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**Level 6 – 13th January 2025**

## Cold-water immersion therapy helps us sleep

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<https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

Recent research suggests taking a dip in very cold water for several hours a week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked into the benefits of cold-water immersion therapy. They found it could have positive effects on our cognition, sleep quality, and overall well-being. The researchers studied the effects on the health of 13 people. The participants were dunked in 10°C water for 10 minutes, three times a week, for four weeks. Study author Dr Robert Allan said the cold-water therapy could "help with a number of positive physiological and psychological changes linked to improvements in overall general health and well-being".

Cold-water immersion has been used in various fields for its curative and healing benefits. For many decades, ice baths have helped to speed the recovery of athletes following intense, energy-sapping performances. Dr Allan said his findings also showed a positive impact on sleep. He said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer sleep disturbances." Subjecting the body to cold water for health purposes is already a common practice. At the New Year, people take a plunge in icy seas and lakes. In Japan, bathers refresh their bodies by alternating dips in hot and cold baths in a tradition known as *toto-no-u*.

Sources: <https://www.psypost.org/cold-water-immersion-found-to-boost-cognitive-function-and-reduce-sleep-disturbances/>  
<https://www.cbc.ca/life/wellness/cold-plunge-ice-bath-stress-relief-1.7424821>  
<https://www.health.com/ice-baths-8404207>

# WARM-UPS

**1. COLD WATER:** Students walk around the class and talk to other students about cold water. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

research / a dip / cold water / health / therapy / cognition / sleep / psychological / fields / healing / ice baths / recovery / athletes / icy seas / bathers / tradition

Have a chat about the topics you liked. Change topics and partners frequently.

**3. HOT WATER:** Students A **strongly** believe hot water is better than cold water; Students B **strongly** believe cold water is better. Change partners again and talk about your conversations.

**4. BATHING:** What do you think of these places to bathe? How much do you like them? Complete this table with your partner(s). Change partners often and share what you wrote.

	What I Think	How Much I Like This
Bath at home		
Shower at home		
Outdoor hot spring		
A river		
Gym shower		
Hotel bath		

**5. DIP:** Spend one minute writing down all of the different words you associate with the word "dip". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. USES OF WATER:** Rank these with your partner. Put the most important uses at the top. Change partners often and share your rankings.

- Bathing
- Cooking
- Golf courses
- Tourism
- Agriculture
- Industry
- Swimming pools
- Fountains

# VOCABULARY MATCHING

## Paragraph 1

- |                  |  |
|------------------|--|
| 1. dip (noun)    | a. Related to the mind and how people think and feel.        |
| 2. immersion     | b. A short time of getting into a bath, pool, the sea...     |
| 3. cognition     | c. Put something quickly into a liquid and then take it out. |
| 4. participants  | d. The act of putting something fully into a liquid.         |
| 5. dunked        | e. People who take part in something.                        |
| 6. physiological | f. The process of thinking and understanding.                |
| 7. psychological | g. Related to how the body works.                            |

## Paragraph 2

- |                   |   |
|-------------------|---|
| 8. fields         | h. Different areas of work or study.                          |
| 9. curative       | i. Changing back and forth between two things.                |
| 10. intense       | j. Something that helps to make you better when you are sick. |
| 11. sapping       | k. Jump or dive quickly and energetically into something.     |
| 12. subjective    | l. Very strong or great.                                      |
| 13. plunge (noun) | m. Slowly taking away energy or strength.                     |
| 14. alternating   | n. Based on personal feelings, not facts.                     |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says dipping a toe in freezing cold water is good for us. **T / F**
2. Cold-water baths could help us to think better. **T / F**
3. Test participants took a daily 10-minute bath at 10°C for a month. **T / F**
4. Researchers said cold-water therapy could help our mind and body. **T / F**
5. Athletes have taken cold-water baths for over a century. **T / F**
6. A researcher said two weeks of the cold-water therapy improved sleep. **T / F**
7. It is very uncommon for people to subject their body to cold water. **T / F**
8. In Japan, people get in and out of hot and cold baths. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                        |                 |
|------------------------|-----------------|
| 1. <b>suggests</b>     | a. healing      |
| 2. <b>looked into</b>  | b. immersed     |
| 3. <b>cognition</b>    | c. rotating     |
| 4. <b>dunked</b>       | d. indicates    |
| 5. <b>improvements</b> | e. disruptions  |
| 6. <b>curative</b>     | f. intelligence |
| 7. <b>intense</b>      | g. custom       |
| 8. <b>disturbances</b> | h. boosts       |
| 9. <b>practice</b>     | i. extreme      |
| 10. <b>alternating</b> | j. researched   |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                      |                             |
|--------------------------------------|-----------------------------|
| 1. taking a dip                      | a. fields                   |
| 2. for several                       | b. psychological changes    |
| 3. They found it could have positive | c. recovery of athletes     |
| 4. participants were dunked in       | d. practice                 |
| 5. positive physiological and        | e. effects on our cognition |
| 6. used in various                   | f. disturbances             |
| 7. its curative and                  | g. in very cold water       |
| 8. speed the                         | h. healing benefits         |
| 9. fewer sleep                       | i. 10°C water               |
| 10. a common                         | j. hours a week             |

# GAP FILL

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

Recent research suggests taking a (1) \_\_\_\_\_ in very cold water for several hours a week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked into the (2) \_\_\_\_\_ of cold-water immersion therapy. They found it could have positive effects on our (3) \_\_\_\_\_, sleep quality, and overall well-being. The researchers studied the (4) \_\_\_\_\_ on the health of 13 people. The participants were (5) \_\_\_\_\_ in 10°C water for 10 minutes, three times a week, for four weeks. Study (6) \_\_\_\_\_ Dr Robert Allan said the cold-water therapy could "help with a (7) \_\_\_\_\_ of positive physiological and psychological changes linked to improvements in (8) \_\_\_\_\_ general health and well-being".

*benefits*  
*overall*  
*cognition*  
*author*  
*dunked*  
*dip*  
*effects*  
*number*

Cold-water immersion has been used in (9) \_\_\_\_\_ fields for its curative and healing benefits. For many (10) \_\_\_\_\_, ice baths have helped to speed the recovery of athletes following (11) \_\_\_\_\_, energy-sapping performances. Dr Allan said his findings also showed a positive (12) \_\_\_\_\_ on sleep. He said: "Two weeks of regular therapeutic cold-water immersion (13) \_\_\_\_\_ subjective sleep, with fewer sleep disturbances." Subjecting the body to cold water for health (14) \_\_\_\_\_ is already a common practice. At the New Year, people take a (15) \_\_\_\_\_ in icy seas and lakes. In Japan, bathers refresh their bodies by (16) \_\_\_\_\_ dips in hot and cold baths in a tradition known as *toto-no-u*.

*impact*  
*various*  
*improved*  
*alternating*  
*decades*  
*plunge*  
*intense*  
*purposes*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

- 1) Recent research suggests taking a dip in very cold water for several \_\_\_\_\_
  - a. hours a week
  - b. hours the week
  - c. hours a weak
  - d. hours are weak
- 2) Researchers from the University of Central Lancashire in the U.K. looked \_\_\_\_\_
  - a. into the beneficial
  - b. unto the benefits
  - c. into the benefits
  - d. onto the beneficials
- 3) it could have positive effects on our cognition, sleep quality, and \_\_\_\_\_
  - a. over all well-being
  - b. overalls well-being
  - c. coverall well-being
  - d. overall well-being
- 4) The researchers studied the effects on the health of 13 people. The \_\_\_\_\_
  - a. participants were bunked
  - b. participants were debunked
  - c. participants were dunked
  - d. participants were duked
- 5) psychological changes linked to improvements in \_\_\_\_\_
  - a. overall general health
  - b. overall major health
  - c. overall captain health
  - d. overall sergeant health
- 6) Cold-water immersion has been used in various fields for its curative \_\_\_\_\_
  - a. and healing benefits
  - b. end healing benefits
  - c. and heel in benefits
  - d. and ailing benefits
- 7) For many decades, ice baths have helped to speed the \_\_\_\_\_
  - a. recovery of athlete
  - b. recovery of athletes
  - c. recovery off athletes
  - d. recovers of athletes
- 8) Dr Allan said his findings also showed a positive \_\_\_\_\_
  - a. impact in sleep
  - b. impact on sleeps
  - c. impact in sleepy
  - d. impact on sleep
- 9) Subjecting the body to cold water for health purposes is already \_\_\_\_\_
  - a. a commonly practice
  - b. a common practise
  - c. a commoner practice
  - d. a common practice
- 10) In Japan, bathers refresh their bodies \_\_\_\_\_
  - a. by alternating drips
  - b. by alternating dips
  - c. by alternating dabs
  - d. by alternating dibs

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

Recent research suggests (1) \_\_\_\_\_ in very cold water for several hours a week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked into (2) \_\_\_\_\_ cold-water immersion therapy. They found it could have positive effects (3) \_\_\_\_\_, sleep quality, and overall well-being. The researchers studied the effects on the health of 13 people. The (4) \_\_\_\_\_ in 10°C water for 10 minutes, three times a week, for four weeks. Study author Dr Robert Allan said the cold-water therapy could "help with a number of (5) \_\_\_\_\_ psychological changes linked to improvements in (6) \_\_\_\_\_ and well-being".

Cold-water immersion has been used in various fields (7) \_\_\_\_\_ and healing benefits. For many decades, ice baths have helped to speed the recovery of athletes following (8) \_\_\_\_\_ performances. Dr Allan said his findings also showed a positive impact on sleep. He said: "Two weeks of regular therapeutic cold-water immersion (9) \_\_\_\_\_, with fewer sleep disturbances." Subjecting the body to cold water for health purposes is already (10) \_\_\_\_\_. At the New Year, people take a plunge in icy seas and lakes. In Japan, (11) \_\_\_\_\_ bodies by alternating dips in hot and cold baths in (12) \_\_\_\_\_ as *toto-no-u*.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

1. How often do researchers suggest we take a dip in a cold bath?
2. What might cold-water therapy help besides our sleep and well-being?
3. How many people took part in the tests for this research?
4. How cold was the water the test participants were immersed in?
5. What changes might cold water bring about besides psychological ones?
6. Who uses cold water to speed their recovery?
7. What was reduced during sleep after cold-water therapy?
8. What does the article say is a common practice?
9. When do people brave going into icy seas and lakes?
10. Where do people dip in and out of hot and cold baths?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

- 1) How often do researchers suggest we take a dip in a cold bath?
  - a) twice daily
  - b) several hours a week
  - c) every day
  - d) monthly
- 2) What might cold-water therapy help besides our sleep and well-being?
  - a) our longevity
  - b) our skin
  - c) our memory
  - d) cognition
- 3) How many people took part in the tests for this research?
  - a) 11
  - b) 12
  - c) 13
  - d) 14
- 4) How cold was the water the test participants were immersed in?
  - a) 10°C
  - b) 12°C
  - c) 14°C
  - d) 16°C
- 5) What changes might cold water bring about besides psychological ones?
  - a) memory loss
  - b) physiological changes
  - c) increased wrinkles
  - d) skin rashes
- 6) Who uses cold water to speed their recovery?
  - a) athletes
  - b) heart patients
  - c) swimmers
  - d) doctors
- 7) What was reduced during sleep after cold-water therapy?
  - a) REM
  - b) nightmares
  - c) disturbances
  - d) waking up late
- 8) What does the article say is a common practice?
  - a) subjecting the body to cold water
  - b) cold showers
  - c) hot and cold baths
  - d) not bathing
- 9) When do people brave go into icy seas and lakes?
  - a) when the temperature is sub-zero
  - b) early morning
  - c) when the surface is frozen
  - d) at the New Year
- 10) Where do people dip in and out or hot and cold baths?
  - a) France
  - b) Australia
  - c) Japan
  - d) Peru

# ROLE PLAY

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

## **Role A – Bathing**

You think bathing is the most important thing to use water for. Tell the others three reasons why. Tell them why their thing isn't as important. Also, tell the others which is the least important of these (and why): cooking, farming or swimming pools.

## **Role B – Cooking**

You think cooking is the most important thing to use water for. Tell the others three reasons why. Tell them why their thing isn't as important. Also, tell the others which is the least important of these (and why): bathing, farming or swimming pools.

## **Role C – Farming**

You think farming is the most important thing to use water for. Tell the others three reasons why. Tell them why their thing isn't as important. Also, tell the others which is the least important of these (and why): cooking, bathing or swimming pools.

## **Role D – Swimming Pools**

You think swimming pools are the most important thing to use water for. Tell the others three reasons why. Tell them why their thing isn't as important. Also, tell the others which is the least important of these (and why): cooking, farming or bathing.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

**1. WORD SEARCH:** Look online / in your dictionary to find collocates, information on, synonyms for... the words 'water' and 'therapy'.

<b>water</b>	<b>therapy</b>
--------------	----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• several</li><li>• looked</li><li>• positive</li><li>• studied</li><li>• dunked</li><li>• overall</li></ul>	<ul style="list-style-type: none"><li>• various</li><li>• intense</li><li>• findings</li><li>• fewer</li><li>• plunge</li><li>• known</li></ul>
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# COLD WATER SURVEY

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

Write five GOOD questions about cold water in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# COLD WATER DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'cold'?
3. What do you think of cold-water therapy?
4. When was the last time you had a cold bath or shower?
5. What do you think of bathing?
6. What are the health benefits of bathing?
7. Do you prefer baths or showers?
8. Why might cold baths improve our sleep and cognition?
9. How is your health?
10. Would you take weekly cold baths for your health?

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# COLD WATER DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'water'?
13. What do you think about what you read?
14. What do you think of cold water?
15. What do you do to recover from exercise?
16. What do you do to help you get to sleep?
17. What things disturb your sleep?
18. What do you think of swimming in an icy sea?
19. What do you think of Japan's bathing tradition of *toto-no-u*?
20. What questions would you like to ask the researchers?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

Recent research suggests taking a (1) \_\_\_\_\_ in very cold water for several hours a week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked (2) \_\_\_\_\_ the benefits of cold-water immersion therapy. They found it could have positive effects on our (3) \_\_\_\_\_, sleep quality, and overall well-being. The researchers studied the effects on the health of 13 people. The participants were (4) \_\_\_\_\_ in 10°C water for 10 minutes, three times a week, for four weeks. Study author Dr Robert Allan said the cold-water therapy could "help with a (5) \_\_\_\_\_ of positive physiological and psychological changes linked to improvements in (6) \_\_\_\_\_ general health and well-being".

Cold-water immersion has been used in various (7) \_\_\_\_\_ for its curative and healing benefits. For many decades, ice baths have helped to speed the recovery of athletes following (8) \_\_\_\_\_, energy-sapping performances. Dr Allan said his (9) \_\_\_\_\_ also showed a positive impact on sleep. He said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer (10) \_\_\_\_\_ disturbances." Subjecting the body to cold water for health purposes is already a common practice. At the New Year, people take a (11) \_\_\_\_\_ in icy seas and lakes. In Japan, bathers refresh their bodies by (12) \_\_\_\_\_ dips in hot and cold baths in a tradition known as *toto-no-u*.

**Put the correct words from the table below in the above article.**

- |     |               |                 |                 |               |
|-----|---------------|-----------------|-----------------|---------------|
| 1.  | (a) drab      | (b) dip         | (c) dab         | (d) drip      |
| 2.  | (a) unto      | (b) into        | (c) onto        | (d) as to     |
| 3.  | (a) cogs      | (b) recognition | (c) cognitive   | (d) cognition |
| 4.  | (a) dinked    | (b) dunked      | (c) dank        | (d) duked     |
| 5.  | (a) numeral   | (b) number      | (c) numerate    | (d) numbered  |
| 6.  | (a) coverall  | (b) overalls    | (c) overall     | (d) several   |
| 7.  | (a) patches   | (b) acreages    | (c) fields      | (d) plots     |
| 8.  | (a) terse     | (b) intent      | (c) intense     | (d) extant    |
| 9.  | (a) fundings  | (b) funding     | (c) fending     | (d) findings  |
| 10. | (a) slept     | (b) sleepless   | (c) sleepy      | (d) sleep     |
| 11. | (a) plunge    | (b) purge       | (c) plunger     | (d) purgatory |
| 12. | (a) directing | (b) regulating  | (c) alternating | (d) basting   |



# SPELLING

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

## Paragraph 1

1. srveeal hours a week
2. the bseftien of cold-water immersion therapy
3. positive effects on our ginoncito
4. nuddek in 10°C water
5. csihliapoolgy
6. lsyclaogopchi changes

## Paragraph 2

7. its iruvctea and healing benefits
8. energy-aigppns performances
9. rcpietehuat cold-water immersion
10. improved tijucesveb sleep
11. fewer sleep undrbtcaises
12. reagntlita dips in hot and cold baths

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

**Number these lines in the correct order.**

- ( ) changes linked to improvements in overall general health and well-being".
- ( ) of cold-water immersion therapy. They found it could have positive effects on our cognition, sleep
- ( ) sleep disturbances." Subjecting the body to cold water for health purposes is already a common
- ( ) quality, and overall well-being. The researchers studied the effects on the health of 13 people. The participants were
- ( ) on sleep. He said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer
- ( ) the cold-water therapy could "help with a number of positive physiological and psychological
- ( ) our health. Researchers from the University of Central Lancashire in the U.K. looked into the benefits
- ( ) practice. At the New Year, people take a plunge in icy seas and lakes. In Japan, bathers refresh
- ( ) intense, energy-sapping performances. Dr Allan said his findings also showed a positive impact
- ( ) Cold-water immersion has been used in various fields for its curative and
- ( **1** ) Recent research suggests taking a dip in very cold water for several hours a week is good for
- ( ) their bodies by alternating dips in hot and cold baths in a tradition known as *toto-no-u*.
- ( ) dunked in 10°C water for 10 minutes, three times a week, for four weeks. Study author Dr Robert Allan said
- ( ) healing benefits. For many decades, ice baths have helped to speed the recovery of athletes following

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

1. a dip water . cold in very Taking
2. into benefits of immersion Looked therapy . cold-water the
3. the health . the studied effects researchers on The
4. 13 water . were 10°C in dunked participants The
5. number with Help changes . positive a physiological of
6. in various fields . Cold-water used been has immersion
7. recovery . the to have baths speed helped Ice
8. of weeks immersion . therapeutic Two cold-water regular
9. a take People seas . in icy plunge
10. bathers their refresh bodies with dips . Japan, In

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

Recent research suggests taking a *drip / dip* in very cold water for several hours *a / the* week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked *onto / into* the benefits of cold-water immersion therapy. They found it could have positive *affects / effects* on our cognition, sleep *quality / qualify*, and overall well-being. The researchers studied the effects *in / on* the health of 13 people. The participants were dunked in 10°C water for 10 minutes, three times a week, *for / and* four weeks. Study author Dr Robert Allan said the cold-water therapy could "help *with / without* a number of positive physiological and psychological changes linked *to / of* improvements in overall general *health / healthy* and well-being".

Cold-water immersion has been used in *variety / various* fields for its curative and healing benefits. For many *decade / decades*, ice baths have helped to speed the *recovery / recover* of athletes following intense, energy-sapping performances. Dr Allan said his *funding / findings* also showed a positive impact *on / in* sleep. He said: "Two weeks of regular therapeutic cold-water immersion improved *subjectively / subjective* sleep, with fewer sleep disturbances." Subjecting the body to cold water for health *porpoises / purposes* is already a *common / commons* practice. At the New Year, people take a *plunger / plunge* in icy seas and lakes. In Japan, bathers refresh their bodies by alternating dips in hot and cold baths in a tradition *known / knowing* as *toto-no-u*.

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

R\_c\_nt r\_s\_\_rch s\_gg\_sts t\_k\_ng \_ d\_p \_n v\_ry c\_ld  
w\_t\_r f\_r s\_v\_r\_l h\_\_rs \_ w\_\_k \_s g\_\_d f\_r \_\_r  
h\_\_lth. R\_s\_\_rch\_rs fr\_m th\_ \_n\_v\_rs\_ty \_f C\_ntr\_l  
L\_nc\_sh\_r\_ \_n th\_ \_\_.K. l\_\_k\_d \_nt\_ th\_ b\_n\_f\_ts \_f  
c\_ld-w\_t\_r \_mm\_rs\_\_n th\_r\_py. Th\_y f\_\_nd \_t c\_\_ld  
h\_v\_ p\_s\_t\_v\_ \_ff\_cts \_n \_\_r c\_gn\_t\_\_n, sl\_\_p q\_\_l\_ty,  
\_nd \_v\_r\_ll w\_ll-b\_\_ng. Th\_ r\_s\_\_rch\_rs st\_d\_\_d th\_  
\_ff\_cts \_n th\_ h\_\_lth \_f 13 p\_\_pl\_. Th\_ p\_rt\_c\_p\_nts  
w\_r\_ d\_nk\_d \_n 10°C w\_t\_r f\_r 10 m\_n\_t\_s, thr\_\_  
t\_m\_s \_ w\_\_k, f\_r f\_\_r w\_\_ks. St\_dy \_\_th\_r Dr R\_b\_rt  
\_ll\_n s\_\_d th\_ c\_ld-w\_t\_r th\_r\_py c\_\_ld "h\_lp w\_th \_  
n\_mb\_r \_f p\_s\_t\_v\_ phys\_\_l\_g\_c\_l \_nd psych\_l\_g\_c\_l  
ch\_ng\_s l\_nk\_d t\_ \_mpr\_v\_m\_nts \_n \_v\_r\_ll g\_n\_r\_l  
h\_\_lth \_nd w\_ll-b\_\_ng".

C\_ld-w\_t\_r \_mm\_rs\_\_n h\_s b\_\_n \_s\_d \_n v\_r\_\_s f\_\_lds  
f\_r \_ts c\_r\_t\_v\_ \_nd h\_\_l\_ng b\_n\_f\_ts. F\_r m\_ny  
d\_c\_d\_s, \_c\_ b\_ths h\_v\_ h\_lp\_d t\_ sp\_\_d th\_ r\_c\_v\_ry  
\_f \_thl\_t\_s f\_ll\_w\_ng \_nt\_ns\_, \_n\_rgy-s\_pp\_ng  
p\_rf\_rm\_nc\_s. Dr \_ll\_n s\_\_d h\_s f\_nd\_ngs \_ls\_ sh\_w\_d  
\_ p\_s\_t\_v\_ \_mp\_ct \_n sl\_\_p. H\_ s\_\_d: "Tw\_ w\_\_ks \_f  
r\_g\_l\_r th\_r\_p\_\_t\_c c\_ld-w\_t\_r \_mm\_rs\_\_n \_mpr\_v\_d  
s\_bj\_ct\_v\_ sl\_\_p, w\_th f\_w\_r sl\_\_p d\_st\_rb\_nc\_s."  
S\_bj\_ct\_ng th\_ b\_dy t\_ c\_ld w\_t\_r f\_r h\_\_lth p\_r\_p\_s\_s  
\_s \_lr\_\_dy \_ c\_mm\_n pr\_ct\_c\_. \_t th\_ N\_w Y\_\_r,  
p\_\_pl\_ t\_k\_ \_ pl\_ng\_ \_n \_cy s\_\_s \_nd l\_k\_s. \_n  
J\_p\_n, b\_th\_rs r\_fr\_sh th\_\_r b\_d\_\_s by \_lt\_rn\_t\_ng  
d\_p\_s \_n h\_t \_nd c\_ld b\_ths \_n \_tr\_d\_t\_\_n kn\_wn \_s  
t\_t\_-n\_-\_\_.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

recent research suggests taking a dip in very cold water for several hours a week is good for our health researchers from the university of central lancashire in the uk looked into the benefits of coldwater immersion therapy they found it could have positive effects on our cognition sleep quality and overall wellbeing the researchers studied the effects on the health of 13 people the participants were dunked in 10c water for 10 minutes three times a week for four weeks study author dr robert allan said the coldwater therapy could help with a number of positive physiological and psychological changes linked to improvements in overall general health and wellbeing

coldwater immersion has been used in various fields for its curative and healing benefits for many decades ice baths have helped to speed the recovery of athletes following intense energysapping performances dr allan said his findings also showed a positive impact on sleep he said two weeks of regular therapeutic coldwater immersion improved subjective sleep with fewer sleep disturbances subjecting the body to cold water for health purposes is already a common practice at the new year people take a plunge in icy seas and lakes in japan bathers refresh their bodies by alternating dips in hot and cold baths in a tradition known as totonou

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2501/250113-cold-water-immersion-therapy.html>

Recent research suggests taking a dip in very cold water for several hours a week is good for our health. Researchers from the University of Central Lancashire in the U.K. looked into the benefits of cold-water immersion therapy. They found it could have positive effects on our cognition, sleep quality, and overall well-being. The researchers studied the effects on the health of 13 people. The participants were dunked in 10°C water for 10 minutes, three times a week, for four weeks. Study author Dr Robert Allan said the cold-water therapy could "help with a number of positive physiological and psychological changes linked to improvements in overall general health and well-being". Cold-water immersion has been used in various fields for its curative and healing benefits. For many decades, ice baths have helped to speed the recovery of athletes following intense, energy-sapping performances. Dr Allan said his findings also showed a positive impact on sleep. He said: "Two weeks of regular therapeutic cold-water immersion improved subjective sleep, with fewer sleep disturbances." Subjecting the body to cold water for health purposes is already a common practice. At the New Year, people take a plunge in icy seas and lakes. In Japan, bathers refresh their bodies by alternating dips in hot and cold baths in a tradition known as *toto-no-u*.







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. COLD WATER:** Make a poster about cold water. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. THERAPIES:** Write a magazine article about all of us looking into therapies that can improve our well-being. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on cold water. Ask him/her three questions about it. Give him/her three of your ideas on the benefits of cold water. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. b    2. d    3. f    4. e    5. c    6. g    7. a  
8. h    9. j    10. l    11. m    12. n    13. k    14. i

## TRUE / FALSE (p.5)

- 1 F    2 T    3 F    4 T    5 F    6 T    7 F    8 T

## SYNONYM MATCH (p.5)

1. d	2. j	3. f	4. b	5. h
6. a	7. i	8. e	9. g	10. c

## COMPREHENSION QUESTIONS (p.9)

- Several hours a week
- Cognition
- Thirteen
- 10°C
- Physiological changes
- Athletes
- Disturbances
- Subjecting the body to cold water
- At the New Year
- Japan

## WORDS IN THE RIGHT ORDER (p.19)

- Taking a dip in very cold water.
- Looked into the benefits of cold-water immersion therapy.
- The researchers studied the effects on the health.
- The 13 participants were dunked in 10°C water.
- Help with a number of positive physiological changes.
- Cold-water immersion has been used in various fields.
- Ice baths have helped to speed the recovery.
- Two weeks of regular therapeutic cold-water immersion.
- People take a plunge in icy seas.
- In Japan, bathers refresh their bodies with dips.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. c    4. a    5. b    6. a    7. c    8. a    9. d    10. c

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)