Your brain can improve at any age

A. VOCABULARY: brain improvements

Complete the comments to the article with the words and phrases from the box below. Then discuss: do you agree with what these people are saying? Does anything sound familiar from your own life?

burnout | recharge | thriving | brain fog | resilient | subtle | nurture | sluggish

Aisha, 17
This really made me think. My grandma started painting classes last year, and it's amazing to see her mind still _____ at 70! I think we should _____ this kind of thing more, especially with older relatives.

Tom, 19
Honestly, after a night of terrible sleep, I get proper _____ the next day — I can't concentrate on anything. And when exam season hits, I feel completely _____ by lunchtime, like I've got no energy left at all.

Priya, 16
This is why I try to actually switch off at weekends. If I don't, I end up heading straight for _____ before the term even properly starts. A proper walk outside really helps me _____ before I go back to revising.

Ben, 48
I love how the article shows small habits make a difference. Even a _____ change, like reading for ten minutes before bed instead of scrolling, adds up. It's reassuring to know our brains can be so _____ — they really do bounce back from bad habits if we give them a chance.

Watch the video again and complete the sentences with the missing information.

1. The study followed nearly _____ adults.
2. The participants were between _____ and _____ years old.
3. The study was conducted over a period of _____ years.
4. The research was conducted by researchers at the University of Texas at Dallas' _____.
5. Participants spent only _____ to _____ minutes per day on the training activities.
6. The study found measurable improvements in _____ well-being and thinking clarity.
7. Positive changes were observed even among people in their _____.

LIVEWORKSHEETS