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# The Science Behind Contagious Yawning

## Description

Yawning is a behavior seen in many animals, including humans. We often yawn when we see others yawn, which could be a way of communicating without words. This contagious yawning may help groups work together and stay alert at the same time. Mirror neurons in our brain activate when we see someone yawn, making us feel empathy and connect socially.

Some ideas suggest yawning could help regulate our body's rhythm. While we are not sure why exactly we yawn, it might have to do with our internal body clock. People with autism or schizophrenia may not yawn when others do, showing how empathy plays a role in contagious yawning. So, if you yawn when a colleague does, it might be because of the shared experience, like eating lunch together. Yawning can be a special way of understanding others and communicating silently.

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## Vocabulary List:

1. **Contagious** /kən'teɪ.dʒəs/ (adjective): Able to be passed from one individual to another especially in reference to emotions or behaviors.
2. **Empathy** /'ɛm.pə.θi/ (noun): The ability to understand and share the feelings of another.
3. **Regulate** /'rɛg.jə.leɪt/ (verb): To control or maintain the rate or speed of a machine or process.
4. **Rhythm** /'rɪð.əm/ (noun): A strong regular repeated pattern of movement or sound.
5. **Behavior** /bɪ'heɪ.vjər/ (noun): The way in which one acts or conducts oneself especially towards others.
6. **Activate** /'æk.tɪ.veɪt/ (verb): To make something start working or to cause it to operate.

## Comprehension Questions

### Multiple Choice

1. What behavior is seen in many animals, including humans?

Option: Running  
Option: Yawning  
Option: Jumping  
Option: Eating



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2. What might contagious yawning help groups do?

- Option: Get tired
- Option: Fall asleep
- Option: Work together and stay alert
- Option: Get hungry

3. What activates in our brain when we see someone yawn?

- Option: Motor neurons
- Option: Sensory neurons
- Option: Mirror neurons
- Option: Cortical neurons

4. What role does empathy play in contagious yawning?

- Option: A minor role
- Option: No role
- Option: A significant role
- Option: An uncertain role

5. Why might people with autism or schizophrenia not yawn when others do?

- Option: Lack of sleep
- Option: Lack of empathy
- Option: Different body clock
- Option: Overactivation of mirror neurons

6. What might yawning help regulate?

- Option: Body temperature
- Option: Metabolism
- Option: Body rhythm
- Option: Heart rate

## Answer

**Multiple Choice:** 1. Yawning 2. Work together and stay alert 3. Mirror neurons 4. A significant role 5. Lack of empathy 6. Body rhythm

## Vocabulary quizzes



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**Multiple Choice ( Select the Correct answer for each question. )**

1. Which of the following activities is essential for maintaining physical fitness and overall health?  
Option: Watching TV  
Option: Eating fast food  
Option: Regular exercise  
Option: Sleeping all day
2. What do we call the substances found in food that are essential for growth energy production and overall health?  
Option: Harmful elements  
Option: Empty calories  
Option: Nutrients  
Option: Toxins
3. A health condition lasting for a long period or constantly recurring is known as:  
Option: Acute  
Option: Chronic  
Option: Temporary  
Option: Sporadic
4. Inflammation often leads to which common visible symptom?  
Option: Fever  
Option: Swelling  
Option: Fatigue  
Option: Hunger
5. What term describes the process of controlling or maintaining a specific condition within a certain range?  
Option: Accelerate  
Option: Regulate  
Option: Disrupt  
Option: Ignore
6. Which substance derived from food provides the power to perform physical or mental activities?  
Option: Oxygen  
Option: Fiber  
Option: Protein  
Option: Energy
7. The initiation or starting of a process or function is known as:  
Option: Deactivation  
Option: Inactive state



Option: Activation

Option: Reactivity

8. Which method is commonly used to collect data by asking questions to a group of people for statistical analysis?

Option: Laboratory tests

Option: Surveys

Option: Guesswork

Option: Intuition

9. The way in which a person or animal acts or conducts oneself especially in response to a particular situation is referred to as:

Option: Attitude

Option: Behavior

Option: Appearance

Option: Reaction

10. Substances formed by the union of two or more elements are called:

Option: Elements

Option: Compounds

Option: Mixtures

Option: Solutions

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. \_\_\_\_\_ are a unit of energy used to indicate the amount of energy that foods will produce in the human body.

12. \_\_\_\_\_ are conducted to gather information and insights from a target audience to make informed decisions.

13. Showing \_\_\_\_\_ towards others involves understanding sharing and being sensitive to their emotions and experiences.

14. Plants contain various \_\_\_\_\_ compounds that have healing properties and are used in traditional medicine.

15. Regular exercise helps keep the body \_\_\_\_\_ and improves overall health and well-



being.

16. Understanding the factors that influence human \_\_\_\_\_ allows for better prediction and management of actions.

17. Eating a balanced diet ensures that the body has enough \_\_\_\_\_ to perform daily activities.

18. Consuming foods rich in \_\_\_\_\_ can aid digestion and help prevent constipation.

19. Feeling \_\_\_\_\_ can be a sign of physical or mental exhaustion and may indicate the need for rest.

20. \_\_\_\_\_ play a crucial role in building and repairing tissues supporting immune function and as a source of energy.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. Plants release during photosynthesis which is essential for the survival of most living organisms.
22. is a form of programmed cell death that is regulated differently from apoptosis.
23. The condition of being grossly overweight or having an excessive amount of body fat is referred to as .
24. Systematic is conducted to discover new knowledge validate existing theories or solve practical problems.
25. Medical treatment involving the use of chemical agents to destroy cancer cells is known as .
26. The process by which the body breaks down food into smaller components for absorption and energy production is called .
27. is the body's response to injury or infection characterized by redness swelling heat and pain.
28. functions include perception memory thinking and awareness.



29. A illness or condition is one that persists over a long period or tends to recur.

30. are substances made up of two or more elements that are chemically bonded together.

## Answer

**Multiple Choice:** 1. Regular exercise 2. Nutrients 3. Chronic 4. Swelling 5. Regulate 6. Energy 7. Activation 8. Surveys 9. Behavior 10. Compounds

**Gap-Fill:** 11. Calories 12. Surveys 13. Empathy 14. Medicinal 15. Fit 16. Behaviour 17. Energy 18. Fiber 19. Tired 20. Proteins

**Matching sentence:** 1. Oxygen 2. Necroptosis 3. Obesity 4. Research 5. Chemotherapy 6. Digestion 7. Inflammation 8. Cognitive 9. Chronic 10. Compounds

## CATEGORY

1. Health - LEVEL1

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