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Level 1 – 4th October, 2019

Living by the sea makes us happier

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<https://breakingnewsenglish.com/1910/191004-living-by-the-sea-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/1910/191004-living-by-the-sea-1.html>

Research says people who live near the sea are happier than those who live inland. The researchers looked at data on the happiness, lifestyle and income of 26,000 people. Those who live within one kilometer of the coast were 22 per cent less likely to have mental health problems. People over 50 kilometers from the coast had more mental health problems. Poorer people living within sight of the coast were 40 per cent less likely to have problems.

A researcher said: "People in poorer households living close to the coast experience fewer symptoms of mental health disorders." The coast seemed to protect people from mental health problems. Living on the coast could help poor and rich people. Another researcher said we needed to use spaces in towns and cities better. He said the coast should be for everyone, but we have to stop damaging "our fragile coastal environments".

Sources: https://www.huffingtonpost.co.uk/entry/heres-why-living-by-the-sea-really-is-better-for-your-mental-health_uk
<https://metro.co.uk/2019/10/01/moving-closer-sea-make-happier-10839273/?ito=cbshare>
<https://www.independent.co.uk/life-style/health-and-families/mental-health-seaside-town-coast-study-depression-anxiety-income-a9127666.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1910/191004-living-by-the-sea-1.html>

PARAGRAPH ONE:

- | | |
|--|---------------------|
| 1. people who live | a. of the coast |
| 2. happier than those who | b. likely |
| 3. The researchers looked at | c. have problems |
| 4. the happiness, lifestyle and income | d. data |
| 5. live within one kilometer | e. live inland |
| 6. 22 per cent less | f. of the coast |
| 7. within sight | g. near the sea |
| 8. less likely to | h. of 26,000 people |

PARAGRAPH TWO:

- | | |
|-------------------------------|--------------------|
| 1. People in poorer | a. needed to |
| 2. experience fewer | b. for everyone |
| 3. The coast seemed to | c. and rich people |
| 4. help poor | d. environments |
| 5. Another researcher said we | e. households |
| 6. spaces in towns | f. protect people |
| 7. the coast should be | g. symptoms |
| 8. fragile coastal | h. and cities |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1910/191004-living-by-the-sea-1.html>

Research says (1) _____ near the sea are happier than those (2) _____. The researchers looked at data on the happiness, lifestyle (3) _____ 26,000 people. Those who live within one kilometer of the coast were 22 per cent (4) _____ have mental health problems. People over 50 kilometers from (5) _____ more mental health problems. Poorer people living within sight of the coast were 40 per cent (6) _____ have problems.

A researcher said: "People (7) _____ living close to the coast experience (8) _____ mental health disorders." The coast (9) _____ people from mental health problems. Living (10) _____ could help poor and rich people. Another researcher said we needed to (11) _____ towns and cities better. He said the coast should be for everyone, but we (12) _____ damaging "our fragile coastal environments".

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1910/191004-living-by-the-sea-1.html>

Research says people who live near the sea are happier than those who live inland. The researchers looked at data on the happiness, lifestyle and income of 26,000 people. Those who live within one kilometer of the coast were 22 percent less likely to have mental health problems. People over 50 kilometers from the coast had more mental health problems. Poorer people living within sight of the coast were 40 percent less likely to have problems. A researcher said: "People in poorer households living close to the coast experience fewer symptoms of mental health disorders." The coast seemed to protect people from mental health problems. Living on the coast could help poor and rich people. Another researcher said we needed to use spaces in towns and cities better. He said the coast should be for everyone, but we have to stop damaging "our fragile coastal environments".

THE SEA SURVEY

From <https://breakingnewsenglish.com/1910/191004-living-by-the-sea-4.html>

Write five GOOD questions about the sea 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) _____

