B1 Seviye İngilizce Okuma Metni: The Science of Laughter

WORKSHEET

Konu: Bilim / Sağlık · Seviye B1 · 206 kelime · dersimizingilizce.com

Name: _____ Class: _____ Date: _____

A Read the text: True or False?

Read the text. Then write T (true) or F (false). *(Metni okuyun. Cümleler doğruysa T, yanlışsa F yazın.)*

> Most of us think we laugh because something is funny. Surprisingly, research suggests that this is only part of the story. When scientists observed people in everyday situations, they found that most laughter did not follow jokes at all. People laughed after ordinary comments such as “See you later” or “I know what you mean.” Laughter, it seems, is mainly a social signal. It tells others that we are friendly, that we agree with them or that we feel relaxed in their company. This is why we laugh much more often when we are with other people than when we are alone.
>
> Laughter is also contagious. When we hear someone laughing, the areas of our brain that prepare our face to smile become active, and we often start laughing ourselves, even if we don’t know what the joke was. That is why some TV comedies use recorded laughter. Laughing also has physical effects. A good laugh makes us breathe more deeply, and it can reduce feelings of stress for a short time. Some people believe it can even help us cope with pain. Of course, laughter is not a medicine for every problem, but sharing a laugh with friends is certainly good for our relationships.

1. According to research, most laughter follows jokes. ( )
2. Laughter is mainly a social signal. ( )
3. We laugh more often when we are alone. ( )
4. Hearing someone laugh can make us laugh too. ( )
5. Laughing can reduce feelings of stress for a short time. ( )

B Reading comprehension

Choose the correct answer according to the text. *(Metne göre doğru seçeneği işaretleyin.)*

1. What did scientists find when they observed people?

   a) People never laughed at work.
   b) Most laughter did not follow jokes.
   c) Only children laughed often.
   d) People laughed only at TV comedies.

2. What does laughter tell others?

   a) That we are tired
   b) That we are hungry
   c) That we are friendly and relaxed
   d) That we want to leave

3. Why do some TV comedies use recorded laughter?

   a) Because laughter is contagious
   b) Because the actors are not funny
   c) Because it is cheaper
   d) Because audiences are too quiet

4. What is the writer’s conclusion?

   a) Laughter cures all illnesses.
   b) We should only laugh at jokes.
   c) Recorded laughter is annoying.
   d) Laughing with friends is good for relationships.

C Complete the sentences

Complete the sentences from the text. Use the words in the box. *(Metindeki cümleleri kutudaki kelimelerle tamamlayın.)*

argue • breathe • contagious • cope • signal • silent

1. Laughter, it seems, is mainly a social _____ .
2. Laughter is also _____ .
3. A good laugh makes us _____ more deeply.
4. Some people believe it can even help us _____ with pain.

D Your turn

Write a short answer based on the text. *(Metne dayanarak kısa bir cevap yazın.)*

1. Think of the last time you laughed a lot. Who were you with? Does your experience support the ideas in the text?