

## 9 habits that can damage your brain

1) Listen and watch a video titled "9 habits that can damage your brain". What are the missing words, in your opinion?

- 1 Staying in \_\_\_\_\_ too much.
- 2 Consuming too \_\_\_\_\_ news.
- 3 Blasting headphones (very loud \_\_\_\_\_)
- 4 \_\_\_\_\_ isolation (not having contact with/talking to people)
- 5 Too much \_\_\_\_\_
- 6 Consuming too much \_\_\_\_\_
- 7 Not having the most important meal of the day: \_\_\_\_\_
- 8 Not doing \_\_\_\_\_
- 9 Poor \_\_\_\_\_ habits.


2) Listen and check.

3) Listen again. Are the statements true or false?

a. Being in complete darkness can lead to depression and sleep problems.

---

b. Listening to very loud music can cause memory problems.

---

c. It is not so common to want sweet things when we're stressed.

---

d. It's ok to cover your face with the sheets when you sleep.

---

4) Discussion: tick the habits you have. How often do you do them?

e.g. *I often stay in ...*

---

---

---

---

---

---

---

---

---

---

