



Teacher's guide

Is Being Bilingual Good For Your Brain? – Upper Intermediate (B2–C1)

Canva Presentation Link: [🌐 Is being bilingual good for you brain?](#)

Video Link: [🌐 Is being bilingual good for you brain? | BBC Ideas](#)

Warm up

Part 1. Students discuss questions related to their experience of learning a new language. Answers will vary.

Part 2. Students match the words to their definitions. Encourage students to guess the meaning of any before looking at the options.

Answer Key:

1. Bilingualism
2. Cognitive reserve
3. Dementia
4. Neural Networks
5. Brain connectivity
6. Cognitive decline

Part 3. Students fill in the gaps in the sentences.

Answer Key:

1. Dementia
2. Neural networks
3. Cognitive reserve
4. Cognitive decline
5. Bilingualism
6. Brain connectivity

Video activity

Part 1. Students watch the video.

Part 2. Students answer the questions based on the video.

Suggested answers:

1. Cognitive reserve is the idea that people develop a reserve of thinking abilities, and this protects them against losses that can occur through ageing and disease.
2. Studies show bilingual people develop dementia 4–4.5 years later and recover better from strokes because their brains are more flexible.
3. Early bilinguals (since birth) have stronger brain connectivity at rest, while later bilinguals must create new neural connections when learning a language.
4. People tend to react more emotionally in their first language and more rationally in their second language, as the second language is often learnt in formal settings.

Part 3. Students decide if each statement is true or false based on the video. If false, encourage students to correct it.

Answer key:

1. **T**
2. **F** – In bilingual brains, all languages remain active at the same time.
3. **T**
4. **F** – Bilingual people tend to recover better from strokes due to stronger brain connections.
5. **F** – People react more emotionally in their first language, not their second.
6. **T**

Part 4. Students complete the missing parts of the quotes from the video. If they can't recall the specific word, ask them to think of a word that would make sense in the sentence.

Answer key:

1. Gym
2. Concentration
3. Rational
4. Neural networks
5. Social

Video follow-up

Part 1. Students share their thoughts on the video using the questions.

Part 2. Students answer the questions based on their own experiences with language learning.

Review activity & final thoughts

Part 1. Students use each of the words to talk about the benefits of being bilingual and what they have learnt during the lesson.

Part 2. Students discuss questions. Answers will vary.