

1. Fill in the gaps with the right choice from the words given.

Jigsaw puzzles make you smarter – and I’m living proof

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Should I worry 1. xxxxxx my addiction to 1,000-piece **brainteasers**? Not according to the scientists.

If you 2. xxxxxx at my Google search history (which I would obviously never let anyone do), an alarming percentage of it would consist of variations of: “Is X actually good for you?” With X being whichever bad habit I’m engaged in. The amazing thing about the internet is that you can always find a **random** study that justifies anything. Is **binge-watching** Netflix actually good for you? Why yes, experts 3. xxxxxx said that it’s a healthy way of **destraining**. Is

4. xxxxxx a **night owl** 5. xxxxxx hits the **snooze button** 15 times every morning a sign you’re a genius? Why yes, a 2009 study has found intelligent children are more likely 6. xxxxxx grow up to be nocturnal adults.

My 7. xxxxxx adventures in confirmation **bias** are centred on jigsaw puzzles. 8. xxxxxx the beginning of the pandemic, 9. xxxxxx got obsessed with 1,000-piece jigsaw puzzles; they were 10. xxxxxx off the shelves 11. xxxxxx toilet paper. **Losers**, I thought at the time. Why would anyone over the age of eight and under the age of 108 bother **piecing together** a stupid picture? You know what comes next: I reached the stage of pandemic **despair** where I became addicted to puzzles. My idea of a wild night is now crouching over a table, rummaging through a cardboard box and going “Ooh!” when I locate the right piece. Depressingly, I also seem to have reached an

age where it is possible to **strain** a neck muscle from overenthusiastic puzzling.

So, is my latest hobby a complete waste of time? My partner says yes; science says no. 12. xxxxxx suggests puzzles can help increase concentration and **sharpen** your memory. And, according to one study, 13. xxxxxx jigsaws “recruits multiple visuospatial cognitive abilities and is a protective factor for visuospatial cognitive **ageing**”. I have 14. xxxxxx idea what that means, but it sounds like a great excuse to order 15. xxxxxx another puzzle

2. Drag the word and drop it on the left of the definition.

brainteaser	the process of growing old
random	a control on a clock which sets an alarm to repeat after a short interval, allowing time for a little more sleep
binge-watching	improve or cause to improve
destressing	a problem or puzzle, typically one designed to be solved for amusement
a night owl	an injury to a muscle or similar soft part of the body caused by using that part too much
snooze button	a person who prefers to go to bed late at night rather than get up early.
bias	hopelessness
loser	made, done, happening, or chosen without method or conscious decision
piece together	person or thing that loses or has lost something, especially a game or contest
despair	watching a great number of series episodes one after another
strain	assemble
sharpen	prejudice in favor of or against one thing, person, or group compared with another, usually in a way considered to be unfair
ageing	relaxing after a period of work or tension

