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Level 4 – 10th February 2025

People are happiest in the mornings, says study

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

<https://breakingnewsenglish.com/2502/250210-happy-mornings-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2502/250210-happy-mornings-4.html>

A study says people are happiest in the mornings, and bluest at midnight. Researchers in London conducted a study on people's mental well-being at different times of the day. They asked people to rate their feelings of happiness, overall satisfaction with life, and how worthwhile they thought life was. The researchers said: "We repeatedly saw mornings align with better mental health...and midnight with the lowest."

The researchers also found that we felt happiest on Sunday mornings, when our anxiety is lower. This is because we have the chance to unwind on Saturdays. We are more likely to have fun and splash out on something nice while shopping. This has a positive impact on our happiness. The researchers said there were other "drivers" that affect our positive feelings. These include the seasons, weather, rain, humidity, and societal factors.

Sources: <https://www.theguardian.com/society/2025/feb/05/scientists-find-that-things-really-do-seem-better-in-the-morning>
<https://fortune.com/well/article/time-of-day-feel-best-worst>
<https://scitechdaily.com/new-study-reveals-the-best-and-worst-times-for-your-mental-health/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2502/250210-happy-mornings-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|------------------------------|
| 1. people are happiest in the | a. of happiness |
| 2. Researchers in London | b. of the day |
| 3. people's mental | c. with better mental health |
| 4. different times | d. well-being |
| 5. rate their feelings | e. life was |
| 6. overall satisfaction | f. conducted a study |
| 7. how worthwhile they thought | g. with life |
| 8. mornings align | h. mornings |

PARAGRAPH TWO:

- | | |
|----------------------------------|-----------------------|
| 1. we felt happiest | a. unwind |
| 2. our anxiety is | b. something nice |
| 3. we have the chance to | c. on our happiness |
| 4. We are more likely to have | d. factors |
| 5. splash out on | e. positive feelings |
| 6. This has a positive impact | f. lower |
| 7. other drivers that affect our | g. on Sunday mornings |
| 8. societal | h. fun |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2502/250210-happy-mornings-4.html>

A study says people (1) _____ the mornings, and (2) _____. Researchers in London (3) _____ on people's mental well-being at different times of the day. They asked people to (4) _____ of happiness, (5) _____ life, and how worthwhile they thought life was. The researchers said: "We repeatedly saw mornings align with better mental health...(6) _____ the lowest."

The researchers also found that (7) _____ on Sunday mornings, when our (8) _____. This is because we have the (9) _____ on Saturdays. We are more likely to have fun and (10) _____ something nice while shopping. This has a (11) _____ our happiness. The researchers said there were other "drivers" that affect our positive feelings. These include the seasons (12) _____, and societal factors.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2502/250210-happy-mornings-4.html>

Astudysayspeoplearehappiestinthemornings,andbluestatmidnight.

ResearchersinLondonconductedastudyonpeople'smentalwell-bein
gatdifferenttimesoftheday.Theyaskedpeopletoratetheirfeelingsofh
appiness,overallsatisfactionwithlife,andhowworthwhiletheythought
lifewas.Theresearcherssaid:"Werepeatedlysawmorningsalignwithb
ettermentalhealth...andmidnightwiththelowest."Theresearchersals
ofoundthatwefelthappiestonSundaymornings,whenouranxietyislow
er.ThisisbecausewehavethechancetounwindonSaturdays.Wearemo
relikelytohavefunandsplashoutonsomethingnicewhileshopping.This
hasapositiveimpactonourhappiness.Theresearcherssaidtherewereeo
ther"drivers"thataffectourpositivefeelings.Theseincludetheseasons
,weather,rain,humidity,andsocietal factors.

MORNINGS SURVEY

From <https://breakingnewsenglish.com/2502/250210-happy-mornings-4.html>

Write five GOOD questions about mornings 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) _____

