

## **The Benefits of Bilingual Brain**

**Watch the video and do the activities:**

Video: <https://www.youtube.com/watch?v=MMmOLN5zBLY>

**A- Match the questions to their answers:**

- 1- What is the video about?
- 2- How many languages can a bilingual person speak?
- 3- Name one benefit of being bilingual.
- 4- What does the brain do when we learn a new language?
- 5- How does being bilingual help our memory?

- a) A bilingual person can speak two languages.
  - b) Being bilingual helps improve memory by keeping the brain active and engaged, which strengthens memory-related areas of the brain.
  - c) The video is about the benefits of having a bilingual brain and how speaking more than one language affects the brain.
  - d) Cultural Awareness: Being bilingual provides a deeper understanding and appreciation of different cultures.
  - e) When we learn a new language, the brain creates new neural connections and enhances cognitive flexibility.
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**B- True or False?**

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|--|---------------------|
| 1- A bilingual person can speak only one language.                   | <b>TRUE / FALSE</b> |
| 2- Learning a new language is good for your brain.                   | <b>TRUE / FALSE</b> |
| 3- Being bilingual makes it harder to remember things.               | <b>TRUE / FALSE</b> |
| 4- The brain gets better at solving problems when you are bilingual. | <b>TRUE / FALSE</b> |
| 5- The video is about the benefits of learning math.                 | <b>TRUE / FALSE</b> |
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**D- What about you? Answer the questions below using your own ideas:**

- 1- Do you speak more than one language?
- 2- How do you feel when you speak another language?
- 3- Why do you think learning languages is important?

