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Level 0 – 29th August, 2019

Positive thinking helps us live longer

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<https://breakingnewsenglish.com/1908/190829-positive-thinking-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-0.html>

Researchers say positive thinkers live longer than negative thinkers. The researchers looked at data on 70,000 nurses. They found that more people who thought positively lived to be 85. People who thought negatively were 11-15 per cent less likely to be 85. Researchers say positive thinkers manage stress better.

Researchers looked at people's diets, exercise, how much they smoked and drank, and levels of optimism. A professor said more positive thinking may help people to live longer. Her advice for pessimists was to, "imagine a future in which everything has turned out well". She said it was healthier to look on the bright side of life.

Sources: <https://www.bbc.com/news/health-49447685>
<https://news.sky.com/story/looking-on-the-bright-side-helps-you-live-longer-study-finds-11795107>
<https://www.livescience.com/optimism-tied-to-longevity.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-0.html>

PARAGRAPH ONE:

- | | |
|---------------------------|----------------|
| 1. positive thinkers | a. better |
| 2. negative | b. at data |
| 3. The researchers looked | c. less |
| 4. people who thought | d. be 85 |
| 5. lived to | e. thinkers |
| 6. 11-15 per cent | f. to be 85 |
| 7. likely | g. positively |
| 8. manage stress | h. live longer |

PARAGRAPH TWO:

- | | |
|--------------------------|---------------------|
| 1. Researchers looked at | a. out well |
| 2. how much they | b. to live longer |
| 3. more positive | c. of life |
| 4. help people | d. people's diets |
| 5. Her advice | e. healthier |
| 6. everything has turned | f. smoked and drank |
| 7. She said it was | g. for pessimists |
| 8. the bright side | h. thinking |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-0.html>

Researchers say positive thinkers (1) _____
negative thinkers. The researchers (2) _____ on
70,000 nurses. They (3) _____ people who
thought positively (4) _____ 85. People who
thought negatively were 11-15 per cent (5) _____
be 85. Researchers say positive thinkers (6) _____.

Researchers looked at people's (7) _____ much
they smoked and drank, (8) _____ optimism. A
professor (9) _____ thinking may help people to
live longer. (10) _____ pessimists was to,
"imagine a future in which everything (11) _____
well". She said it was healthier to look on
(12) _____ of life.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-0.html>

Researchers say positive thinkers live longer than negative thinkers. There are researchers who looked at data on 70,000 nurses. They found that more people who thought positively lived to be 85. People who thought negatively were 11-15 percent less likely to be 85. Researchers say positive thinkers manage stress better. Researchers looked at people's diets, exercise, how much they smoked and drank, and levels of optimism. A professor said more positive thinking may help people to live longer. Her advice for pessimists was to, "imagine a future in which everything has turned out well". She said it was healthier to look on the bright side of life.

POSITIVE THINKING SURVEY

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-4.html>

Write five GOOD questions about positive thinking 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

