

**1. Read the passage and choose the correct answers****The Silent Morning Experiment**

Last month, a group of students at Green Valley School took part in an unusual wellbeing experiment called "The Silent Morning." For the first hour of every school day, students were not allowed to use their phones, listen to music, or talk to each other unless necessary. Instead, they were encouraged to read, organize their tasks, or simply sit quietly.

At the beginning, many students disliked the idea. Some complained that silence made them feel bored or uncomfortable. A few even said they felt more stressed because they couldn't chat with their friends. However, after a week, the results surprised everyone.

Teachers noticed that students arrived to class more focused and less irritable than before. Several students said they hadn't realized how tired their minds were from constant noise—messages, notifications, and conversations from early morning. One student said, "I didn't know my brain was already exhausted before lessons even started."

Interestingly, the experiment did not reduce students' workload or shorten their school day. In fact, nothing about their schedule changed. The only difference was the quiet hour. Yet despite this, students reported feeling as if they had "extra space" in their minds.

The school is now considering making the Silent Morning a regular weekly activity. Some students still think it's unnecessary, but most agree that having one peaceful hour helps them start the day with more clarity.

1. Why did some students feel more stressed in the beginning?

- A . They had more homework than usual.
- B. They were uncomfortable without their usual morning habits.
- C. Teachers gave them extra tasks during silent time.
- D. The school day became longer.

2. What surprised the teachers after one week?

- A. Students finished their homework earlier than before.
- B. Students' behavior improved even though lessons were more difficult.
- C. Students were calmer and more focused without any schedule changes.

3. What does the sentence "I didn't know my brain was already exhausted before lessons even started" suggest?

- A. The student had trouble sleeping at night.
- B. The student was stressed because of difficult subjects.
- C. Morning noise and distractions were mentally draining.
- D. The student didn't want to go to school at all.

4. What can be inferred about students' usual mornings before the experiment?

- A. They typically had quiet, peaceful mornings.
- B. They were exposed to a lot of stimulation early in the day.
- C. They didn't like talking to their friends.
- D. They rarely used their phones before school.

5. What factor MOST contributed to the success of the Silent Morning?

- A. It reduced the number of classes.
- B. It made students complete tasks faster.
- C. It gave students mental rest that they didn't know they needed.
- D. It allowed teachers to start lessons earlier.

2. Find one mistake in each sentence and correct it.

1. Eating too quick can make your stomach feel uncomfortable.

—> **Eating too quickly can make your stomach feel uncomfortable.**

2. You must to drink at least eight glasses of water every day.

3. Doing exercise regularly help people stay mentally strong.

4. People becomes more stressed when they spend all day on their phones.

5. You shouldn't going to bed with your phone next to your pillow.

6. Taking deep breaths can helping you feel calmer during the day.

7. Drinking warm tea before bed can improving your sleep.

8. Some people think relaxing means doing nothing, but relaxing can mean take a walk too.

9. If you feel tired, you should to listen to your body and rest.

3. Do you think technology helps or hurts our wellbeing? Write your opinion (more than 250 words).

*wellbeing = feeling healthy, happy, and comfortable

