

SCHOOL FOR TIRED TEENS

1 What time do lessons start at Hampton School?

At 9.00 a.m.

At 10.30 a.m.

At 1.30 p.m

2 What time does school finish?

At 6 p.m.

At 7 p.m.

At 7.30 p.m

3 Why did they change the start time at this school?

Because their students are lazy.

Because teenagers need to wake up later than adults.

Because parents couldn't drag their children out of bed.

4 What does the Hypothalamus contain?

Our short-term memory.

Our body awareness.

Our internal body clock.

5 In adolescence, the body clock shifts to ...

one to two hours later.

two to three hours later.

three to four hours later.

6 A seven o'clock start time for a teenager is equivalent to a ...

6.30 waking time for an adult.

5.30 waking time for an adult.

A 4.30 waking time for an adult.

7 How do the students feel?

They think they feel better and want to do more things.

They think they feel even more tired than before.

They think they feel the same and nothing has changed.