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Level 2 – 29th August, 2019

Positive thinking helps us live longer

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<https://breakingnewsenglish.com/1908/190829-positive-thinking-2.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 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-2.html>

Positive thinkers might live longer than negative thinkers. This is according to studies into the health of Americans. Boston University researchers looked at data on 70,000 female nurses and 1,500 male military veterans. They found that people who were optimists (people who thought positively) were more likely to live to the age of 85. People who were more pessimistic (those who thought negatively) were 11-15 per cent less likely to live to 85. Researchers say optimists (positive thinkers) manage stress more easily than pessimists (negative thinkers).

Participants in the studies answered questions that assessed their diets, exercise, levels of optimism, and how much they smoked and drank. The surveys matched these levels with overall levels of health. A professor said: "Our findings speak to the possibility that raising levels of optimism may promote longevity and healthy ageing." Her advice for pessimists who might want to live longer was to, "imagine a future in which everything has turned out well". She urged people to be more optimistic. She said it was healthier to look on the bright side of life.

Sources: <https://www.bbc.com/news/health-49447685>
<https://news.sky.com/story/looking-on-the-bright-side-helps-you-live-longer-study-finds-11795107>
<https://www.livescience.com/optimism-tied-to-longevity.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-2.html>

PARAGRAPH ONE:

- | | |
|-------------------------------|------------------------|
| 1. This is according | a. to live to 85 |
| 2. researchers looked at | b. veterans |
| 3. 1,500 male military | c. easily |
| 4. people who thought | d. data |
| 5. People who were | e. (negative thinkers) |
| 6. 11-15 per cent less likely | f. positively |
| 7. manage stress more | g. more pessimistic |
| 8. pessimists | h. to studies |

PARAGRAPH TWO:

- | | |
|--------------------------------|-----------------------|
| 1. Participants in the studies | a. be more optimistic |
| 2. levels | b. healthy ageing |
| 3. how much they smoked | c. side of life |
| 4. overall | d. of optimism |
| 5. promote longevity and | e. out well |
| 6. everything has turned | f. levels of health |
| 7. She urged people to | g. answered questions |
| 8. look on the bright | h. and drank |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-2.html>

Positive thinkers (1) _____ than negative thinkers. This (2) _____ studies into the health of Americans. Boston University researchers looked at data on 70,000 female nurses and 1,500 (3) _____. They found that people who were optimists (people who thought positively) were more (4) _____ to the age of 85. People who were more pessimistic (those who thought negatively) were 11-15 (5) _____ likely to live to 85. Researchers say optimists (positive thinkers) manage (6) _____ than pessimists (negative thinkers).

Participants (7) _____ answered questions that assessed their diets, exercise, levels of optimism, and how much they (8) _____. The surveys matched these levels with (9) _____ health. A professor said: "Our findings speak to the possibility that raising levels of optimism may promote longevity and healthy ageing." (10) _____ pessimists who might want to live longer was to, "imagine a future in which everything has (11) _____ ". She urged people to be more optimistic. She said it was healthier to look on the (12) _____ life.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-2.html>

Positivethinkersmightlivelongerthannegativethinkers.Thisaccordi
ngtostudiesintothehealthofAmericans.BostonUniversityresearchers
lookedatdataon70,000femalenursesand1,500malemilitaryveterans
.Theyfoundthatpeoplehowereoptimists(peoplewhothoughtpositiv
ely)weremorelikelytolivetotheageof85.Peoplehoweremorepessim
istic(thosewhothoughtnegatively)were11-15percentlesslikelytoliv
eto85.Researcherssayoptimists(positivethinkers)managestressmo
reasilythanpessimists(negativethinkers).Participantsinthestudies
answeredquestionsthatassessedtheirdiets,exercise,levelsofoptimis
m,andhowmuchthey smokedanddrank.Thesurveysmatchedthesele
velswithoveralllevelsofhealth.Aprofessorsaid:"Ourfindings speaktot
hepossibilitythatraisinglevelsofoptimismmaypromotelongevityand
healthyageing."Heradviceforpessimistswhomightwanttolivelonger
wasto,"imagineafutureinwhicheverythinghasturnedoutwell".Sheur
gedpeopletobemoreoptimistic.Shesaiditwashealthiertolookonthebr
ightsideoflife.

POSITIVE THINKING SURVEY

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-4.html>

Write five GOOD questions about positive thinking 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) _____

WRITING

From <https://breakingnewsenglish.com/1908/190829-positive-thinking-2.html>

Write about **positive thinking** for 10 minutes. Read and talk about your partner's paper.
