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**Level 6 – 5th May 2025**

## **Happiness varies greatly from person to person**

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

<https://breakingnewsenglish.com/2505/250505-happiness.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Happiness is something we all strive for in life. However, what constitutes happiness varies greatly from person to person. A new study into the state of being happy shows that our contentment depends on the interaction of a wide variety of factors. Emorie Beck, assistant professor of psychology at the University of California, led an investigation into what makes us happy. Understanding this could help mental health professionals to provide better treatments for people struggling with depression and anxiety. Professor Beck wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour".

Professor Beck suggested that happiness can come from external circumstances (like income, job satisfaction, and possessions) or internal feelings. Beck wrote about three models of happiness. The first is the "bottom-up" frame of mind. This is based on our overall satisfaction with factors like wealth, jobs and relationships. This framework is the one used for the World Happiness Report. The second model is a "top-down" perspective. This suggests happiness comes from internal attitudes towards life. People can control this through things like meditation or therapy. The final model is a bidirectional one. This is where the bottom-up and top-down models interact to create happiness.

Sources: <https://neurosciencenews.com/happiness-unique-psychology-28798/>  
<https://phys.org/news/2025-05-secret-happiness-society.html>  
<https://www.nationalgeographic.com/health/article/happiness-well-being-culture-community>

# WARM-UPS

**1. HAPPINESS:** Students walk around the class and talk to other students about happiness. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

happiness / study / contentment / variety / psychology / investigation / depression / income / job satisfaction / possessions / frame of mind / meditation / therapy / life

Have a chat about the topics you liked. Change topics and partners frequently.

**3. DIFFICULT:** Students A **strongly** believe it's difficult to be happy in today's world; Students B **strongly** believe it's easy. Change partners again and talk about your conversations.

**4. HAPPINESS IS...:** How do these things affect your happiness? When was the last time these things made you happy? Complete this table with your partner(s). Change partners often and share what you wrote.

	My Happiness	The Last Time
A good meal		
Listening to music		
A walk in the countryside		
Being with friends		
Going shopping		
Doing exercise		

**5. HAPPY:** Spend one minute writing down all of the different words you associate with the word "happy". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. HAPPY THINGS:** Rank these with your partner. Put the things that make you most happy at the top. Change partners often and share your rankings.

- Friends
- Clothes
- Social media
- Good food
- Watching sport
- Reading a book
- Sleeping
- Shopping

# VOCABULARY MATCHING

## Paragraph 1

- |                |   |
|----------------|---|
| 1. strive for  | a. Try very hard to get or do something.                                |
| 2. constitute  | b. A strong and deep feeling of sadness for a long time.                |
| 3. contentment | c. Combine or join together to make a whole.                            |
| 4. treatment   | d. Having a hard time doing something.                                  |
| 5. struggling  | e. A feeling of quiet happiness.  |
| 6. depression  | f. Something done to help someone get better when they are sick or sad. |
| 7. journal     | g. A book or magazine that has writing about one subject.               |

## Paragraph 2

- |                   |  |
|-------------------|--|
| 8. circumstances  | h. In general; when looking at everything.                           |
| 9. possessions    | i. A basic plan or idea that helps you understand or do something.   |
| 10. frame of mind | j. The things or facts around a situation or person's life.          |
| 11. framework     | k. A quiet time when you sit still and try to relax or think deeply. |
| 12. overall       | l. The things a person owns.   |
| 13. meditation    | m. Act in such a way as to have an effect on each other.             |
| 14. interact      | n. The way a person feels or thinks at one moment.                   |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

1. The article says happiness can cause us strife in our lives. **T / F**
2. There are very few factors that make us happy or unhappy. **T / F**
3. Knowing what makes us happy can help with treatments for anxiety. **T / F**
4. The study on happiness is now published in a journal. **T / F**
5. A professor said money cannot make us happy. **T / F**
6. The professor said there are two models of happiness. **T / F**
7. The World Happiness Report uses a bottom-up model of happiness. **T / F**
8. A top-down model of happiness can involve meditation. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                         |                   |
|-------------------------|-------------------|
| 1. <b>strive for</b>    | a. happiness      |
| 2. <b>varies</b>        | b. mood           |
| 3. <b>contentment</b>   | c. successful     |
| 4. <b>treatments</b>    | d. points of view |
| 5. <b>effective</b>     | e. factors        |
| 6. <b>circumstances</b> | f. aspire to      |
| 7. <b>frame of mind</b> | g. general        |
| 8. <b>overall</b>       | h. differs        |
| 9. <b>attitudes</b>     | i. link           |
| 10. <b>interact</b>     | j. therapies      |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |   |                              |
|---|------------------------------|
| 1. Happiness is something we all strive         | a. a wide variety of factors |
| 2. contentment depends on the interaction of    | b. or therapy                |
| 3. people struggling with depression            | c. of happiness              |
| 4. build effective                              | d. in the journal            |
| 5. Her study has been published                 | e. towards life              |
| 6. happiness can come from external             | f. and anxiety               |
| 7. Beck wrote about three models                | g. of mind                   |
| 8. the "bottom-up" frame                        | h. for in life               |
| 9. attitudes                                    | i. interventions             |
| 10. control this through things like meditation | j. circumstances             |

# GAP FILL

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Happiness is something we all (1) \_\_\_\_\_ for in life. However, what constitutes happiness varies (2) \_\_\_\_\_ from person to person. A new study into the state of being happy shows that our contentment (3) \_\_\_\_\_ on the interaction of a wide variety of factors. Emorie Beck, assistant professor of (4) \_\_\_\_\_ at the University of California, led an (5) \_\_\_\_\_ into what makes us happy. Understanding this could help mental health professionals to provide better (6) \_\_\_\_\_ for people struggling with depression and anxiety. Professor Beck wrote: "We have to understand the (7) \_\_\_\_\_ of happiness to build effective interventions." Her study has been published in the (8) \_\_\_\_\_ "Nature Human Behaviour".

*treatments*  
*sources*  
*greatly*  
*psychology*  
*strive*  
*journal*  
*investigation*  
*depends*

Professor Beck suggested that happiness can come from (9) \_\_\_\_\_ circumstances (like income, job satisfaction, and possessions) or internal (10) \_\_\_\_\_. Beck wrote about three models of happiness. The first is the "bottom-up" (11) \_\_\_\_\_ of mind. This is based on our overall satisfaction with (12) \_\_\_\_\_ like wealth, jobs and relationships. This (13) \_\_\_\_\_ is the one used for the World Happiness Report. The second model is a "top-down" (14) \_\_\_\_\_. This suggests happiness comes from internal attitudes towards life. People can control this through things like meditation or (15) \_\_\_\_\_. The final model is a bidirectional one. This is where the bottom-up and top-down models (16) \_\_\_\_\_ to create happiness.

*frame*  
*framework*  
*external*  
*interact*  
*factors*  
*therapy*  
*feelings*  
*perspective*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

- 1) Happiness is something we \_\_\_\_\_
  - a. all starve for
  - b. all strive for
  - c. all strife for
  - d. all slave for
- 2) contentment depends on the interaction of a wide \_\_\_\_\_
  - a. variety of factors
  - b. various of factors
  - c. varieties of factors
  - d. varies of factors
- 3) health professionals to provide better treatments for people \_\_\_\_\_
  - a. struggling within depression
  - b. struggle within depression
  - c. struggle in with depression
  - d. struggling with depression
- 4) We have to understand the \_\_\_\_\_
  - a. source is of happiness
  - b. sauces of happiness
  - c. sources of happiness
  - d. sources off happiness
- 5) Her study has been published \_\_\_\_\_
  - a. in the journal
  - b. in the adjourn
  - c. in the journey
  - d. in the jewellery
- 6) Professor Beck suggested that happiness can come \_\_\_\_\_
  - a. from externally circumstances
  - b. from externalize circumstances
  - c. from external circumstances
  - d. from externals circumstances
- 7) Beck wrote about three \_\_\_\_\_
  - a. model of happiness
  - b. modes of happiness
  - c. modelling of happiness
  - d. models of happiness
- 8) This is based on our overall satisfaction with \_\_\_\_\_
  - a. vectors like wealth
  - b. factors like wealth
  - c. factories like wealth
  - d. fact tors like wealth
- 9) People can control this through things like \_\_\_\_\_
  - a. meditating or therapy
  - b. meditate on or therapy
  - c. mediation or therapy
  - d. meditation or therapy
- 10) This is where the bottom-up and top-\_\_\_\_\_
  - a. down models retract
  - b. down models contract
  - c. down models interacts
  - d. down models interact

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Happiness is something we all (1) \_\_\_\_\_ life. However, what constitutes happiness (2) \_\_\_\_\_ person to person. A new study into the state of being happy shows that our contentment depends on the interaction of a (3) \_\_\_\_\_ factors. Emorie Beck, assistant professor of psychology at the University of California, (4) \_\_\_\_\_ into what makes us happy. Understanding this could help mental health professionals to (5) \_\_\_\_\_ for people struggling with depression and anxiety. Professor Beck wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published (6) \_\_\_\_\_ "Nature Human Behaviour".

Professor Beck suggested that happiness can come from external circumstances ((7) \_\_\_\_\_ satisfaction, and possessions) or internal feelings. Beck wrote about three models of happiness. The first is the (8) \_\_\_\_\_ of mind. This is based on our overall satisfaction with factors like (9) \_\_\_\_\_ relationships. This framework is the one used for the World Happiness Report. The second model is a "top-down" perspective. This suggests happiness comes (10) \_\_\_\_\_ towards life. People can control this through things like (11) \_\_\_\_\_. The final model is a bidirectional one. This is where the bottom-up and top-down models (12) \_\_\_\_\_ happiness.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

1. What does the article say we strive for in life?
2. What did the study say our contentment depends on?
3. What kind of professionals could the study help?
4. What could the study lead to better treatments in besides depression?
5. What's the name of the journal in which the research is published?
6. What external circumstance was there besides income and possessions?
7. What was the first model of happiness to be mentioned?
8. What is the first-mentioned model used for?
9. What can people do to control their internal attitudes?
10. What does a bidirectional model of happiness allow other models to do?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

- 1) What does the article say we strive for in life?
  - a) perfection
  - b) happiness
  - c) wealth
  - d) good health
- 2) What did the study say our contentment depends on?
  - a) financial security
  - b) good food
  - c) friendship
  - d) a variety of factors
- 3) What kind of professionals could the study help?
  - a) medical professionals
  - b) comedy professionals
  - c) mental health professionals
  - d) I.T professionals
- 4) What could the study lead to better treatments in besides depression?
  - a) anxiety
  - b) phobias
  - c) eating disorders
  - d) schizophrenia
- 5) What's the name of the journal in which the research is published?
  - a) Nature Behaviour Human
  - b) Nature Human Behaviour
  - c) Behaviour Nature Human
  - d) Human Nature Behaviour
- 6) What external circumstance was there besides income and possessions?
  - a) job satisfaction
  - b) good health
  - c) achievable dreams
  - d) friends
- 7) What was the first model of happiness to be mentioned?
  - a) a bidirectional model
  - b) a diversity model
  - c) a bottom-up model
  - d) a top-down model
- 8) What is the first-mentioned model used for?
  - a) the World Happiness Report
  - b) assessing IQ
  - c) prescribing medicines
  - d) tests in laboratories
- 9) What can people do to control their internal attitudes?
  - a) sleep well
  - b) exercise daily
  - c) eat well and keep fit
  - d) meditation and therapy
- 10) What does a bidirectional model of happiness allow other models to do?
  - a) test each other
  - b) oppose each other
  - c) interact to create happiness
  - d) show how people could be happier

# ROLE PLAY

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

## **Role A – Friends**

You think friends make you happiest. Tell the others three reasons why. Tell them why their things can't make people as happy. Also, tell the others which is the least likely of these things to make people happy (and why): good food, nice clothes or a good book.

## **Role B – Good Food**

You think good food makes you happiest. Tell the others three reasons why. Tell them why their things can't make people as happy. Also, tell the others which is the least likely of these things to make people happy (and why): friends, nice clothes or a good book.

## **Role C – Nice Clothes**

You think nice clothes make you happiest. Tell the others three reasons why. Tell them why their things can't make people as happy. Also, tell the others which is the least likely of these things to make people happy (and why): good food, friends or a good book.

## **Role D – A Good Book**

You think a good book makes you happiest. Tell the others three reasons why. Tell them why their things can't make people as happy. Also, tell the others which is the least likely of these things to make people happy (and why): good food, nice clothes or friends.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

**1. WORD SEARCH:** Look online / in your dictionary to find collocates, information on, synonyms for... the words 'happiness' and 'life'.

<b>happiness</b>	<b>life</b>

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• strive</li><li>• study</li><li>• wide</li><li>• led</li><li>• better</li><li>• build</li></ul>	<ul style="list-style-type: none"><li>• suggested</li><li>• three</li><li>• overall</li><li>• used</li><li>• life</li><li>• interact</li></ul>
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# HAPPINESS SURVEY

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Write five GOOD questions about happiness 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.

# HAPPINESS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'happiness'?
3. How happy are you?
4. What affects your levels of happiness?
5. How much do you strive to be happy?
6. What constitutes happiness for you?
7. When are the happiest years of our life?
8. What can we do to help people with depression?
9. Have you ever suffered from anxiety?
10. Can money buy happiness?

*Happiness varies greatly from person to person – 5th May 2025*  
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# HAPPINESS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'life'?
13. What do you think about what you read?
14. How happy are you with your job?
15. To what degree do your possessions make you happy?
16. How can meditation affect your happiness?
17. How happy would your friends say you are?
18. Should all governments have a department of happiness?
19. What would make you happier in life?
20. What questions would you like to ask the researchers?

## DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Happiness is something we all (1) \_\_\_\_\_ for in life. However, what constitutes happiness (2) \_\_\_\_\_ greatly from person to person. A new study into the state of being happy shows that our contentment depends (3) \_\_\_\_\_ the interaction of a wide variety of factors. Emorie Beck, assistant professor of psychology at the University of California, (4) \_\_\_\_\_ an investigation into what makes us happy. Understanding this could help mental health professionals to provide better treatments for people struggling (5) \_\_\_\_\_ depression and anxiety. Professor Beck wrote: "We have to understand the sources of happiness to build effective (6) \_\_\_\_\_." Her study has been published in the journal "Nature Human Behaviour".

Professor Beck suggested that happiness can come from external circumstances (like income, job (7) \_\_\_\_\_, and possessions) or internal feelings. Beck wrote about three models of happiness. The first is the "bottom-up" (8) \_\_\_\_\_ of mind. This is based on our overall satisfaction with factors like wealth, jobs and relationships. This framework is the (9) \_\_\_\_\_ used for the World Happiness Report. The second model is a "top-down" perspective. This suggests happiness comes from internal attitudes (10) \_\_\_\_\_ life. People can control this through things like meditation or (11) \_\_\_\_\_. The final model is a bidirectional one. This is where the bottom-up and top-down models interact (12) \_\_\_\_\_ create happiness.

**Put the correct words from the table below in the above article.**

- |     |                    |                   |                |                 |
|-----|--------------------|-------------------|----------------|-----------------|
| 1.  | (a) strive         | (b) strife        | (c) starve     | (d) stave       |
| 2.  | (a) various        | (b) varieties     | (c) varies     | (d) vary        |
| 3.  | (a) in             | (b) at            | (c) on         | (d) by          |
| 4.  | (a) let            | (b) met           | (c) fed        | (d) led         |
| 5.  | (a) of             | (b) at            | (c) with       | (d) on          |
| 6.  | (a) contraventions | (b) interventions | (c) inventions | (d) conventions |
| 7.  | (a) satisfying     | (b) satisfaction  | (c) satisfied  | (d) satisfies   |
| 8.  | (a) flame          | (b) frame         | (c) form       | (d) firm        |
| 9.  | (a) only           | (b) once          | (c) one        | (d) ones        |
| 10. | (a) helps          | (b) takes         | (c) brings     | (d) towards     |
| 11. | (a) method         | (b) treat         | (c) remedial   | (d) therapy     |
| 12. | (a) by             | (b) of            | (c) for        | (d) to          |



# SPELLING

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

## Paragraph 1

1. something we all svirte for in life
2. what sotctueinst happiness
3. assistant professor of yphsology
4. depression and nyiaetx
5. build effective ntieovnreis
6. Her study has been published in the nloaruj

## Paragraph 2

7. external uccmirtsanesc
8. job satisfaction and sossesopins
9. based on our laelrov satisfaction
10. The second model is a "top-down" petscpeirev
11. things like mdteaiiton or therapy
12. The final model is a diiocnteralb one

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

**Number these lines in the correct order.**

- ( ) "bottom-up" frame of mind. This is based on our overall satisfaction with factors like wealth, jobs
- ( ) and anxiety. Professor Beck wrote: "We have to understand the sources of happiness to build effective
- ( ) and relationships. This framework is the one used for the World Happiness Report. The second model is a "top-
- ( ) at the University of California, led an investigation into what makes us happy. Understanding this could help
- ( ) down" perspective. This suggests happiness comes from internal attitudes towards life. People can control this
- ( ) greatly from person to person. A new study into the state of being happy shows that our contentment depends
- ( **1** ) Happiness is something we all strive for in life. However, what constitutes happiness varies
- ( ) interventions." Her study has been published in the journal "Nature Human Behaviour".
- ( ) mental health professionals to provide better treatments for people struggling with depression
- ( ) on the interaction of a wide variety of factors. Emorie Beck, assistant professor of psychology
- ( ) one. This is where the bottom-up and top-down models interact to create happiness.
- ( ) Professor Beck suggested that happiness can come from external circumstances (like income, job
- ( ) satisfaction, and possessions) or internal feelings. Beck wrote about three models of happiness. The first is the
- ( ) through things like meditation or therapy. The final model is a bidirectional

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

1. Happiness for strive we is something in life .
2. The factors a variety wide of interaction of .
3. An happy us makes what into investigation .
4. Help better provide to professionals mental health treatments .
5. We happiness of sources the understand to have .
6. Happiness income like circumstances external from come can .
7. The mind of frame "bottom-up" the is first .
8. This satisfaction overall our on based is .
9. Happiness life towards attitudes internal from comes .
10. Bottom-up happiness create to interact models top-down and .

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Happiness is something we all *starve / strive* for in life. However, what constitutes happiness *varies / varieties* greatly from person to person. A new study into the state of being happy shows that our *confinement / contentment* depends on the interaction *at / of* a wide variety of factors. Emorie Beck, assistant professor of psychology at the University of California, led an investigation *onto / into* what makes us happy. Understanding this could help *mental / mentally* health professionals to provide better treatments for people struggling with *depressives / depression* and anxiety. Professor Beck wrote: "We have to understand the *saucers / sources* of happiness to *build / built* effective interventions." Her study has been published *in / to* the journal "Nature Human Behaviour".

Professor Beck suggested that happiness can *go / come* from external circumstances (like income, job satisfaction, and *possessives / possessions*) or internal feelings. Beck wrote about three models of happiness. The first is the "bottom-up" *train / frame* of mind. This is based *in / on* our overall satisfaction with factors like wealth, jobs and *relationships / relationship*. This framework is the *one / once* used for the World Happiness Report. The second model is a "top-down" *perspective / respective*. This suggests happiness comes from internal attitudes towards life. People can control this *through / though* things like meditation or therapy. The *finally / final* model is a bidirectional one. This is where the bottom-up and top-down models interact to *procreate / create* happiness.

**Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.**

# INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

H\_pp\_n\_ss \_s s\_m\_th\_ng w\_ \_ll str\_v\_ f\_r \_n l\_f\_.  
H\_w\_v\_r, wh\_t c\_nst\_t\_t\_s h\_pp\_n\_ss v\_r\_\_s gr\_\_tly  
fr\_m p\_rs\_n t\_ p\_rs\_n. \_ n\_w st\_dy \_nt\_ th\_ st\_t\_ \_f  
b\_\_ng h\_ppy sh\_ws th\_t \_\_r c\_nt\_ntm\_nt d\_p\_nds \_n  
th\_ \_nt\_r\_ct\_\_n \_f \_ w\_d\_ v\_r\_\_ty \_f f\_ct\_rs. \_m\_r\_\_  
B\_ck, \_ss\_st\_nt pr\_f\_ss\_r \_f psych\_l\_gy \_t th\_  
\_n\_v\_rs\_ty \_f C\_l\_f\_rn\_\_, l\_d \_n \_nv\_st\_g\_t\_\_n \_nt\_  
wh\_t m\_k\_s \_s h\_ppy. \_nd\_rst\_nd\_ng th\_s c\_\_ld h\_lp  
m\_nt\_l h\_\_lth pr\_f\_ss\_\_n\_ls t\_ pr\_v\_d\_ b\_tt\_r  
tr\_\_tm\_nts f\_r p\_\_pl\_ str\_ggl\_ng w\_th d\_pr\_ss\_\_n \_nd  
\_nx\_\_ty. Pr\_f\_ss\_r B\_ck wr\_t\_: "W\_ h\_v\_ t\_ \_nd\_rst\_nd  
th\_ s\_\_rc\_s \_f h\_pp\_n\_ss t\_ b\_\_ld \_ff\_ct\_v\_  
\_nt\_rv\_nt\_\_ns." H\_r st\_dy h\_s b\_\_n p\_bl\_sh\_d \_n th\_  
j\_\_rn\_l "N\_t\_r\_ H\_m\_n B\_h\_v\_\_r".

Pr\_f\_ss\_r B\_ck s\_gg\_st\_d th\_t h\_pp\_n\_ss c\_n c\_m\_  
fr\_m \_xt\_rn\_l c\_rc\_mst\_nc\_s (l\_k\_ \_nc\_m\_, j\_b  
s\_t\_sf\_ct\_\_n, \_nd p\_ss\_ss\_\_ns) \_r \_nt\_rn\_l f\_\_l\_ngs.  
B\_ck wr\_t\_ \_b\_\_t thr\_\_ m\_d\_ls \_f h\_pp\_n\_ss. Th\_ f\_rst  
\_s th\_ "b\_tt\_m-\_p" fr\_m\_ \_f m\_nd. Th\_s \_s b\_s\_d \_n  
\_\_r \_v\_r\_ll s\_t\_sf\_ct\_\_n w\_th f\_ct\_rs l\_k\_ w\_\_lth, j\_bs  
\_nd r\_l\_t\_\_nsh\_ps. Th\_s fr\_m\_w\_rk \_s th\_ \_n\_ \_s\_d  
f\_r th\_ W\_rld H\_pp\_n\_ss R\_p\_rt. Th\_ s\_c\_nd m\_d\_l \_s  
\_ "t\_p-d\_wn" p\_rsp\_ct\_v\_. Th\_s s\_gg\_sts h\_pp\_n\_ss  
c\_m\_s fr\_m \_nt\_rn\_l \_tt\_t\_d\_s t\_w\_rds l\_f\_. P\_\_pl\_ c\_n  
c\_ntr\_l th\_s thr\_\_gh th\_ngs l\_k\_ m\_d\_t\_t\_\_n \_r  
th\_r\_py. Th\_ f\_n\_l m\_d\_l \_s \_ b\_d\_r\_ct\_\_n\_l \_n\_. Th\_s  
\_s wh\_r\_ th\_ b\_tt\_m-\_p \_nd t\_p-d\_wn m\_d\_ls \_nt\_r\_ct  
t\_ cr\_\_t\_ h\_pp\_n\_ss.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

happiness is something we all strive for in life however what constitutes happiness varies greatly from person to person a new study into the state of being happy shows that our contentment depends on the interaction of a wide variety of factors emorie beck assistant professor of psychology at the university of california led an investigation into what makes us happy understanding this could help mental health professionals to provide better treatments for people struggling with depression and anxiety professor beck wrote we have to understand the sources of happiness to build effective interventions her study has been published in the journal nature human behaviour

professor beck suggested that happiness can come from external circumstances like income job satisfaction and possessions or internal feelings beck wrote about three models of happiness the first is the bottomup frame of mind this is based on our overall satisfaction with factors like wealth jobs and relationships this framework is the one used for the world happiness report the second model is a topdown perspective this suggests happiness comes from internal attitudes towards life people can control this through things like meditation or therapy the final model is a bidirectional one this is where the bottomup and topdown models interact to create happiness

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Happiness is something we all strive for in life. However, what constitutes happiness varies greatly from person to person. A new study into the state of being happy shows that our contentment depends on the interaction of a wide variety of factors. Emorie Beck, assistant professor of psychology at the University of California, led an investigation into what makes us happy. Understanding this could help mental health professionals to provide better treatments for people struggling with depression and anxiety. Professor Beck wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour". Professor Beck suggested that happiness can come from external circumstances (like income, job satisfaction, and possessions) or internal feelings. Beck wrote about three models of happiness. The first is the "bottom-up" frame of mind. This is based on our overall satisfaction with factors like wealth, jobs and relationships. This framework is the one used for the World Happiness Report. The second model is a "top-down" perspective. This suggests happiness comes from internal attitudes towards life. People can control this through things like meditation or therapy. The final model is a bidirectional one. This is where the bottom-up and top-down models interact to create happiness.

## FREE WRITING

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Write about **happiness** for 10 minutes. Comment on your partner's paper.

[illegible]



# ACADEMIC WRITING

From <https://breakingnewsenglish.com/2505/250505-happiness.html>

Money can buy happiness. Discuss.

[illegible]

# HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. HAPPINESS:** Make a poster about happiness. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. MONEY CAN BUY HAPPINESS:** Write a magazine article about the ability of money to buy happiness. Include imaginary interviews with people who believe this and with those who don't.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on happiness. Ask him/her three questions about happiness. Give him/her three of your ideas. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. a    2. c    3. e    4. f    5. d    6. b    7. g  
8. j    9. l    10. n    11. i    12. h    13. k    14. m

## TRUE / FALSE (p.5)

- 1 F    2 F    3 T    4 T    5 F    6 F    7 T    8 T

## SYNONYM MATCH (p.5)

1. f	2. h	3. a	4. j	5. c
6. e	7. b	8. g	9. d	10. i

## COMPREHENSION QUESTIONS (p.9)

1. Happiness
2. A variety of factors
3. Mental health professionals
4. Anxiety
5. Nature Human Behaviour
6. Job satisfaction
7. A bottom-up model
8. The World Happiness Report
9. Meditation and therapy
10. Interact to create happiness

## WORDS IN THE RIGHT ORDER (p.19)

1. Happiness is something we strive for in life.
2. The interaction of a wide variety of factors.
3. An investigation into what makes us happy.
4. Help mental health professionals to provide better treatments.
5. We have to understand the sources of happiness.
6. Happiness can come from external circumstances like income.
7. The first is the "bottom-up" frame of mind.
8. This is based on our overall satisfaction.
9. Happiness comes from internal attitudes towards life.
10. Bottom-up and top-down models interact to create happiness.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. c    4. a    5. b    6. a    7. c    8. a    9. d    10. c

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)