

WEIRD HUMAN HABITS





HOW OFTEN DO YOU...?

 Never  Hardly ever  Sometimes  Often  Always



talk to yourself?



check the fridge when
you're not hungry?



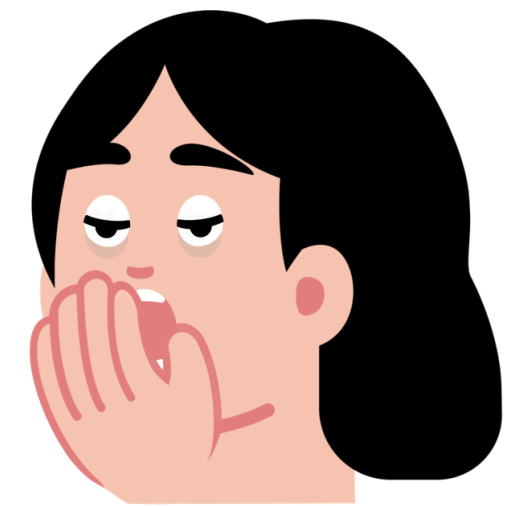
listen to the same song 10
times in a row?



imagine conversations
in your head?



forget why you walked
into a room?



yawn when someone
else yawns?



VOCABULARY

Match the words with their meanings.

yawn

empathy

contagious

habit

brain

researcher

easily passed from one person to another

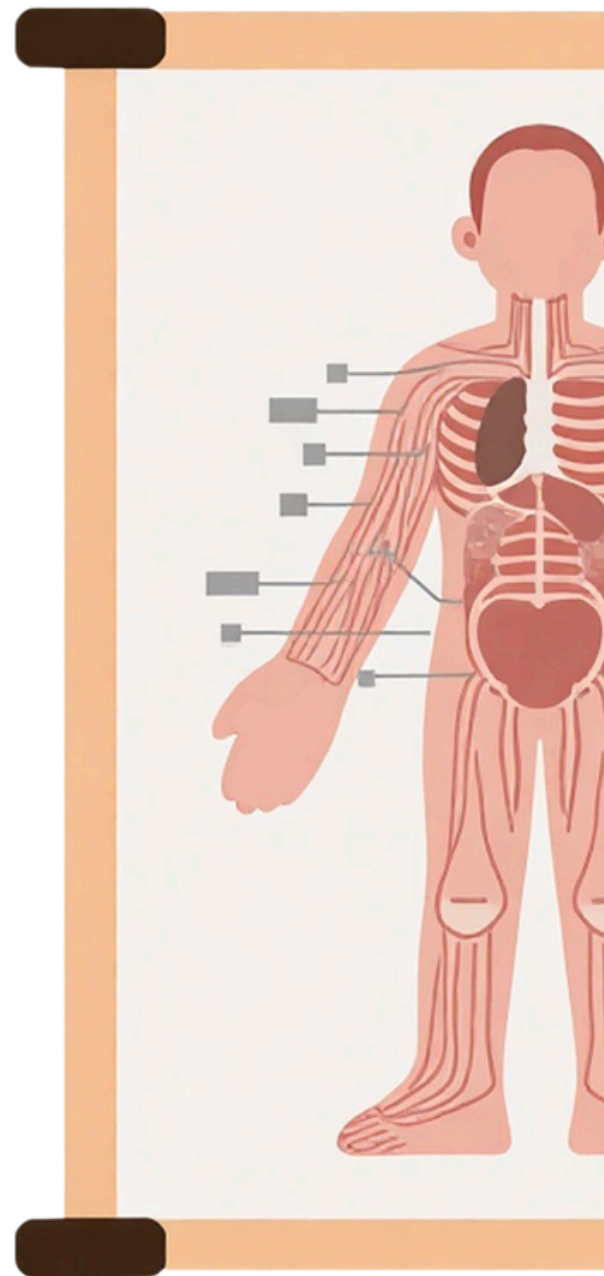
something you often do without thinking

open your mouth and breathe in deeply
because you're tired/bored

someone who studies something carefully

the ability to understand and share
another person's feelings

the organ that controls your thoughts and body





WHY DO WE YAWN?

6 things you didn't know about yawning

1 WHAT IS YAWNING?



Yawning is when we open our mouth wide, take a deep breath in, and slowly breathe out. It usually happens without us thinking about it. When we yawn, we are also stretching the muscles in our face and body.

2 WHEN DOES IT HAPPEN?



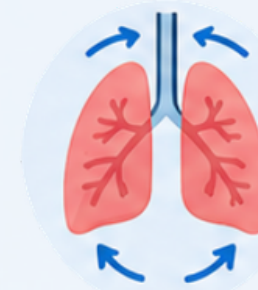
We usually yawn when we are tired, sleepy, or bored. We can also yawn when we feel low on energy. If you are sitting in a boring lesson right now, you might be yawning without even noticing it!

3 WHAT'S THE PURPOSE?



Scientists believe yawning helps cool down the brain. When the brain is cooler, it can work more efficiently and help us stay alert. Researchers are still studying yawning to understand exactly why we do it.

4 OXYGEN BOOST



When we yawn, we take a deep breath and more air enters our lungs. At the same time, we are breathing out carbon dioxide. This can help refresh the body and make us feel more awake.

5 IS IT CONTAGIOUS?

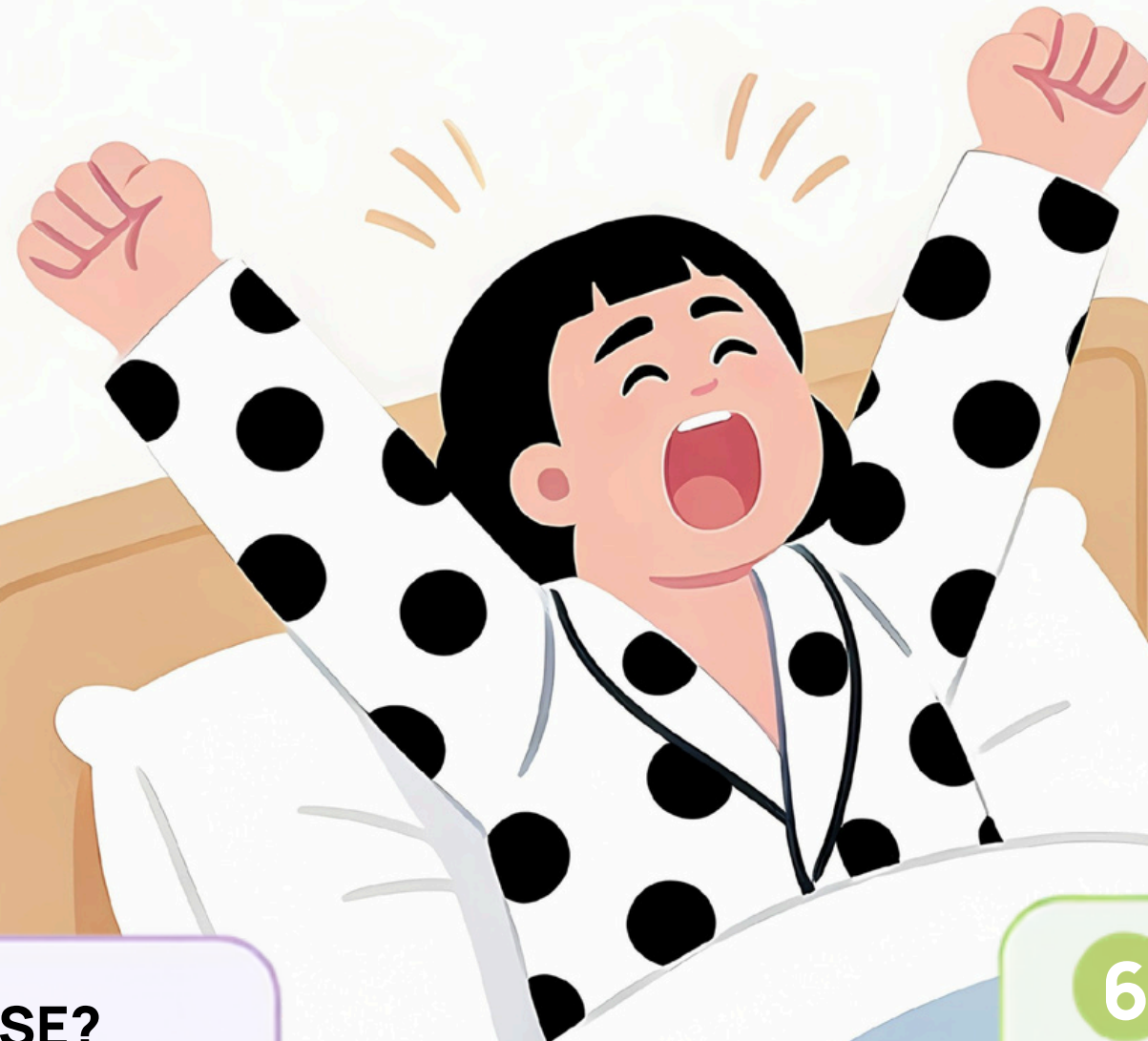


Yes! Seeing, hearing, or even reading about someone yawning can make you yaw too. This is called contagious yawning. Scientists believe it may be connected to empathy and the way our brains respond to other people.

6 FUN FACT



Yawning isn't just something humans do. Many animals yawn too – including dogs, cats, lions, monkeys, and even some fish. Scientists are also finding yawning in unborn babies, who can yaw while they are still developing in the womb.





FIND THE FACT

Read the infographic again. Are the statements True or False?

1. Yawning only happens when we are sleepy.

T

F



2. Seeing another person yawn can make you yawn.

T

F

3. Scientists think contagious yawning may be connected to empathy.

T

F



4. Scientists believe yawning may help cool down the brain.

T

F

5. Yawning makes less air enter our lungs.

T

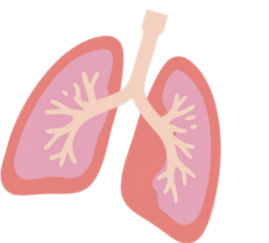
F



6. Researchers already know exactly why humans yawn.

T

F



7. Some unborn babies can yawn while developing in the womb.

T

F



GRAMMAR DETECTIVE

1. Look at the sentences. What is the difference between the highlighted verbs?

1. We usually **yawn** when we are tired, sleepy or bored.
2. Researchers **are** still **studying** yawning.
3. Yawning **helps** cool down the brain.
4. If you **are sitting** in a boring lesson, you might be yawning right now.
5. Many animals **yawn** too.

2. Sort the sentences

Present Simple	Present Continuous



PRESENT SIMPLE VS PRESENT CONTINUOUS

	Present Simple	Present Continuous
Use	habits and routines, facts and general truths, things that happen regularly	actions happening now, temporary situations, situations happening around now
Time expressions	always, usually, often, sometimes, occasionally, hardly ever, never, every day	now, right now, at the moment, currently, today, these days, nowadays
Form	Subject + V1	Subject + am/is/are + V-ing
	I usually yawn when I'm tired.	I am yawning right now.
Question	Do/Does + subject + verb?	Am/Is/Are + subject + V-ing?
	Do you often yawn?	Are you yawning right now?
Negative	don't / doesn't + V1	am/is/are + not + V-ing
	I don't usually yawn in the morning.	I am not yawning at the moment.



WHAT'S THE DIFFERENCE?

Choose the sentence that matches the situation.



Your friend asks about your normal evening routine.

- A. I check my phone before I go to bed.
- B. I'm checking my phone before I go to bed.



You are talking to your friend on a video call.

- A. I listen to music.
- B. I'm listening to music.





WHAT'S THE DIFFERENCE?

Choose the sentence that matches the situation.

 You are talking about what you normally do when you feel tired.

- A. I take a short break.
- B. I'm taking a short break.

 You are taking a short break right now.

- A. I take a short break.
- B. I'm taking a short break.





WHAT'S THE DIFFERENCE?

Choose the sentence that matches the situation.



Your friend asks what you normally drink in the morning.

- A. I drink coffee every morning.
- B. I'm drinking coffee every morning.



Your teacher walks past your desk and sees you doing your homework.

- A. I do my homework.
- B. I'm doing my homework.





WHAT'S THE DIFFERENCE?

Choose the sentence that matches the situation.

 **Your friend asks what you usually eat when you are hungry after school.**

- A. I eat something quick.
- B. I'm eating something quick.

 **Your mum comes into your room and sees you playing a video game.**

- A. I play a video game.
- B. I'm playing a video game.





STATIVE VERB TRAP

Can we use these verbs with **-ing**?

1. I understand why people yawn.
2. I am understanding why people yawn.
3. She knows the answer.
4. She is knowing the answer.
5. I think yawning is interesting.
6. I am thinking about yawning.
7. This fact seems strange.
8. This fact is seeming strange.



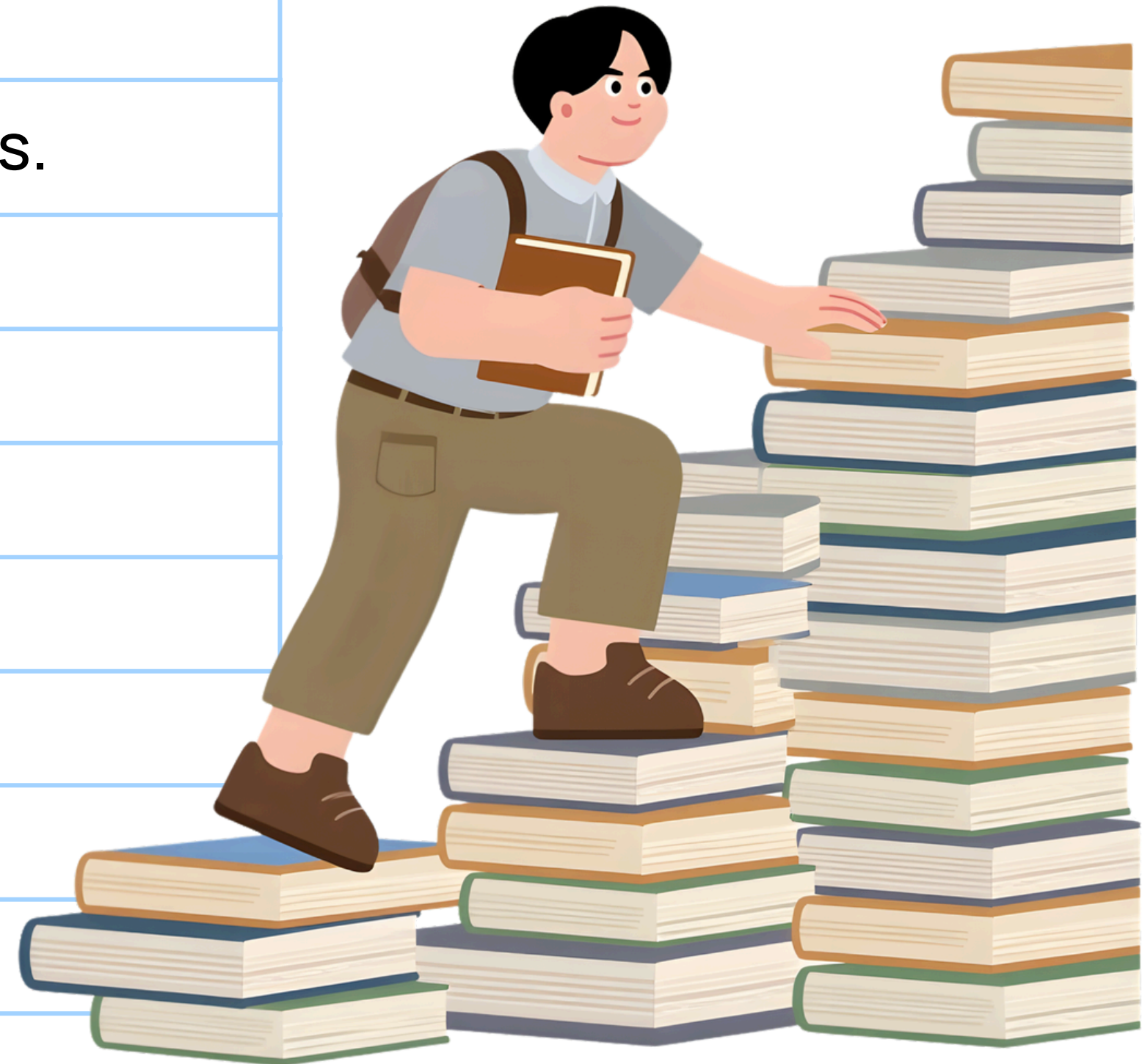
What's the trap?

Some verbs usually describe a **state**, not an action. We **don't use** them in the Continuous.



STATIVE VERBS

Verb	Example
know	I know the answer.
understand	I understand the question.
believe	I believe yawning is contagious.
want	I want to know more.
need	We need more information.
like	I like this topic.
love	I love weird facts.
hate	I hate being tired.
remember	I remember this fact.
seem	It seems strange.



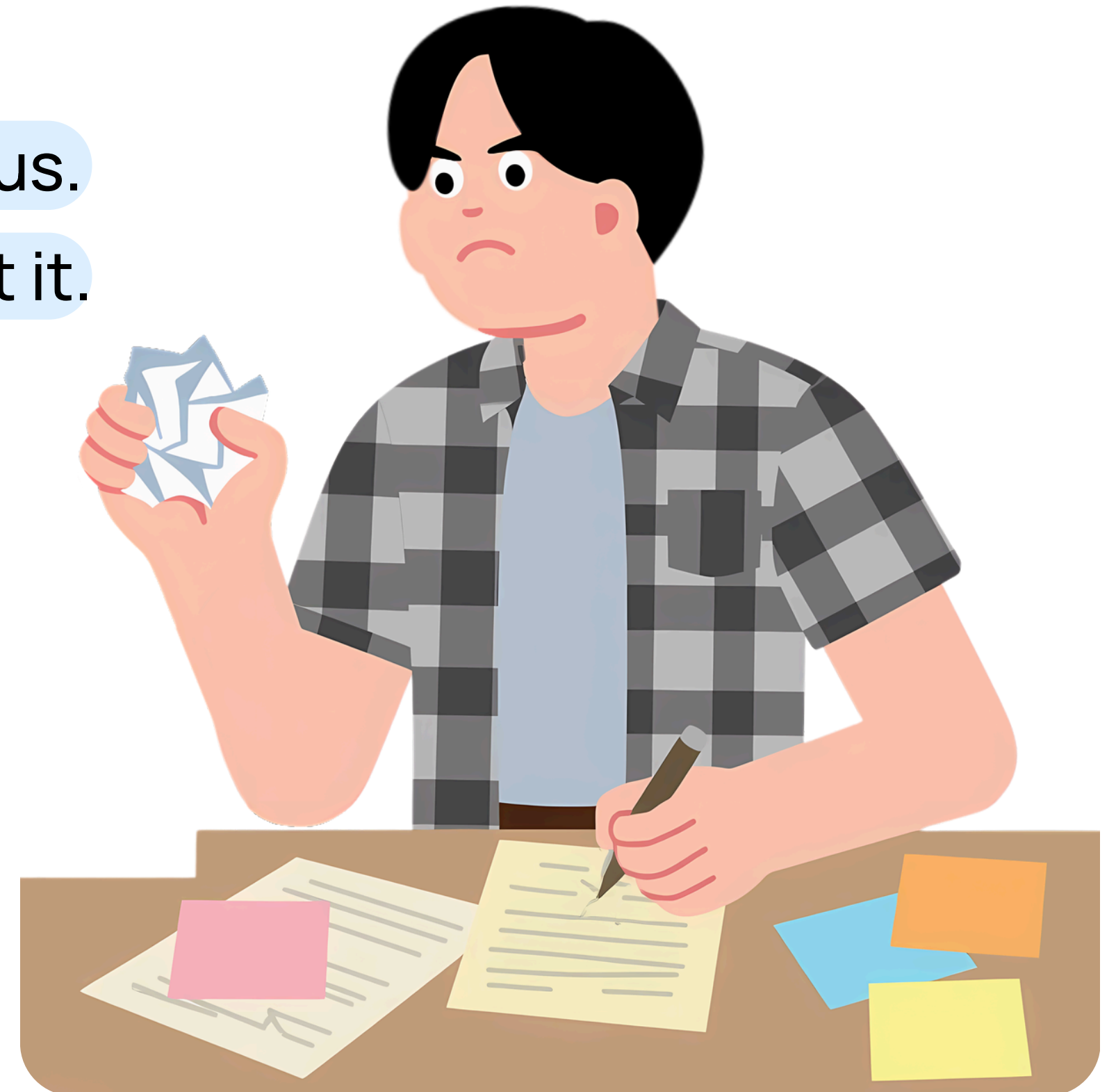


STATIVE VERB TRAP

Some sentences are correct and some have a mistake.

Find the mistakes and correct them.

1. I'm knowing why people yawn.
2. She believes that yawning is contagious.
3. We're needing more information about it.
4. I understand the difference now.
5. He's wanting to know the answer.
6. They think yawning is interesting.
7. I'm thinking about the question.
8. She's knowing the answer.
9. I don't remember this fact.
10. I'm believing everything he says.





WEIRD HABITS RESEARCH

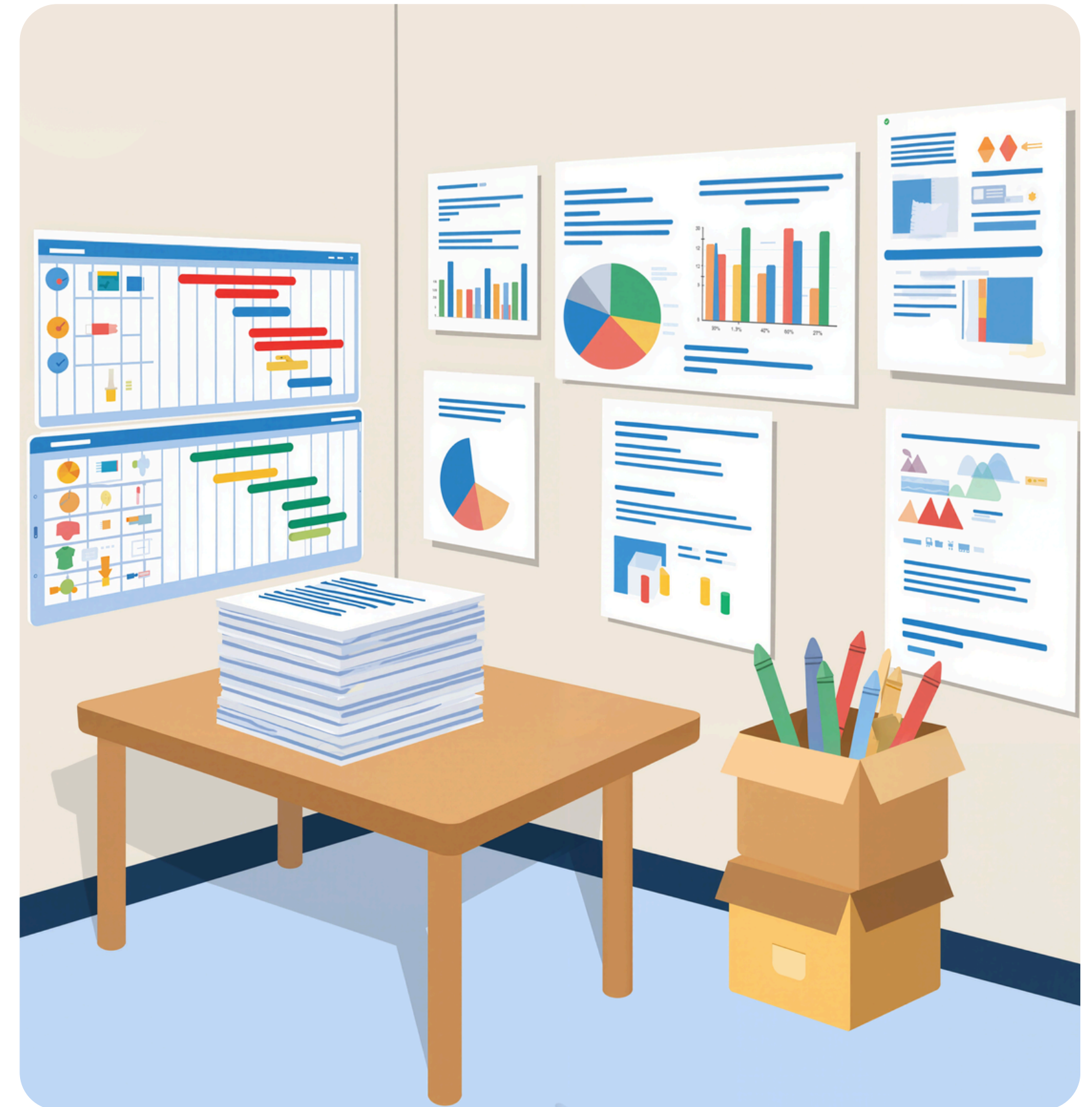
1. Take turns asking and answering:

1. What do you usually do when you're bored?
2. What do you often do when you're nervous?
3. What's one weird habit you have?
4. What are you doing right now?
5. What are you thinking about at the moment?

2. Take short notes about your partner.

3. Discuss:

- What habit do you have in common?
- What is different about your habits?
- Who has the weirder habit? 😊





MORE PRACTICE

12

I usually ____ my phone before bed.



check

am checking

1 of 10

09

____ you often feel sleepy in the afternoon?



Do

Are

7 of 8

05

I usually check my phone ____ I go to bed.



before

right now

1 of 8

04

I never bite my nails.	I'm drinking tea right now.	I'm biting my nails because I'm nervous.	My brother often plays games after school.
We are talking about weird habits now.	We sometimes talk about weird habits.	I usually drink tea in the evening.	My brother is playing a game at the moment.

HABIT / GENERAL

NOW / AROUND NOW

Submit Answers

09



Spin It

12

1 of 6

Music

Flip

THANK YOU!



HOMework

Complete the text with the correct form of the verbs in brackets.
Use Present Simple or Present Continuous.



WHY DO WE LISTEN TO THE SAME SONG TEN TIMES IN A ROW?

Have you ever found a song that you can't stop listening to? You _____ (play) it again and again, even when you know every word. Scientists _____ (study) why people do this. One reason is that our brains _____ (like) familiar sounds. When we hear a song we know, our brain _____ (recognise) the melody and lyrics quickly. This can make us feel comfortable and happy. But sometimes a song _____ (become) especially interesting because we _____ (discover) something new in it. Maybe we _____ (notice) a new sound or understand a lyric differently. Right now, you _____ (listen) to your favourite song for the tenth time. Your brain _____ (know) what is coming next, but you still _____ (enjoy) it. So, why _____ we _____ (listen) to the same song again and again? Maybe because our brains _____ (love) things that feel familiar – with just enough surprise to keep them interesting.

HOMework

1. I **don't listen / am not listening** to music right now because I need to concentrate.
2. I usually **listen / am listening** to music on my way to school.
3. I **listen / am listening** to the same song right now.
4. These days, I **listen / am listening** to a lot of new artists.
5. My favourite songs **make / are making** me feel happy.
6. I **think / am thinking** this song is really catchy.
7. My friend **is sending / sends** me a new song at the moment.
8. I usually **don't listen / am not listening** to music while I study.
9. **Do you usually listen / Are you usually listening** to music before bed?
10. **Why do you listen / Why are you listening** to that song right now?

