

Unit 8 Reading Worksheet 2

Name _____

1 Read and number the headings.

- | | |
|---|-----------------------------------|
| _____ 1 _____ Fuel and replenish ! | _____ Get ready! |
| _____ Listen to your body and move! | _____ Smile! |
| _____ Don't get distracted! | _____ Change the scenery . |

Study Tips

Studying can be stressful, but you can make it easier and more fun. How can you do that? Just breathe, relax and try these suggestions.

¹Eat a light snack before you study. Drink water before and during your study sessions. Your brain needs fuel to learn, so give it some.

²Make a study plan. Organise what you will do and make a schedule. Set a **timer** and take a break when the timer **goes off**.

³Try to study in a place that is calm, comfortable and quiet. Turn off your phone and don't read or answer texts while you are studying.

⁴If you are tired or in pain from sitting, reading or writing, take a break. **Stretch, breathe, meditate, walk, run or talk to someone.**

⁵Put some instrumental music on, change the **lighting**, open a window or bring your books outside. Moving and changing positions will really help your productivity.

⁶Smiling can help you learn! You can learn better when you are happy, and smiling—even when you're not feeling happy—can actually make you feel happier!



Try it!
✓

2 Read and circle the correct option.

1. **(Before)** / After you study, eat something and drink some water.
2. Make a study **plan** / **paper** and organise your work.
3. When your timer goes **out** / **off**, stop and take a break.
4. You **should** / **shouldn't** study in a place that is quiet and comfortable.
5. You **should** / **shouldn't** answer texts while you study.
6. Take a break and **sit down** / **move** if you feel any pain.
7. Change your **surroundings** / **books** to help your productivity.
8. If you want to learn and study better, you should **smile** / **change**!



3 **Stop and Think!** Which of these suggestions will you try?

Glossary

replenish:
to replace nutrients or fill with energy

get: to become

scenery:
environment or view

timer: a device for keeping or indicating time

goes off: makes an alarm sound

stretch: to extend body parts

breathe: to take in and push out air

lighting: the kind of light in a place