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Level 6

Sad movies help reduce pain

24th September, 2016

<http://www.breakingnewsenglish.com/1609/160924-painkillers.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Watching sad or traumatic movies can sometimes be just what the doctor ordered. A new study reveals that watching distressing movies may boost our tolerance to pain. Researchers at Oxford University say that movies that get your emotions going can increase the amount of endorphins released by the brain. These are our body's natural painkillers - chemicals that make us feel better after physical or psychological pain. Dr Robin Dunbar, a co-author of the study, explained that: "Maybe the emotional [distress] you get from tragedy triggers the endorphin system." He added: "The same areas in the brain that deal with physical pain also handle psychological pain."

Dr Dunbar and his colleagues conducted a series of tests to determine the effect that tragic stories have on us. They invited 169 people to take part in the experiment. One group watched a traumatic drama about a disabled man battling homelessness, drug addiction and alcoholism. Another group watched a documentary on the geology and archaeology of Britain. The results showed that on average, the pain tolerance of those who watched the traumatic drama increased by 13.1 per cent. This compared to an average decrease in pain threshold of 4.6 per cent for those who watched the documentary. Dr Dunbar suggested one reason we like watching sad movies is the natural high from the endorphins.

Sources: <https://www.theguardian.com/science/2016/sep/21/watching-a-sad-films-boosts-endorphin-levels-in-your-brain-psychologists-say>
<http://www.sciencemag.org/news/2016/09/sad-movies-help-us-bond-those-around-us-and-alleviate-pain>
<http://www.bbc.com/news/science-environment-37418551>

WARM-UPS

1. PAINKILLERS: Students walk around the class and talk to other students about painkillers. 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?

sad / traumatic / doctor / tolerance / pain / emotions / painkillers / chemicals / brain colleagues / stories / experiment / homelessness / alcoholism / geology / natural high

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

3. DOCTORS: Students A **strongly** believe doctors should be able to tell patients to watch a sad movie to relieve pain instead of prescribing medicine; Students B **strongly** believe that's stupid. Change partners again and talk about your conversations.

4. MOVIES: How could these movies affect our body? Complete this table with your partner(s). Change partners often and share what you wrote.

	qqqqqqq	qqqqqqq
Romance		
Horror		
Suspense		
Comedy		
Disney		
Science fiction		

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

6. PSYCHOLOGICAL PAIN: Rank these with your partner. Put the things that are best at relieving psychological pain at the top. Change partners often and share your rankings.

- medicine
- sleep
- a walk
- a chat to friends
- a good book
- a hot bath
- a movie
- chocolate

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

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

- a. The article says a doctor ordered a patient to watch a sad movie. **T / F**
- b. Watching sad movies may increase our tolerance to pain. **T / F**
- c. Endorphins are chemicals released by the brain to relieve pain. **T / F**
- d. The same areas of the brain handle physical and psychological pain. **T / F**
- e. The research was the work of one researcher. **T / F**
- f. A group of people watched a film about Britain's geology in a test. **T / F**
- g. People who watched a sad movie decreased their resistance to pain. **T / F**
- h. People who watched a documentary became more resistant to pain. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-------------------------|-----------------|
| 1. traumatic | a. lower limit |
| 2. boost | b. emotional |
| 3. tolerance to | c. carried out |
| 4. psychological | d. endurance of |
| 5. triggers | e. disturbing |
| 6. conducted | f. fighting |
| 7. battling | g. explanation |
| 8. increased | h. improve |
| 9. threshold | i. sets off |
| 10. reason | j. rose |

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

- | | |
|---|------------------------------|
| 1. be just what the | a. have on us |
| 2. boost our tolerance | b. alcoholism |
| 3. These are our body's natural | c. with physical pain |
| 4. tragedy triggers the endorphin | d. series of tests |
| 5. areas in the brain that deal | e. threshold of 4.6 per cent |
| 6. conducted a | f. doctor ordered |
| 7. determine the effect that tragic stories | g. high from the endorphins |
| 8. drug addiction and | h. system |
| 9. an average decrease in pain | i. to pain |
| 10. the natural | j. painkillers |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Watching sad or traumatic movies can sometimes be just what the (1) _____ ordered. A new study (2) _____ that watching distressing movies may (3) _____ our tolerance to pain. Researchers at Oxford University say that movies that get your emotions going can increase the (4) _____ of endorphins released by the brain. These are our body's natural painkillers - (5) _____ that make us feel better after physical or psychological pain. Dr Robin Dunbar, a co-(6) _____ of the study, explained that: "Maybe the emotional [distress] you get from (7) _____ triggers the endorphin system." He added: "The same areas in the brain that (8) _____ with physical pain also handle psychological pain."

author
boost
deal
doctor
chemicals
reveals
tragedy
amount

Dr Dunbar and his colleagues conducted a (9) _____ of tests to determine the effect that tragic stories have on us. They invited 169 people to take (10) _____ in the experiment. One group watched a traumatic drama about a disabled man (11) _____ homelessness, drug addiction and alcoholism. Another group watched a documentary on the (12) _____ and archaeology of Britain. The results showed that on average, the pain tolerance of (13) _____ who watched the traumatic drama increased by 13.1 per cent. This (14) _____ to an average decrease in pain threshold of 4.6 per cent for those who watched the documentary. Dr Dunbar suggested one (15) _____ we like watching sad movies is the natural (16) _____ from the endorphins.

part
those
reason
battling
series
high
compared
geology

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

- 1) traumatic movies can sometimes be just what the _____
 - a. doctor order
 - b. doctor ordering
 - c. doctor ordered
 - d. doctor bordered
- 2) watching distressing movies may boost our _____
 - a. tolerance too pain
 - b. tolerance two pain
 - c. tolerance to pain
 - d. tolerance at pain
- 3) These are our body's natural painkillers - chemicals that make _____
 - a. us feeling better
 - b. us feels better
 - c. us feel better
 - d. us felt better
- 4) the emotional distress you get from tragedy triggers _____
 - a. the endorphin system
 - b. the endorphin systematic
 - c. the endorphin systems
 - d. the endorphin cistern
- 5) The same areas in the brain that deal _____
 - a. with physically pain
 - b. with physical pains
 - c. within physical pain
 - d. with physical pain
- 6) tests to determine the effect that tragic stories _____
 - a. has on us
 - b. had on us
 - c. having on us
 - d. have on us
- 7) a disabled man battling homelessness, drug _____
 - a. addiction and alcoholism
 - b. addicts and alcoholics
 - c. addiction and alcoholics
 - d. addictive and alcoholism
- 8) the pain tolerance of those who watched the traumatic _____
 - a. dramas increased
 - b. drama increase
 - c. drama increased
 - d. dramas increase
- 9) This compared to an average decrease _____
 - a. on pain threshold
 - b. in pain thresholds
 - c. in pained threshold
 - d. in pain threshold
- 10) one reason we like watching sad movies is _____
 - a. the natural height
 - b. them naturally high
 - c. the natural high
 - d. them natural high

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Watching sad or traumatic movies can sometimes (1) _____ doctor ordered. A new study reveals that watching distressing movies may (2) _____ to pain. Researchers at Oxford University say that movies that get your emotions going can increase (3) _____ endorphins released by the brain. These are our body's natural painkillers - (4) _____ us feel better after physical or psychological pain. Dr Robin Dunbar, (5) _____ study, explained that: "Maybe the emotional [distress] you get from tragedy triggers the endorphin system." He added: "The same areas in the brain that deal with physical (6) _____ psychological pain."

Dr Dunbar and his colleagues conducted (7) _____ to determine the effect that tragic stories have on us. They invited 169 people (8) _____ the experiment. One group watched a traumatic drama about a disabled man battling homelessness, drug addiction and alcoholism. Another group watched a documentary (9) _____ and archaeology of Britain. The results showed that on average, the pain tolerance of those who watched the traumatic drama (10) _____ per cent. This compared to an average decrease in pain threshold of 4.6 per cent for those who watched the documentary. Dr Dunbar (11) _____ we like watching sad movies is the (12) _____ the endorphins.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

1. Who did the article say might order the watching of sad movies?
2. What does a study say watching sad movies boosts our tolerance to?
3. What part of the body releases endorphins?
4. Who is Robin Dunbar?
5. What might trigger the endorphin system?
6. How many people took part in the experiment?
7. What country's geology did a group of people watch a documentary on?
8. By how much did the pain tolerance of sad movie watchers increase?
9. What happened to the pain tolerance of those who watched the documentary?
10. What natural thing did a doctor say we get from the endorphins?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

- 1) Who did the article say might order the watching of sad movies?
 - a) an Amazon customer
 - b) the doctor
 - c) a psychiatrist
 - d) a teacher
- 2) What does a study say watching sad movies boosts our tolerance to?
 - a) emotions
 - b) tears
 - c) sadness
 - d) pain
- 3) What part of the body releases endorphins?
 - a) the eyes
 - b) the stomach
 - c) the brain
 - d) the heart
- 4) Who is Robin Dunbar?
 - a) co-author of the research
 - b) a drug addict
 - c) a movie star
 - d) a documentary maker
- 5) What might trigger the endorphin system?
 - a) painkillers
 - b) distress from tragedy
 - c) action movies
 - d) research
- 6) How many people took part in the experiment?
 - a) 169
 - b) 196
 - c) 961
 - d) 619
- 7) What country's geology did a group of people watch a documentary on?
 - a) Panama
 - b) Lesotho
 - c) Britain
 - d) Japan
- 8) By how much did the pain tolerance of sad movie watchers increase?
 - a) 13.1%
 - b) 13.2%
 - c) 11.3%
 - d) 31.1%
- 9) What happened to the pain tolerance of those who watched the documentary?
 - a) it halved
 - b) it increased
 - c) it stayed the same
 - d) it went down by 4.6%
- 10) What natural thing did a doctor say we get from the endorphins?
 - a) sleep
 - b) a side
 - c) a high
 - d) a low

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Role A – Medicine

You think medicine is best at relieving psychological pain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): a chat to friends, a long walk or chocolate.

Role B – A chat to friends

You think a chat to friends is best at relieving psychological pain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): medicine, a long walk or chocolate.

Role C – A long walk

You think a long walk is best at relieving psychological pain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): a chat to friends, medicine or chocolate.

Role D – Chocolate

You think chocolate is best at relieving psychological pain. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): a chat to friends, a long walk or medicine.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'sad' and 'movie'.

sad	movie
------------	--------------

- 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">• doctor• boost• going• better• triggers• handle	<ul style="list-style-type: none">• series• 169• addiction• geology• 13.1• high
---	--

PAINKILLERS SURVEY

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Write five GOOD questions about painkillers 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.

PAINKILLERS DISCUSSION

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

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'sad'?
3. What kind of movies do you like?
4. What do you think about what you read?
5. What do you think of sad movies?
6. How do different movies affect our feeling?
7. How good or bad are movies for us?
8. How much tolerance do you have for pain?
9. What do you do when you have pain?
10. Will you now watch a sad movie to relieve your pain?

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PAINKILLERS 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 the tests done in this research?
13. What's the saddest movie you have ever seen?
14. What do you think about documentaries on the geology of Britain?
15. What's the most amount of pain you've ever been in?
16. Can music or gaming relieve pain?
17. Do you think reading a sad novel would also relieve pain?
18. What other kinds of painkillers are there?
19. What do you do to get a natural high?
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 <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Watching sad or traumatic movies can sometimes be just what the doctor (1) _____. A new study reveals that watching distressing movies may (2) _____ our tolerance to pain. Researchers at Oxford University say that movies that get your emotions (3) _____ can increase the amount of endorphins released (4) _____ the brain. These are our body's natural painkillers - chemicals that make us feel better after physical or psychological pain. Dr Robin Dunbar, a (5) _____-author of the study, explained that: "Maybe the emotional [distress] you get from tragedy triggers the endorphin system." He added: "The same areas in the brain that deal (6) _____ physical pain also handle psychological pain."

Dr Dunbar and his colleagues conducted a (7) _____ of tests to determine the effect that tragic stories have on us. They invited 169 people to (8) _____ part in the experiment. One group watched a traumatic drama about a disabled man (9) _____ homelessness, drug addiction and alcoholism. Another group watched a documentary (10) _____ the geology and archaeology of Britain. The results showed that on average, the pain tolerance of those who watched the traumatic drama increased (11) _____ 13.1 per cent. This compared to an average decrease in pain threshold of 4.6 per cent for those who watched the documentary. Dr Dunbar suggested one reason we like watching sad movies is the natural (12) _____ from the endorphins.

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

- | | | | | |
|-----|------------|-------------|--------------|-------------|
| 1. | (a) demand | (b) talked | (c) ordered | (d) request |
| 2. | (a) boast | (b) beast | (c) boost | (d) baste |
| 3. | (a) gone | (b) going | (c) go | (d) goes |
| 4. | (a) then | (b) of | (c) at | (d) by |
| 5. | (a) do | (b) lo | (c) co | (d) no |
| 6. | (a) of | (b) with | (c) as | (d) on |
| 7. | (a) series | (b) serious | (c) cereals | (d) serials |
| 8. | (a) create | (b) do | (c) have | (d) take |
| 9. | (a) battle | (b) battled | (c) battling | (d) battles |
| 10. | (a) over | (b) at | (c) in | (d) on |
| 11. | (a) up | (b) by | (c) at | (d) of |
| 12. | (a) high | (b) height | (c) higher | (d) hire |

SPELLING

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Paragraph 1

1. sad or ciatmatr movies
2. boost our eoltnacer to pain
3. increase the utmoan of endorphins
4. laccesmih that make us feel better
5. enlomaoti distress
6. handle colcoshyiglap pain

Paragraph 2

7. Dr Dunbar and his lesecalgou
8. a series of tests to ierneedmt the effect
9. drug addiction and lahlimoosc
10. the ogeylog and archaeology of Britain
11. This darmepco to an average decrease in pain
12. those who watched the reucytamdn

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Number these lines in the correct order.

- () psychological pain. Dr Robin Dunbar, a co-author of the study, explained that: "Maybe the emotional
- () stories have on us. They invited 169 people to take part in the experiment. One group watched a traumatic drama
- () say that movies that get your emotions going can increase the amount of endorphins released
- () tolerance of those who watched the traumatic drama increased by 13.1 per cent. This compared
- () about a disabled man battling homelessness, drug addiction and alcoholism. Another group watched
- () Dr Dunbar and his colleagues conducted a series of tests to determine the effect that tragic
- () a documentary on the geology and archaeology of Britain. The results showed that on average, the pain
- () brain that deal with physical pain also handle psychological pain."
- () to an average decrease in pain threshold of 4.6 per cent for those who watched the
- () [distress] you get from tragedy triggers the endorphin system." He added: "The same areas in the
- () documentary. Dr Dunbar suggested one reason we like watching sad movies is the natural high from the endorphins.
- (**1**) Watching sad or traumatic movies can sometimes be just what the doctor ordered. A new study
- () by the brain. These are our body's natural painkillers - chemicals that make us feel better after physical or
- () reveals that watching distressing movies may boost our tolerance to pain. Researchers at Oxford University

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

1. sometimes doctor be ordered just Movies what can the .
2. the by amount the of brain endorphins Increase released .
3. feel Chemicals better that after make physical us pain .
4. you system the tragedy get Distress endorphin triggers from .
5. in the brain that deal with physical pain The same areas .
6. us Tests to determine the effect that tragic stories have on .
7. drama disabled group traumatic a One a about man watched .
8. who traumatic pain those the The of watched drama tolerance .
9. in compared 4.6% decrease This of average threshold an pain to .
10. high One reason we like watching sad movies is the natural .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Watching *sad / sadness* or traumatic movies can sometimes be *just / adjust* what the doctor ordered. A new study *revels / reveals* that watching distressing movies may *boost / boast* our tolerance to pain. Researchers at Oxford University say that movies *what / that* get your emotions going can increase the amount of endorphins released *by / at* the brain. These are our body's natural painkillers - chemicals that make us *feeling / feel* better after physical or psychological pain. Dr Robin Dunbar, a co-author of the study, *explained / explaining* that: "Maybe the emotional [distress] you get from tragedy *triggers / levers* the endorphin system." He added: "The same areas in the brain that *dealt / deal* with physical pain also handle psychological pain."

Dr Dunbar and his colleagues conducted a *serious / series* of tests to determine the effect that tragic stories have *in / on* us. They invited 169 people to take part *in / on* the experiment. One group watched a traumatic drama about a disabled man *bottling / battling* homelessness, drug addiction and alcoholism. Another group watched a documentary *on / in* the geology and archaeology *for / of* Britain. The results showed that *on / in* average, the pain tolerance of *them / those* who watched the traumatic drama increased by 13.1 per cent. This compared to an average *decrease / decreased* in pain threshold of 4.6 per cent for those who watched the documentary. Dr Dunbar suggested one reason we like watching sad movies is the natural *height / high* from the endorphins.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

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

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

W_tch_ng s_d _r tr__m_t_c m_v__s c_n s_m_t_m_s b_
j_st wh_t th_ d_ct_r _rd_r_d. _ n_w st_dy r_v__ls th_t
w_tch_ng d_str_ss_ng m_v__s m_y b__st __r t_l_r_nc_
t_ p__n. R_s__rch_rs _t _xf_rd _n_v_rs_ty s_y th_t
m_v__s th_t g_t y__r _m_t__ns g__ng c_n _ncr__s_
th_ _m__nt _f _nd_rph_ns r_l__s_d by th_ br__n.
Th_s_ _r_ __r b_dy's n_t_r_l p__nk_ll_rs - ch_m_c_ls
th_t m_k_ _s f__l b_tt_r _ft_r phys_c_l _r
psych_l_g_c_l p__n. Dr R_b_n D_nb_r, _c_-_th_r _f
th_ st_dy, _xpl__n_d th_t: "M_yb_ th_ _m_t__n_l
[d_str_ss] y__ g_t fr_m tr_g_dy tr_gg_rs th_
_nd_rph_n syst_m." H__dd_d: "Th_ s_m_ _r__s _n th_
br__n th_t d__l w_th phys_c_l p__n _ls_ h_ndl_
psych_l_g_c_l p__n."

Dr D_nb_r _nd h_s c_ll__g__s c_nd_ct_d _s_r__s _f
t_sts t_d_t_rm_n_ th_ _ff_ct th_t tr_g_c st_r__s h_v_
_n _s. Th_y _nv_t_d 169 p__pl_ t_ t_k_ p_rt _n th_
_xp_r_m_nt. _n_ gr__p w_tch_d _ tr__m_t_c dr_m_
_b__t _ d_s_bld m_n b_ttlng h_m_l_ssn_ss, dr_g
_dd_ct__n _nd _lc_h_l_sm. _n_th_r gr__p w_tch_d _
d_c_m_nt_ry _n th_ g__l_gy _nd _rch__l_gy _f
Br_t__n. Th_ r_s_lts sh_w_d th_t _n_v_r_g_, th_ p__n
t_l_r_nc_ _f th_s_ wh_ w_tch_d th_ tr__m_t_c dr_m_
_ncr__s_d by 13.1 p_r_c_nt. Th_s c_m_p_r_d t_ _n
_v_r_g_d cr__s _n p__n thr_sh_ld _f 4.6 p_r_c_nt f_r
th_s_ wh_ w_tch_d th_ d_c_m_nt_ry. Dr D_nb_r
s_gg_st_d _n_r__s_n w_l_k w_tch_ng s_d m_v__s _s
th_ n_t_r_l h_g_h fr_m th_ _nd_rph_ns.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

watching sad or traumatic movies can sometimes be just what the doctor ordered a new study reveals that watching distressing movies may boost our tolerance to pain researchers at oxford university say that movies that get your emotions going can increase the amount of endorphins released by the brain these are our body's natural painkillers - chemicals that make us feel better after physical or psychological pain dr robin dunbar a co-author of the study explained that "maybe the emotional [distress] you get from tragedy triggers the endorphin system" he added "the same areas in the brain that deal with physical pain also handle psychological pain"

dr dunbar and his colleagues conducted a series of tests to determine the effect that tragic stories have on us they invited 169 people to take part in the experiment one group watched a traumatic drama about a disabled man battling homelessness drug addiction and alcoholism another group watched a documentary on the geology and archaeology of britain the results showed that on average the pain tolerance of those who watched the traumatic drama increased by 131 per cent this compared to an average decrease in pain threshold of 46 per cent for those who watched the documentary dr dunbar suggested one reason we like watching sad movies is the natural high from the endorphins

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1609/160924-painkillers.html>

Watching sad or traumatic movies can sometimes be just what the doctor ordered. A new study reveals that watching distressing movies may boost our tolerance to pain. Researchers at Oxford University say that movies that get you emotions going can increase the amount of endorphins released by the brain. These are our body's natural painkillers - chemicals that make us feel better after physical or psychological pain. Dr Robin Dunbar, a co-author of the study, explained that: "Maybe the emotional [distress] you get from tragedy triggers the endorphin system." He added: "The same areas in the brain that deal with physical pain also handle psychological pain." Dr Dunbar and his colleagues conducted a series of tests to determine the effect that tragic stories have on us. They invited 169 people to take part in the experiment. One group watched a traumatic drama about a disabled man battling homelessness, drug addiction and alcoholism. Another group watched a documentary on the geology and archaeology of Britain. The results showed that on average, the pain tolerance of those who watched the traumatic drama increased by 13.1 percent. This compared to an average decrease in pain threshold of 4.6 percent for those who watched the documentary. Dr Dunbar suggested one reason we like watching sad movies is the natural high from the endorphins.

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 the effects of watching sad movies. Share what you discover with your partner(s) in the next lesson.

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

4. MEDICINAL: Write a magazine article about doctors prescribing a sad movie to patients to relieve their pain. Include imaginary interviews with people who are for and against it.

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 sad movies. Ask him/her three questions about them. Give him/her three of your ideas on ways to use movies to make us feel better. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c T d T e F f T g F h F

SYNONYM MATCH (p.4)

- | | |
|------------------|-----------------|
| 1. traumatic | a. disturbing |
| 2. boost | b. improve |
| 3. tolerance to | c. endurance of |
| 4. psychological | d. emotional |
| 5. triggers | e. sets off |
| 6. conducted | f. carried out |
| 7. battling | g. fighting |
| 8. increased | h. rose |
| 9. threshold | i. lower limit |
| 10. reason | j. explanation |

COMPREHENSION QUESTIONS (p.8)

1. A (the) doctor
2. Pain
3. The brain
4. Co-author of the study
5. Emotional distress from tragedy
6. 169
7. Britain's
8. 13.1%
9. It decreased by 4.6%
10. A high

MULTIPLE CHOICE - QUIZ (p.9)

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 ;-)