

www.**Breaking News English**.com

Ready-to-use ESL/EFL Lessons by Sean Banville

"1,000 IDEAS & ACTIVITIES FOR LANGUAGE TEACHERS"

The Breaking News English.com Resource Book

<http://www.breakingnewsenglish.com/book.html>

Sleeping is life's greatest pleasure

http://www.breakingnewsenglish.com/1001/100102-lifes_greatest_pleasures.html

Contents

The Article	2
Warm-ups	3
Before Reading / Listening	4
While Reading / Listening	5
Listening Gap Fill	6
After Reading / Listening	7
Student Survey	8
Discussion	9
Language Work	10
Writing	11
Homework	12
Answers	13
The Top 50 Life Pleasures	14

THE ARTICLE

From http://www.BreakingNewsEnglish.com/1001/100102-lifes_greatest_pleasures.html

British people have voted a good night's sleep as life's "greatest little pleasure". The Batchelors Cup-A-Soup company conducted a survey into what gave Britons most pleasure. Bed activities filled four of the top ten spots. Cuddling a loved one in bed came third, having a lie-in was fifth and sleeping in freshly-washed sheets sixth. Finding £10 (\$16) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were crying with laughter, making someone smile and catching up with an old friend. There were plenty of things in the list that most people around the world would agree with. These include realizing that your queue in the supermarket is the one moving fastest, and at number 50, popping bubble wrap.

Batchelors spokesman Rob Stacey gave his thoughts on the findings of the survey, which 3,000 Britons did. He said: "It's often the little things that brighten up life, like getting into bed after a long day. You can't beat that feeling." Mr. Stacey observed that almost all of the things in the top fifty didn't need money. He stated: "Often the little gestures such as a quick cuddle or a compliment can really help to cheer someone up if they are having a bad day, and can even be more welcome than splashing out on expensive presents." He added that it was "often the smaller things that can make a big difference". Stacey may be happy that curling up on the sofa with a good book and a hot drink (or soup) came thirteenth in the poll.

WARM-UPS

1. SLEEPING: Walk around the class and talk to other students about sleeping. Change partners often. Sit with your first partner(s) and share your findings.

2. CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

a good night's sleep / pleasure / cuddling / crying / old friends / supermarket queues / thoughts / brighten up life / a long day / gestures / compliments / a good book / soup

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

3. PLEASURE: Do these things make you happy? Complete this table. Tell your partner(s) what you wrote. Change partners and share what you heard.

	Pleasures	Displeasures
Computers		
English		
Trains		
TV		
Mobile phones		
Restaurants		

4. SLEEP: Students A **strongly** believe sleep is life's greatest pleasure; Students B **strongly** believe the opposite and that sleep is a total waste of time. Change partners again and talk about your conversations.

5. RANKING: Which of these are best? Rank them and share your rankings with your partner(s). Change partners and share what you heard.

- sleeping
- catching up with old friends
- reading books
- popping bubble wrap
- finding money in your pocket
- cuddling loved ones
- crying with laughter
- standing in a fast-moving queue

6. SOUP: Spend one minute writing down all of the different words you associate with the word 'soup'. Share your words with your partner(s) and talk about them. Together, put the words into different categories.

BEFORE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1001/100102-lifes_greatest_pleasures.html

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

- | | |
|--|-------|
| a. British people voted in a survey about sleeping patterns. | T / F |
| b. The top four pleasures in a survey related to beds and sleeping. | T / F |
| c. Crying with laughter was one of the top ten pleasures for Brits. | T / F |
| d. British people like standing in fast-moving supermarket queues. | T / F |
| e. A total of 3,000 people voted in the survey on life's little pleasures. | T / F |
| f. Most of the pleasures in the survey needed money. | T / F |
| g. The survey found people loved buying expensive presents. | T / F |
| h. Many Brits liked drinking soup and reading a book on the sofa. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

- | | |
|------------------|-------------------|
| 1. voted | a. longer sleep |
| 2. cuddling | b. finished |
| 3. lie-in | c. line |
| 4. realizing | d. noticed |
| 5. queue | e. selected |
| 6. thoughts | f. actions |
| 7. observed | g. opinions |
| 8. gestures | h. hugging |
| 9. splashing out | i. understanding |
| 10. came | j. spending money |

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

- | | |
|----------------------------|--------------------------|
| 1. a good night's | a. with laughter |
| 2. a survey into what gave | b. ten spots |
| 3. four of the top | c. sofa with a good book |
| 4. crying | d. brighten up life |
| 5. your queue in | e. on expensive presents |
| 6. the findings of | f. feeling |
| 7. the little things that | g. the survey |
| 8. You can't beat that | h. Britons most pleasure |
| 9. splashing out | i. sleep |
| 10. curling up on the | j. the supermarket |

WHILE READING / LISTENING

From http://www.BreakingNewsEnglish.com/1001/100102-lifes_greatest_pleasures.html

GAP FILL: Put the words into the gaps in the text.

British people have voted a _____ night's sleep as life's "greatest little pleasure". The Batchelors Cup-A-Soup company conducted a survey into what _____ Britons most pleasure. Bed activities filled four of the top ten spots. Cuddling a _____ one in bed came third, having a lie-in was fifth and sleeping in freshly-washed sheets sixth. Finding £10 (\$16) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were _____ with laughter, making someone smile and _____ up with an old friend. There were plenty of things in the _____ that most people around the world would agree with. These include realizing that your queue in the supermarket is the one moving _____, and at number 50, _____ bubble wrap.

crying
loved
popping
good
fastest
catching
gave
list

Batchelors spokesman Rob Stacey gave his _____ on the findings of the survey, which 3,000 Britons did. He said: "It's often the little things that _____ up life, like getting into bed after a long day. You can't beat that _____." Mr. Stacey observed that almost all of the things in the top fifty didn't need money. He stated: "Often the little gestures _____ as a quick cuddle or a compliment can really help to _____ someone up if they are having a bad day, and can even be more _____ than splashing out on expensive presents." He added that it was "often the _____ things that can make a big difference". Stacey may be happy that curling up on the sofa with a good _____ and a hot drink (or soup) came thirteenth in the poll.

such
feeling
book
thoughts
welcome
brighten
cheer
smaller

LISTENING – Listen and fill in the gaps

From http://www.BreakingNewsEnglish.com/1001/100102-lifes_greatest_pleasures.html

British people have voted a _____ as life's "greatest little pleasure". The Batchelors Cup-A-Soup company conducted a survey into what gave Britons most pleasure. Bed activities _____ top ten spots. Cuddling a loved one in bed came third, _____ fifth and sleeping in freshly-washed sheets sixth. Finding £10 (\$16) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were _____, making someone smile and catching up with an old friend. There were _____ list that most people around the world would agree with. These include realizing that your queue in the supermarket is the one moving fastest, and at number 50, _____.

Batchelors spokesman Rob Stacey _____ the findings of the survey, which 3,000 Britons did. He said: "It's often the little things that _____, like getting into bed after a long day. You _____." Mr. Stacey observed that almost all of the things in the top fifty didn't need money. He stated: "Often _____ as a quick cuddle or a compliment can really help to cheer someone up if they are having a bad day, and can even be more welcome than _____ expensive presents." He added that it was "often the smaller things that can make a big difference". Stacey may be happy that _____ with a good book and a hot drink (or soup) came thirteenth in the poll.

AFTER READING / LISTENING

From http://www.BreakingNewsEnglish.com/1001/100102-lifes_greatest_pleasures.html

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'great' and 'pleasure'.

great	pleasure
--------------	-----------------

- 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">• voted• filled• finding• crying• plenty• wrap	<ul style="list-style-type: none">• 3,000• brighten• beat• little• welcome• book
---	---

STUDENT SLEEPING SURVEY

From http://www.BreakingNewsEnglish.com/1001/100102-lifes_greatest_pleasures.html

Write five GOOD questions about sleeping 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.

SLEEPING DISCUSSION

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

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'sleeping'?
- c) What is your greatest pleasure in life?
- d) Has your greatest pleasure changed since you were a child?
- e) Do you think people's pleasures are the same all over the world?
- f) How important is cuddling people to you?
- g) When was the last time you cried with laughter?
- h) How does catching up with old friends make you feel?
- i) What goes through your mind when you have to wait a long time in a queue?
- j) Why do people like popping bubble wrap?

Sleeping is life's greatest pleasure – 2nd January, 2010
More free lessons at www.BreakingNewsEnglish.com

SLEEPING DISCUSSION

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

- a) Did you like reading this article?
- b) What are your thoughts on this survey?
- c) Do you think people will find different things pleasurable in the future?
- d) What are the little things that brighten up your life?
- e) What things do you love that don't need money?
- f) What's the best way to cheer you up if you have a bad day?
- g) What pleasure do you give other people?
- h) Do you like curling up on the sofa with a good book?
- i) When was the last time you paid someone a compliment?
- j) What questions would you like to ask Rob Stacey?

LANGUAGE – MULTIPLE CHOICE

From http://www.BreakingNewsEnglish.com/1001/100102-lifes_greatest_pleasures.html

British people have voted a good night's sleep as life's "greatest little pleasure". The Batchelors Cup-A-Soup company (1) _____ a survey into what gave Britons most pleasure. Bed activities (2) _____ four of the top ten spots. Cuddling a loved one in bed came third, having a lie-(3) _____ was fifth and sleeping in freshly-washed sheets sixth. Finding £10 (\$16) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were (4) _____ with laughter, making someone smile and catching (5) _____ with an old friend. There were plenty of things in the list that most people around the world would agree with. These include realizing that your queue in the supermarket is the one (6) _____ fastest, and at number 50, popping bubble wrap.

Batchelors spokesman Rob Stacey gave his thoughts on the (7) _____ of the survey, which 3,000 Britons did. He said: "It's often the little things that brighten up life, like getting into bed after a long day. You can't (8) _____ that feeling." Mr. Stacey observed that almost all of the things in the top fifty didn't need money. He stated: "Often the little gestures such (9) _____ a quick cuddle or a compliment can really help to cheer someone (10) _____ if they are having a bad day, and can even be more welcome than splashing out on expensive presents." He added that it was "often the smaller things that can make a big (11) _____". Stacey may be happy that curling up on the sofa with a good book and a hot drink (or soup) (12) _____ thirteenth in the poll.

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

- | | | | | |
|-----|----------------|-----------------|---------------|----------------|
| 1. | (a) conducts | (b) conducting | (c) conducted | (d) conductor |
| 2. | (a) fills | (b) filled | (c) filling | (d) filler |
| 3. | (a) in | (b) on | (c) up | (d) out |
| 4. | (a) cried | (b) cry | (c) cries | (d) crying |
| 5. | (a) down | (b) on | (c) up | (d) over |
| 6. | (a) relocating | (b) running | (c) moving | (d) actioning |
| 7. | (a) found | (b) findings | (c) finders | (d) funds |
| 8. | (a) beat | (b) win | (c) victory | (d) achieve |
| 9. | (a) was | (b) as | (c) has | (d) ask |
| 10. | (a) up | (b) in | (c) over | (d) down |
| 11. | (a) different | (b) differences | (c) differ | (d) difference |
| 12. | (a) gone | (b) went | (c) arrived | (d) came |

Sleeping is life's greatest pleasure – 2nd January, 2010

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 sleeping. Share what you discover with your partner(s) in the next lesson.

3. SLEEPING: Make a poster about sleeping. Show what it is that makes us so happy. Show your work to your classmates in the next lesson. Did you all have similar things?

4. PLEASURE: Write a magazine article about pleasure. Include an imaginary interview with the leader of your country, who wants to increase pleasure for all people.

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. LETTER: Write a letter to an expert on pleasure. Ask him/her three questions about pleasure. Tell him/her your top three things that give you most pleasure. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE:

- a. F b. F c. T d. T e. T f. F g. F h. T

SYNONYM MATCH:

- | | |
|------------------|-------------------|
| 1. voted | a. selected |
| 2. cuddling | b. hugging |
| 3. lie-in | c. longer sleep |
| 4. realizing | d. understanding |
| 5. queue | e. line |
| 6. thoughts | f. opinions |
| 7. observed | g. noticed |
| 8. gestures | h. actions |
| 9. splashing out | i. spending money |
| 10. came | j. finished |

PHRASE MATCH:

- | | |
|----------------------------|--------------------------|
| 1. a good night's | a. sleep |
| 2. a survey into what gave | b. Britons most pleasure |
| 3. four of the top | c. ten spots |
| 4. crying | d. with laughter |
| 5. your queue in | e. the supermarket |
| 6. the findings of | f. the survey |
| 7. the little things that | g. brighten up life |
| 8. You can't beat that | h. feeling |
| 9. splashing out | i. on expensive presents |
| 10. curling up on the | j. sofa with a good book |

GAP FILL:

Sleeping is life's greatest pleasure

British people have voted a **good** night's sleep as life's "greatest little pleasure". The Batchelors Cup-A-Soup company conducted a survey into what **gave** Britons most pleasure. Bed activities filled four of the top ten spots. Cuddling a **loved** one in bed came third, having a lie-in was fifth and sleeping in freshly-washed sheets sixth. Finding £10 (\$16) in your pocket was life's second greatest pleasure for Brits. Also in the top ten were **crying** with laughter, making someone smile and **catching** up with an old friend. There were plenty of things in the **list** that most people around the world would agree with. These include realizing that your queue in the supermarket is the one moving **fastest**, and at number 50, **popping** bubble wrap.

Batchelors spokesman Rob Stacey gave his **thoughts** on the findings of the survey, which 3,000 Britons did. He said: "It's often the little things that **brighten** up life, like getting into bed after a long day. You can't beat that **feeling**." Mr. Stacey observed that almost all of the things in the top fifty didn't need money. He stated: "Often the little gestures **such** as a quick cuddle or a compliment can really help to **cheer** someone up if they are having a bad day, and can even be more **welcome** than splashing out on expensive presents." He added that it was "often the **smaller** things that can make a big difference". Stacey may be happy that curling up on the sofa with a good **book** and a hot drink (or soup) came thirteenth in the poll.

LANGUAGE WORK

- 1 - c 2 - b 3 - a 4 - d 5 - c 6 - c 7 - b 8 - a 9 - b 10 - a 11 - d 12 - d

Top 50 greatest little pleasures in life

1. A good night's sleep
2. Finding a forgotten £10 note in your pocket
3. Cuddling up with a partner in bed
4. Crying with laughter
5. Having a lie-in
6. Sleeping in newly laundered bedding
7. Getting a bargain
8. Making someone smile
9. Catching up with an old friend
10. Laughing at things that have happened in the past
11. Eating a Sunday roast with your family
12. Someone saying you look nice
13. Curling up on the sofa with a good book and a hot drink or soup
14. Discovering you've lost a few pounds
15. Breakfast in bed
16. Waking up thinking it's a work day and then realizing it's the weekend
17. A random person smiling at you in the street
18. Looking through old photo albums
19. Eating a takeaway
20. First snow fall of the year
21. Singing your heart out to your favourite song in car
22. Having lunch with friends
23. Listening to a baby laughing
24. Having a massage
25. Reading a book or listening to your iPod on holiday by the pool
26. Playing in snow
27. Finding a pair of jeans that fit perfectly
28. Being chatted up
29. A girly-night in
30. A pampering session at home

31. The smell of freshly cut grass
32. Sitting in the pub with your friends
33. Looking at a baby asleep in a cot
34. Waking up in a room with an amazing view
35. Clothes shopping
36. Receiving a letter from a friend
37. Fitting into an old pair of jeans again after losing some weight
38. Staying up all night getting to know someone special
39. Your mum's cooking
40. Getting dressed up for a night out
41. Watching a live band
42. Drinking a cold beer after work
43. Browsing in a secondhand book shop
44. Going to the cinema
45. Getting a new hairstyle
46. Your queue being the quickest in the supermarket
47. The cold side of the pillow
48. Watching a DVD
49. Getting tipsy
50. Popping bubble wrap