Reading. Read the text.

5 At-Home Tips to Boost Your Brainpower

1. Stay social

It's important to stay social, not only for fun but for your brain. You are playing board games at home or catching up with friends on a video chat – being social can improve your memory functions.

2. Get lost in fiction

Reading a textbook and learning new words will help grow your intelligence and gain knowledge. But reading about moral conflicts in fiction helps exercise the brain and increase your empathy.

3. Stay active

Maintaining regular exercise can keep your mind sharp and help you stay fit. Sport reduces stress in your body and helps the brain. When we are stressed, it negatively impacts the way we think and memorize things.

4. Learn to play an instrument

It might be time to take that guitar or open that piano to help improve your cognitive function. It is not only about acquiring a new skill. Learning to play an instrument engages almost all brain parts and improves language and cognitive skills.

(Adapted from: https://www.howitworksdaily.com/5-at-home-tips-to-boost-your-brain-power/)

For each question, **choose** the correct answer. **Tick**.

1. Why is it important to remain social when at home?

- ☐ It is fun.
- ☐ You can make new friends.
- ☐ It can improve your memory functions.

2. How will reading a textbook and learning new words help you?

- ☐ It will help grow your intelligence.
- ☐ It will help you gain knowledge.
- ☐ All of the above.

3. Why do you need to read fiction?

- ☐ To spend your time funnily.
- ☐ To exercise the brain and increase your empathy.
- ☐ To get a higher score at school.

4. How can regular excercise help you?

- ☐ It keeps your mind sharp.
- ☐ It helps you stay fit.
- ☐ All of above is correct.

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5. How does sport help?

- ☐ It reduces stress in your body.
- ☐ It helps the brain memorize things.
- ☐ All of above is correct.

6. Why do we need to learn to play an instrument?

- ☐ To acquire a new skill.
- ☐ To engage almost all brain parts and improve language and cognitive skills.
- ☐ To be popular among friends.



Listening. Listen to the dialogue. Which lessons do students have today, and where do they take place? What is the time of the conversation? **Complete** the chart.

	Subject	Room	Floor
Lesson 1			
Lesson 2			
Lesson 3			
Lesson 4			
Lesson 5			
What time is it?			



Writing. Which science do you like the most? Why? **Write.**



Speaking. What is your favourite subject at school? Why? **Say.**

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