



News and Discussion



Part 1





Writing a to-do list may help you sleep faster

1. How useful are these lists?

To-do List

Bucket Lists

Wish Lists

Warm-ups

2. Match the synonyms.

1. idea

2. found

3. relax

4. worry

5. constantly

6. half

7. access of

8. detailed

9. simple

10. difficulty

a. use of

b. get stressed

c. easy

d. theory

e. complete

f. problems

g. discovered

h. always

i. 50 per cent

j. unwind

Article



Scientists have an idea that could help us get to sleep faster. All you need is a pen and paper. The scientists are from Baylor University in Texas, USA. They did research into how we can fall asleep more quickly. They found that writing a to-do list helps people get to sleep faster. Doctor Michael K. Scullin was the lead researcher of the study. He said to-do lists make us relax because we don't need to worry about the things we have to do. He said that if we write down the things we need to do, we can forget about them, so we become calmer. He added: "We live in a 24/7 culture in which our to-do lists seem to be constantly growing and causing us to worry about unfinished tasks at bedtime."

The researchers looked at the sleeping patterns of 57 male and female university students aged between 18 and 30. Half of them had to write down a to-do list five minutes before they slept. They had to turn the lights out by 10:30pm and could not have access to technology. The researchers found that the participants who wrote to-do lists fell asleep an average of 9 minutes faster than those who didn't. They also found that the students who wrote really detailed lists fell asleep faster than students who wrote simple, general lists. The USA's National Sleep Foundation said that around 40 per cent of American adults have difficulty falling asleep at least a few times each month.

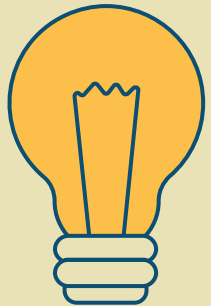
Comprehension Questions



1. What two things did scientists say you needed to fall sleep quickly?
2. Which state in the USA did the research come from?
3. What does writing to-do lists help us do?
4. What kind of culture did a researcher say we live in?
5. What did a researcher say we worry about at bedtime?
6. How many people took part in the research?
7. What time did the test participants have to sleep by?
8. On average, how much faster did those who wrote to-do lists fall asleep?
9. What kind of lists helped people sleep even faster?
10. How many US adults have difficulty falling asleep a few times a month?

Discussion

1. What images are in your mind when you hear the word 'sleep'?
2. Do you have difficulty getting to sleep?
3. What is your sleeping pattern like?
4. What kinds of lists do you write?
5. Is it better to write lists on paper or on a smartphone?
6. How useful are to-do lists?
7. Are you good at doing the things you need to do?
8. Do you get stressed about having too many things to do?
9. What things are on your bucket list?



Role Play

01



Role A

You think taking a hot bath is the best way to fall asleep. Tell the teacher at least three reasons why.

Role B

You think studying English is the best way to fall asleep. Tell the teacher at least three reasons why.

02





Early humans were bad at drawing

1. How do you think the life of early humans was different to our life today?

Food

Exercise

Hobbies

Skills

Warm-ups

2. Match the synonyms.

1. species

3. complex

5. ancient

7. visualize

9. required

2. extinct

4. images

6. skills

8. translate

10. target

a. needed

c. change

e. type

g. aim for

i. talents

b. complicated

d. very old

f. imagine

h. wiped out

j. pictures

Article

An early species of humans who lived between 120,000 and 35,000 years ago were not as good at drawing as early modern humans. The species is called Neanderthal man. They became extinct tens of thousands of years ago. They had large brains and made complex tools to hunt, but they never showed the ability to draw recognizable images. This is unlike early modern humans who drew animals and other figures on rocks and cave walls. Professor Richard Coss, an expert on pre-historic drawings, studied ancient photos and video film of early art. He studied charcoal drawings and engravings of animals made by human artists from 28,000 to 32,000 years ago in southern France.

A professor said the difference in artistic skills could be because of the way they hunted. Neanderthal man hunted tamer animals that were easier to kill. However, early modern humans hunted more dangerous animals. This needed better hand-eye coordination. Professor Coss said: “Neanderthals could mentally visualize previously seen animals from working memory, but they were unable to translate those mental images effectively into the coordinated hand-movement patterns required for drawing.” Professor Coss said early modern humans used drawings to plan hunts and to focus on and discuss which parts of an animal’s body to target.



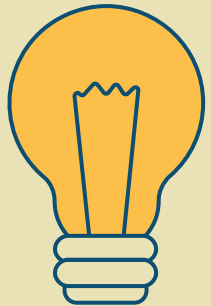
Comprehension Questions



1. When did Neanderthal man become extinct?
2. What did Neanderthal man make?
3. What kind of walls did early modern humans draw on?
4. What is professor Richard Coss an expert in?
5. In which part of France did a professor study charcoal drawings?
6. What kind of animals did Neanderthal man hunt?
7. What kind of animals did early modern humans hunt?
8. What could Neanderthals see from their working memory?
9. What were hand-movement patterns needed for?
10. What did early modern humans use drawings to plan?

Discussion

1. What images are in your mind when you hear the word 'drawing'?
2. How good are you at drawing?
3. How important is cave art and the drawings of early modern man?
4. Do you prefer cave art or modern art?
5. What do know about Neanderthal man?
6. How important is the ability to draw?
7. What artistic skills do you have?
8. What would it be like to hunt for your food every day?
9. How good is your hand-eye coordination?



Role Play

01



Role A

You think cave paintings is the best kind of art.
Tell the teacher at least three reasons why.

Role B

You think graffiti art is the best kind of art.
Tell the teacher at least three reasons why.



02