Listen and choose correct answers. You will have 20 minutes to listen.

Hand in by 23:00 p.m, October 18th, 2023.

WHY THINKING MAKES US FEEL TIRED?

1) They found that when people think a lot, the brain _____

a. release is chemical
b. release as a chemical
c. releases a chemically
d. releases a chemical

2) It means the brain tells the body it is tired and that _____

a. it must rest
b. it must lest
c. it must tress
d. it must trust

3) People who spend more than six hours working on a task that requires a _____

a. lot off thought
b. lot of thought
c. lot oft thought
d. lots of thought

4) A period of rest allows the brain to _____

a. return tomb normal
b. return too normal
c. return to normal
d. return tune normal

LIVEWORKSHEETS

5) A power nap can be as short as 20 minutes, but can make us _____

a. feels totally refreshed
b. feel totally refreshment
c. feels totally refreshing
d. feel totally refreshed

6) Looking at a computer screen and matching different _____

a. letters that tap pared
b. letters that upper
c. letters that appeared
d. letters that appeare

7) Both teams worked for six hours, and had two _____

a. ten-minute brakes
b. ten-minute break
c. ten-minute breaks
d. ten-minute bleaks

8) The researchers scanned the brains _____

a. of the participant
b. of the party sip ants
c. of the part icy pants
d. of the party sip pants

9) the group who had the more difficult task _____

a. had higher level
b. had higher levels
c. had heightened levels
d. had high are levels

10) find out more about how glutamate _____

a. levels are restore
b. levels are rest stored
c. levels are re-storied
d. levels are restored

NO PAIN, NO GAIN!

LIVEWORKSHEETS