Bayader School
Grade: 6
Time: 30 min

Name: _____
Date: _____

Listening Activity

Preview
Listen to Dr. Baker's tips for getting a good night's sleep. Answer the questions that follow.

A- **Fill in the blanks with the correct words from the listening script to complete the sentences.**

- Some people think they can **(1)** _____ well with the TV on, but the **(2)** _____ and the lights mean you don't really sleep well, so **(3)** _____ it off.
- Don't think too much before bedtime. Do your **(4)** _____ homework earlier in the evening. Do easier homework later.

B- **Read each statement. Write (T) if it is true and (F) if it is false. Correct the false statements.**

1. At exam time, it is important to sleep well. ___

_____

2. If your brain is too busy and full of ideas, you can directly sleep. ___

_____

C- **Place the following top tips given by Dr. Baker in the right order using numbers 1 to 5.**

_____ Don't go to bed with the television on.

_____ Don't play video games for an hour before you go to sleep.

_____ Don't think too much before bedtime.

_____ Play music if you like, but don't play it too loud.

_____ Turn off your cellphone before you go to bed.



LIVEWORKSHEETS

Listening Activity (Answer Key)

A- **Fill in the blanks with the correct words from the listening script to complete the sentences.** __/2

- Some people think they can **(1)** _sleep_ well with the TV on, but the **(2)** __noise__ and the lights mean you don't really sleep well , so **(3)** __turn__ it off.
- Don't think too much before bedtime. Do your **(4)** __hardest___ homework earlier in the evening. Do easier homework later.

B- **Read each statement. Write (T)if it is true and (F) if it is false. Correct the false statements.** __/2

1. At exam time , it is important to sleep well. _T__

2. If your brain is too busy and full of ideas , it does not take longer to sleep. _F__

If your brain is too busy and full of ideas , it takes longer to sleep.

C- **Place the following top tips given by Dr. Baker in the right order using numbers 1 to 5.** __/ 5

___1__ Don't go to bed with the television on.

___3__ Don't play video games for an hour before you go to sleep.

___2__ Don't think too much before bedtime.

___5__ Play music if you like , but don't play it too loud.

___4__ Turn off your cellphone before you go to bed.

LIVEWORKSHEETS