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Level 2 – 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-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/2208/220818-thinking-2.html>

Have you ever thought why thinking makes us tired? A new study has found some answers. Researchers from the Paris Brain Institute looked at why mental effort makes us tired. When people think a lot, their brain releases a chemical called glutamate. Too much of this changes the brain's functions. It tells the body it is tired and that we must rest. People who spend six hours working on a task that requires thinking are more likely to feel tired. Resting helps the brain to return to normal. This explains why a power nap is good for us. A 20-minute power nap can make us feel totally refreshed.

The researchers looked at the behaviour of 40 participants. Twenty-four of these performed challenging tasks. These included looking at a computer screen and matching different letters. The other 16 people did a similar, but easier task. Both teams worked for six hours, and had two breaks. The researchers scanned the brains of the participants. The group with the more difficult task had higher levels of glutamate in their brain. Study author Antonius Wiehler said: "It would be great to find out more about how glutamate levels are restored."

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-2.html>

PARAGRAPH ONE:

- | | |
|-----------------------------|--------------------------|
| 1. A new study has found | a. us tired |
| 2. mental effort makes | b. power nap |
| 3. Too much of this changes | c. feel tired |
| 4. working on a task that | d. refreshed |
| 5. more likely to | e. the brain's functions |
| 6. Resting helps the brain | f. some answers |
| 7. A 20-minute | g. to return to normal |
| 8. make us feel totally | h. requires thinking |

PARAGRAPH TWO:

- | | |
|-----------------------------------|------------------------|
| 1. researchers looked | a. of the participants |
| 2. performed challenging | b. screen |
| 3. looking at a computer | c. out more |
| 4. 16 people did a similar, | d. tasks |
| 5. researchers scanned the brains | e. more difficult task |
| 6. The group with the | f. of glutamate |
| 7. higher levels | g. at the behaviour |
| 8. It would be great to find | h. but easier task |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2208/220818-thinking-2.html>

Have you ever thought why thinking (1) _____? A new study has found some answers. Researchers from the Paris Brain Institute looked at (2) _____ makes us tired. When people think a lot, their brain (3) _____ called glutamate. Too much of this changes the brain's functions. It tells the body it is tired and that (4) _____. People who spend six hours working on a task that requires thinking are more likely to feel tired. Resting helps the brain to (5) _____. This explains why a power nap is good for us. A 20-minute power nap can make us (6) _____.

The researchers looked at (7) _____ 40 participants. Twenty-four of these performed challenging tasks. These (8) _____ a computer screen and matching different letters. The other 16 people did a (9) _____ task. Both teams worked for six hours, and had two breaks. The researchers (10) _____ of the participants. The group with the more difficult task had (11) _____ glutamate in their brain. Study author Antonius Wiehler said: "It would be great to find out more about how glutamate (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2208/220818-thinking-2.html>

Have you ever thought why thinking makes us tired? A new study has found some answers. Researchers from the Paris Brain Institute looked at why mental effort makes us tired. When people think a lot, their brain releases a chemical called glutamate. Too much of this changes the brain's functions. It tells the body it is tired and that we must rest. People who spend six hours working on a task that requires thinking are more likely to feel tired. Resting helps the brain to return to normal. This explains why a power nap is good for us. A 20-minute power nap can make us feel totally refreshed. The researchers looked at the behaviour of 40 participants. Twenty-four of these performed challenging tasks. These included looking at a computer screen and matching different letters. The other 16 people did a similar, but easier task. Both teams worked for six hours, and had two breaks. The researchers scanned the brains of the participants. The group with the more difficult task had higher levels of glutamate in their brain. Study author Antonius Wiehlers said: "It would be great to find out more about how glutamate levels are restored."

THINKING SURVEY

From <https://breakingnewsenglish.com/2208/220818-thinking-2.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) _____

