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Level 1 – 29th August, 2019

Positive thinking helps us live longer

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/1908/190829-positive-thinking-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-1.html>

Positive thinkers live longer than negative thinkers. This is according to studies from Boston University. Researchers looked at data on 70,000 nurses and 1,500 veterans. They found that optimists (people who think positively) were more likely to live to 85. Pessimists (people who think negatively) were 11-15 per cent less likely to be 85. Researchers say optimists (positive thinkers) manage stress better than pessimists (negative thinkers).

People answered questions about their diets, exercise, levels of optimism, and how much they smoked and drank. The surveys matched this with levels of health. A professor said raising levels of optimism may help people to live longer. Her advice for pessimists to live longer was to, "imagine a future in which everything has turned out well". She asked people to be more optimistic. 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-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------|---------------------|
| 1. Positive thinkers live | a. stress better |
| 2. This is according | b. 70,000 nurses |
| 3. data on | c. think positively |
| 4. people who | d. likely |
| 5. more likely to live to | e. longer |
| 6. 11-15 per cent less | f. thinkers |
| 7. positive | g. to studies |
| 8. manage | h. 85 |

PARAGRAPH TWO:

- | | |
|------------------------------|-----------------------|
| 1. People answered questions | a. healthier |
| 2. how much they | b. pessimists |
| 3. raising levels | c. side of life |
| 4. Her advice for | d. of optimism |
| 5. everything has turned | e. be more optimistic |
| 6. She asked people to | f. smoked and drank |
| 7. She said it was | g. out well |
| 8. look on the bright | h. about their diets |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-1.html>

Positive (1) _____ than negative thinkers. This is according (2) _____ Boston University. Researchers (3) _____ on 70,000 nurses and 1,500 veterans. They found that optimists (people who think positively) were (4) _____ live to 85. Pessimists (people who think negatively) were 11-15 per cent (5) _____ be 85. Researchers say optimists (positive thinkers) manage (6) _____ pessimists (negative thinkers).

People answered questions (7) _____, exercise, levels of optimism, and (8) _____ smoked and drank. The surveys (9) _____ levels of health. A professor said raising levels of optimism may help people to live longer. Her advice for pessimists (10) _____ was to, "imagine a future in which everything (11) _____ well". She asked people to be more optimistic. She said it was healthier to look on the bright (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-1.html>

Positivethinkerslivelongerthannegativethinkers.ThisisaccordingtostudiesfromBostonUniversity.Researcherslookedatdataon70,000nursesand1,500veterans.Theyfoundthatoptimists(peoplewhothinkpositively)weremorelikelytoliveto85.Pessimists(peoplewhothinknegatively)were11-15percentlesslikelytobe85.Researcherssayoptimists(positivethinkers)managestressbetterthanpessimists(negativethinkers).Peopleansweredquestionsabouttheirdiets,exercise,levelsofoptimism,andhowmuchthey smokedanddrank.Thesurveysmatchedthelevelsofhealth.Aprofessorsaidraisinglevelsofoptimismmayhelppeopletolivelonger.Heradviceforpessimiststolivelongerwasto,"imagineafutureinwhicheverythinghasturnedoutwell".Sheaskedpeopletobemoreoptimistic.Shesaiditwashealthiertolookonthebrightsideoflife.

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) _____

WRITING

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-1.html>

Write about **positive thinking** for 10 minutes. Read and talk about your partner’s paper.
