brain scans and did tests.

The early birds were less sleepy. They did the tests quicker than the night owls. The scientists said night owls have to get up early for school and work. They always want to sleep late.

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>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1902/190218-night-owls-0.html>

PARAGRAPH ONE:

- | | |
|---------------------------|-------------------|
| 1. The early bird catches | a. who sleep |
| 2. wake up early | b. be true |
| 3. This may | c. different |
| 4. do better | d. do many things |
| 5. early | e. in tests |
| 6. do better than people | f. up late |
| 7. wake | g. birds |
| 8. Their brains are | h. the worm |

PARAGRAPH TWO:

- | | |
|-------------------------------|------------------------|
| 1. The scientists tested | a. tiredness |
| 2. They answered | b. up early |
| 3. sleep and | c. questions |
| 4. They had brain | d. late |
| 5. The early birds were less | e. than the night owls |
| 6. They did the tests quicker | f. 38 people |
| 7. night owls have to get | g. sleepy |
| 8. sleep | h. scans |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1902/190218-night-owls-0.html>

The (1) _____ the worm. This means people who wake up early (2) _____. This may be true. Scientists found that people who sleep early (3) _____ tests. People who sleep and (4) _____ (early birds) do better than (5) _____ and wake up late (night owls). (6) _____ different.

The scientists (7) _____. They answered questions about (8) _____. They had brain scans (9) _____. The early birds were less sleepy. They did (10) _____ than the night owls. The scientists said night owls (11) _____ up early for school and work. They (12) _____ sleep late.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1902/190218-night-owls-0.html>

The early bird catches the worm. This means people who wake up early do many things. This may be true. Scientists found that people who sleep early do better in tests. People who sleep and wake up early (early birds) do better than people who sleep and wake up late (night owls). Their brains are different. The scientist tested 38 people. They answered questions about sleep and tiredness. They had brain scans and did tests. The early birds were less sleepy. They did the tests quicker than the night owls. The scientist said night owls have to get up early for school and work. They always want to sleep late.

NIGHT OWLS SURVEY

From <https://breakingnewsenglish.com/1902/190218-night-owls-4.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.

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) _____

