

SOW: Lessons 72 – 73 Reading LS 3.2.1 LS 3.1.3 Close-up p.96 & p.97

 Worksheet 1

Quickly read the passage below. Which of these **best** describes the writer's purpose? Circle **A**, **B** or **C**.

- A To explain tips for turning your hobby into a career.
- B To summarise ways you can get smarter in your spare time.
- C To suggest fun activities to do with your friends without spending much.

Read the passage again and choose the correct word for each space by marking the correct letter **A**, **B**, **C** or **D**. Your teacher will give you the words.

Getting smarter doesn't require a **(1)** _____ — but it does take time. And since time is at a **(2)** _____, here are some ways to squeeze in some legit brain-boosting.

Speaking a second (or third or fourth) **(3)** _____ is both fun and practical — not to mention that it gives brain cells a healthy workout. Yet for most of us, it ends up in the pile of forgotten New Year's **(4)** _____, along with trying a new vegetable every week and handwriting thank-you notes. But it doesn't have to be time-consuming. In fact, Duolingo turns language learning into a video game. The app teaches Spanish, French, German, English, Japanese and other languages using reading, writing, listening and even speaking modules. And each module is generally done in a few minutes — short enough to sneak in a lesson every day on the bus home, or while you're waiting for the meat to **(5)** _____ for dinner.

Checking out a **(6)** _____ on a tablet is one great way. There's no better way to learn about something new than by watching an **(7)** _____ documentary on one of your favourite subjects. But we don't always have two hours to dedicate to sitting on the couch watching it. Thanks to technology, you can now use your smartphone or tablet to catch up on a documentary while you're riding the bike at the gym or folding laundry at home. You can even use it as a reward to help you do a boring or daunting task you've been putting off.

Whether you played the piano as a child, are a **(8)** _____ now, or have never touched an instrument, learning to play music can make you smarter. Not only does playing an instrument train your brain to recognise chords and meter, but studies have shown it also helps you get better at **(9)** _____ like math. When you listen to music, multiple areas of your brain become engaged and active. But when you actually play an instrument, that activity becomes more like a full-body brain workout. And it's never too late to learn! Check Craigslist, local University postings or community education schedules for group or individual classes — and the best part is you don't have to be Carnegie Hall worthy to see the intellectual benefits.

Exercise, as a rule, makes you smarter. It doesn't matter what you do. A Canadian study found that lifting weights improved **(10)** _____ functions while an Irish study found that cardio activities provided a significant mental boost. Similarly, the **(11)** _____ found that it also doesn't matter your age or gender. What matters is that you move and you move on a regular basis. You don't have to go all out to see the mental benefits. A simple walk around the block can lift your mood, clear your mind and get your creative juices flowing. Or join a sports league and revive a favourite hobby.

Podcasts — audio shows you can listen to on your smartphone or tablet — are taking over pop (12) _____, and with good reason. The shows average between 10 minutes and an hour, offering up entertainment and information in bite-sized pieces. There's a podcast for every person's (13) _____, including history lessons, cooking discussions, comedy, true crime mysteries, political commentary, business advice, fictional theatre pieces and virtually every other topic you can think of. And the best part is you can listen to them at your leisure, during a long (14) _____, washing dishes, or in the school pickup line. The fastest way to listen to shows is to (15) _____ a podcast app. Podcast Addict for Android and Apple's Podcast App are both free and work great. New shows are coming out every day, so whether you're already a podcast devotee or a listening newbie, it's a great time to get sucked into something interesting.

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 **Worksheet 2**

Based on the passage given, guess the contextual meaning of the following words.

No	Word	Meaning
1	brain-boosting	
2	time-consuming	
3	engaged	
4	bite-sized	
5	newbie	
6	cardio	
7	putting off	

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 **Worksheet 1**

It's Saturday again! Edmund and Daisy want to take some things to do. Talk together about the things they could do.