

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freeeslmaterials.com/sean_banville_lessons.html

Level 2 – 18th December 2025

Less blinking may mean more active listening

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2512/251218-blinking-and-listening-2.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

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

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2512/251218-blinking-and-listening-2.html>

We all blink 15–20 times a minute, automatically, without thinking. There are several reasons why we blink. One is to stop our eyes from becoming dry. This helps us see. Another reason is to protect our eyes from dust and insect attacks. Scientists think they have found a further reason. Researchers from Concordia University in Canada found that we blink less when we are listening to someone speak. This happens more when there is background noise. The lead researcher said blinking less gives our brain more energy. This allows us to focus on what someone is saying.

The researchers carried out two experiments on 49 participants. The participants listened to sentences being read aloud. In one experiment, there was no background noise. In the other, there was background noise. The people in the test with background noise blinked a lot less. When the background noise increased, blink rates dropped even more. Another researcher said we blink less "when important information is coming". The lead researcher agreed. She said: "We don't just blink randomly. In fact, we blink...less when important information is presented."

Sources: <https://www.sciencealert.com/want-to-know-if-somebody-is-truly-listening-count-their-blinks>
<https://www.earth.com/news/people-automatically-blink-less-while-listening-carefully/>
<https://www.eurekaalert.org/news-releases/1109190>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2512/251218-blinking-and-listening-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------------|----------------------|
| 1. We all blink 15–20 | a. someone is saying |
| 2. There are several reasons | b. us see |
| 3. stop our eyes from | c. a further reason |
| 4. This helps | d. why we blink |
| 5. protect our | e. noise |
| 6. Scientists think they have found | f. becoming dry |
| 7. when there is background | g. eyes from dust |
| 8. This allows us to focus on what | h. times a minute |

PARAGRAPH TWO:

- | | |
|-------------------------------------|--------------------|
| 1. researchers carried out | a. randomly |
| 2. The participants listened | b. aloud |
| 3. being read | c. is presented |
| 4. When the background noise | d. less |
| 5. blink rates dropped | e. two experiments |
| 6. Another researcher said we blink | f. even more |
| 7. We don't just blink | g. to sentences |
| 8. when important information | h. increased |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2512/251218-blinking-and-listening-2.html>

We all blink 15–20 ⁽¹⁾ _____, automatically, without thinking. There are ⁽²⁾ _____ we blink. One is to stop our eyes from becoming dry. This helps us see. Another reason ⁽³⁾ _____ our eyes from dust and insect attacks. Scientists think they have ⁽⁴⁾ _____ reason. Researchers from Concordia University in Canada found that we blink less when we are listening ⁽⁵⁾ _____. This happens more when there is background noise. The lead researcher said blinking less gives our brain more energy. This allows us ⁽⁶⁾ _____ what someone is saying.

The researchers ⁽⁷⁾ _____ experiments on 49 participants. The participants listened to sentences being read aloud. ⁽⁸⁾ _____, there was no background noise. In the other, there was background noise. The people in the test with background noise blinked ⁽⁹⁾ _____. When the background noise increased, blink rates ⁽¹⁰⁾ _____. Another researcher said we blink less "when important information is coming". The lead researcher agreed. She said: "We don't ⁽¹¹⁾ _____. In fact, we blink...less when important ⁽¹²⁾ _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2512/251218-blinking-and-listening-2.html>

We all blink 15–20 times a minute, automatically, without thinking. There are several reasons why we blink. One is to stop our eyes from becoming dry. This helps us see. Another reason is to protect our eyes from dust and insect attacks. Scientists think they have found a further reason. Researchers from Concordia University in Canada found that we blink less when we are listening to someone speak. This happens more when there is background noise. The lead researcher said blinking less gives our brain more energy. This allows us to focus on what someone is saying. The researcher carried out two experiments on 49 participants. The participants listened to sentences being read aloud. In one experiment, there was no background noise. In the other, there was background noise. The people in the test with background noise blinked a lot less. When the background noise increased, blink rates dropped even more. Another researcher said we blink less "when important information is coming". The lead researcher agreed. She said: "We don't just blink randomly. In fact, we blink... less when important information is presented."

BLINKING SURVEY

From <https://breakingnewsenglish.com/2512/251218-blinking-and-listening-2.html>

Write five GOOD questions about blinking 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) _____

Less blinking may mean more active listening – 18th December 2025
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

WRITING

From <https://breakingnewsenglish.com/2512/251218-blinking-and-listening-2.html>

Write about **blinking** for 10 minutes. Read and talk about your partner's paper.

[illegible]