

# Unit 8 Reading Worksheet 2

Name \_\_\_\_\_

## 1 Read and number the headings.

\_\_\_\_\_ 1 Fuel and **replenish!**

\_\_\_\_\_ Listen to your body and move!

\_\_\_\_\_ Don't **get** distracted!

\_\_\_\_\_ Get ready!

\_\_\_\_\_ Smile!

\_\_\_\_\_ 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.

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

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

<sup>3</sup>Try 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.

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

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

<sup>6</sup>Smiling 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