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**Level 5 – 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-5.html>

### **Contents**

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2502/250210-happy-mornings-5.html>

A study says people feel happiest in the mornings, and that midnight is when we feel the bluest. Researchers in London conducted a study on mood, frame of mind, and mental well-being at varying times of the day. They asked participants to rate their feelings of happiness, overall satisfaction with life, and how worthwhile they thought life was. The researchers said: "Generally, things do seem better in the morning." They said: "We repeatedly saw mornings align with better mental health...and midnight with the lowest."

The researchers also looked at which days of the week we felt happiest. They found we felt happiest on Sunday mornings, when feelings of anxiety are fewer. This is perhaps because people have the chance to unwind on Saturdays, when they are more likely to have fun. They might splash out on something nice while shopping. This has a positive impact on making us feel happier. The researchers posited that other "drivers" could affect our feelings of positivity. These include the seasons, weather, rain, humidity, and societal factors.

Sources: <https://www.theguardian.com/scociety/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-5.html>

## PARAGRAPH ONE:

- |                          |                              |
|--------------------------|------------------------------|
| 1. people feel happiest  | a. well-being                |
| 2. midnight is when we   | b. conducted a study         |
| 3. Researchers in London | c. of happiness              |
| 4. frame of              | d. times of the day          |
| 5. mental                | e. in the mornings           |
| 6. at varying            | f. mind                      |
| 7. rate their feelings   | g. with better mental health |
| 8. mornings align        | h. feel the bluest           |

## PARAGRAPH TWO:

- |                           |                        |
|---------------------------|------------------------|
| 1. feelings of anxiety    | a. impact              |
| 2. people have the chance | b. seasons, weather... |
| 3. they are more likely   | c. are fewer           |
| 4. splash out             | d. factors             |
| 5. This has a positive    | e. to have fun         |
| 6. other drivers could    | f. to unwind           |
| 7. These include the      | g. affect our feelings |
| 8. societal               | h. on something nice   |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2502/250210-happy-mornings-5.html>

A study says (1) \_\_\_\_\_ in the mornings, and that midnight is when we (2) \_\_\_\_\_. Researchers in London conducted a study on mood, frame of mind, and mental well-being (3) \_\_\_\_\_ of the day. They asked participants to rate their feelings of happiness, (4) \_\_\_\_\_ life, and how worthwhile they thought life was. The researchers said: "Generally, (5) \_\_\_\_\_ better in the morning." They said: "We repeatedly saw mornings (6) \_\_\_\_\_ mental health...and midnight with the lowest."

The researchers also looked (7) \_\_\_\_\_ of the week we felt happiest. They found we felt happiest on Sunday mornings, when (8) \_\_\_\_\_ are fewer. This is perhaps because people have the (9) \_\_\_\_\_ on Saturdays, when they are more likely to have fun. They might (10) \_\_\_\_\_ something nice while shopping. This has (11) \_\_\_\_\_ on making us feel happier. The researchers posited that other "drivers" could affect our feelings of positivity. These include the seasons, weather, rain, (12) \_\_\_\_\_ factors.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2502/250210-happy-mornings-5.html>

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# 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) \_\_\_\_\_

