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Ready-to-Use English Lessons by Sean Banville

Level 3 – 4th October, 2019

Living by the sea makes us happier

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Contents

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

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THE ARTICLE

New research suggests that people who live close to the ocean or sea are happier. Researchers from the University of Exeter in the UK say people who live in coastal areas have better mental health than people who live inland. This is for rich people and poor people. The researchers looked at data from surveys of 25,963 people. The surveys asked people questions about their happiness, lifestyle and income. They found that those who live within one kilometer of the coast are 22 per cent less likely to show any signs of mental health problems. People who lived more than 50 kilometers from the coast had more symptoms of mental health problems. The researchers found that poorer people living within sight of the coast were around 40 per cent less likely to have mental health symptoms than those who lived inland.

Lead researcher of the study, doctor Jo Garrett, said: "Our research suggests, for the first time, that people in poorer households living close to the coast experience fewer symptoms of mental health disorders." She said the area along coasts seemed to protect people from experiencing mental health problems. They seemed to improve people's health and wellbeing. Dr Garrett added: "When it comes to mental health, this protective zone could play a useful role in helping to level the playing field between those on high and low incomes." Another researcher, Dr Mathew White, said: "We need to help policy makers understand how to maximize the wellbeing benefits of 'blue' spaces in towns and cities. We need to ensure that access is fair and inclusive for everyone, while not damaging our fragile coastal environments."

WARM-UPS

1. THE SEA: Students walk around the class and talk to other students about the sea. 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?

    research / mental health / inland / coast / surveys / lifestyle / income / symptoms / researcher / households / disorders / improve / wellbeing / playing field / benefits

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

3. THE COAST: Students A **strongly** believe living on the coast is better than living inland; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. MENTAL HEALTH: How do these things affect mental health? Complete this table with your partner(s). Change partners often and share what you wrote.

	How they affect mental health	**How they affect you**
The sea		
Sleep		
Friends		
Money		
The Internet		
Medicine		

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. PLACES TO LIVE: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- By the sea
- The countryside
- Inner city
- The mountains

- The suburbs
- The desert
- A village
- Antarctica

VOCABULARY MATCHING

Paragraph 1

1.	ocean	a.	The part of the land near the sea.
2.	coast	b.	Questions to find the opinions or experience of a group of people.
3.	inland	c.	Facts and statistics.
4.	data	d.	In the inside of a country, away from the coast.
5.	survey	e.	A very, very large area of sea, in particular each of the main areas into which the sea is divided geographically (Pacific, Atlantic, Indian, etc.).
6.	income	f.	A physical or mental sign that shows you have a disease.
7.	symptom	g.	Money received for work or from investments, etc.

Paragraph 2

8.	household	h.	An advantage or profit.
9.	disorder	i.	A house and all the people who live in it.
10.	protect	j.	The part played by a person or thing in a particular situation.
11.	wellbeing	k.	Easily broken or damaged.
12.	role	l.	Keep safe from harm or injury.
13.	benefit	m.	The state of being comfortable, healthy, or happy.
14.	fragile	n.	A state of confusion.

BEFORE READING / LISTENING

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

a. Research says people by the sea are happier than people in the desert.   **T / F**

b. Rich people who live by the sea are happier than poor people.   **T / F**

c. The researchers looked at data from over 25,000 people.   **T / F**

d. Mental health problems start when people live 100km from the coast.   **T / F**

e. Poorer households on the coast suffer fewer mental health problems.   **T / F**

f. A researcher said towns should make more playing fields.   **T / F**

g. A researcher wants all people to have fair access to the sea.   **T / F**

h. A researcher was worried about protecting coastal environments.   **T / F**

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

1.	**close to**	a.	part
2.	**poor**	b.	signs
3.	**survey**	c.	face
4.	**found**	d.	low-income
5.	**symptoms**	e.	make better
6.	**experience**	f.	near
7.	**improve**	g.	delicate
8.	**role**	h.	make certain
9.	**ensure**	i.	questionnaire
10.	**fragile**	j.	discovered

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

1.	people who live close to the	a.	inland
2.	people who live in	b.	is fair
3.	people who live	c.	likely to
4.	those who live within	d.	role
5.	40 per cent less	e.	coastal areas
6.	people in poorer	f.	environments
7.	the area along coasts seemed to	g.	1 km of the coast
8.	play a useful	h.	protect people
9.	We need to ensure that access	i.	households
10.	not damaging our fragile coastal	j.	ocean or sea

GAP FILL

New research suggests that people who live close to the (1) _____ or sea are happier. Researchers from the University of Exeter in the UK say people who live in (2) _____ areas have better mental health than people who live inland. This is for (3) _____ people and poor people. The researchers looked at data from (4) _____ of 25,963 people. The surveys asked people questions about their happiness, lifestyle and (5) _____. They found that those who live within one kilometer of the coast are 22 per cent less (6) _____ to show any signs of mental health problems. People who lived more than 50 kilometers from the coast had more (7) _____ of mental health problems. The researchers found that poorer people living within (8) _____ of the coast were around 40 per cent less likely to have mental health symptoms than those who lived inland.

rich

income

sight

ocean

surveys

symptoms

coastal

likely

Lead researcher of the study, doctor Jo Garrett, said: "Our research suggests, for the (9) _____ time, that people in poorer households living close to the coast experience (10) _____ symptoms of mental health disorders." She said the area along coasts seemed to (11) _____ people from experiencing mental health problems. They seemed to improve people's health and wellbeing. Dr Garrett added: "When it comes to mental health, this protective (12) _____ could play a useful role in helping to level the playing field between (13) _____ on high and low incomes." Another researcher, Dr Mathew White, said: "We need to help policy makers understand how to maximize the wellbeing (14) _____ of 'blue' spaces in towns and cities. We need to (15) _____ that access is fair and inclusive for everyone, while not damaging our (16) _____ coastal environments."

benefits

first

protect

fragile

zone

ensure

fewer

those

LISTENING – Guess the answers. Listen to check.

1) New research suggests that people who live close to the ocean or _____
   a. seal are happier
   b. sees are happier
   c. sea are happier
   d. seen are happier

2) The surveys asked people questions about their happiness, _____
   a. lifestyle and incoming
   b. lifestyle and ink come
   c. lifestyle and ink um
   d. lifestyle and income

3) People who lived more than 50 kilometers from the coast _____
   a. had more symptoms
   b. had more sump tombs
   c. had more sink tons
   d. had more sanctions

4) The researchers found that poorer people living within _____
   a. sight of the coast
   b. sight off the coast
   c. sight on the coast
   d. sight of a coast

5) 40 per cent less likely to have mental health symptoms than those _____
   a. who lived inland
   b. who lived island
   c. who lived in lands
   d. who live din land

6) Our research suggests, for the first time, that people _____
   a. in poorer houses holds
   b. in poorer housed holds
   c. in poorer households
   d. in poorer houses hold

7) this protective zone could play a useful role in helping to level _____
   a. the play in fold
   b. the plays in field
   c. the playing field
   d. the playing fold

8) a useful role in helping to level the playing field between those on high _____
   a. and allow incomes
   b. and slow incomes
   c. and low income
   d. and low incomes

9) We need to help policy makers understand how to maximize _____
   a. the well been benefits
   b. the well be in benefits
   c. the wellbeing benefits
   d. the wells being benefits

10) fair and inclusive for everyone, while not damaging our _____ environments
   a. fragile cost all
   b. fragility coast all
   c. fragility coastal
   d. fragile coastal

LISTENING – Listen and fill in the gaps

New research suggests that people (1) _____ to the ocean or sea are happier. Researchers from the University of Exeter in the UK say people who live (2) _____ have better mental health than people who live inland. This is for rich people and poor people. The researchers looked (3) _____ surveys of 25,963 people. The surveys asked people questions about their happiness, lifestyle and income. They found that those who (4) _____ kilometer of the coast are 22 per cent less likely to show any signs (5) _____ problems. People who lived more than 50 kilometers from the coast had more symptoms of mental health problems. The researchers found that poorer people living (6) _____ the coast were around 40 per cent less likely to have mental health symptoms than those who lived inland.

Lead researcher of the study, doctor Jo Garrett, said: "Our research suggests, for (7) _____, that people in poorer households living close to the coast experience fewer symptoms of mental health disorders." She said the (8) _____ seemed to protect people from experiencing mental health problems. They seemed to improve people's (9) _____. Dr Garrett added: "When it comes to mental health, this protective zone could play a useful role in helping to level the playing field between those on high (10) _____." Another researcher, Dr Mathew White, said: "We need to help policy makers understand (11) _____ the wellbeing benefits of 'blue' spaces in towns and cities. We need to ensure that access is fair and inclusive for everyone, while not damaging (12) _____ environments."

COMPREHENSION QUESTIONS

1. Which university carried out this research?

2. How many people did researchers look at data on?

3. What did surveys question people about besides happiness and lifestyle?

4. Who is 22 per cent less likely to suffer from mental health problems?

5. What did people who lived over 50km from the coast have more of?

6. Who is Jo Garrett?

7. What did a doctor say areas along the coast did to people?

8. What kind of playing field did a doctor talk about?

9. Who did a doctor want to help understand about wellbeing benefits?

10. What kind of coastal environments did a doctor not want to damage?

MULTIPLE CHOICE - QUIZ

1) Which university carried out this research?
a) Tokyo University
b) Oxford University
c) the University of Alabama
d) the University of Exeter

2) How many people did researchers look at data on?
a) 29,563 people
b) 25,963 people
c) 26,953 people
d) 23,965 people

3) What did surveys question people about besides happiness and lifestyle?
a) stress
b) beaches
c) diet
d) income

4) Who is 22 per cent less likely to suffer from mental health problems?
a) older people
b) stressed people
c) those who live within 1 km of the coast
d) poor people

5) What did people who lived over 50km from the coast have more of?
a) flowers in their garden
b) stress
c) money
d) mental health disorders

6) Who is Jo Garrett?
a) a poor person
b) someone who lives by the sea
c) the lead researcher
d) a rich person

7) What did a doctor say areas along the coast did to people?
a) protect them from mental health problems
b) made them sad
c) energized them
d) made them want to swim

8) What kind of playing field did a doctor talk about?
a) a school playing field
b) a football field
c) a level playing field
d) a vegetable field

9) Who did a doctor want to help understand about wellbeing benefits?
a) rich people
b) policy makers
c) poor people
d) researchers

10) What kind of coastal environments did a doctor not want to damage?
a) fragile coastal environments
b) rocky coastal environments
c) northern coastal environments
d) sandy coastal environments

ROLE PLAY

Role A – By The Sea

You think by the sea is the best place to live. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these places (and why): the countryside, the desert or the inner city.

Role B – The Countryside

You think the countryside is the best place to live. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these places (and why): by the sea, the desert or the inner city.

Role C – The Desert

You think the desert is the best place to live. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these places (and why): the countryside, by the sea or the inner city.

Role D – Inner City

You think the inner city is the best place to live. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these places (and why): the countryside, the desert or by the sea.

AFTER READING / LISTENING

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

sea	happy

- 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:

• ocean	• first
• rich	• fewer
• questions	• seemed
• one	• level
• 22	• policy
• 40	• damaging

THE SEA SURVEY

Write five GOOD questions about the sea 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.

THE SEA DISCUSSION

<u>STUDENT A's QUESTIONS</u> (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 'sea'?

3. What do you think of living by the sea?

4. What are the good things about living by the sea?

5. Why might living by the sea be good for mental health?

6. How happy are you with where you live?

7. Would living in a big city on the coast be good for mental health?

8. Where is your perfect place to live?

9. Is your lifestyle good for your mental health?

10. What could you do to be happier?

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THE SEA DISCUSSION

<u>STUDENT B's QUESTIONS</u> (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 'happy'?

13. What do you think about what you read?

14. Would you prefer to live by the sea or in the mountains?

15. What are the bad things about living by the sea?

16. Should governments build more houses next to the sea?

17. What are your happiest memories of being near the sea?

18. How can we make towns happier places to live in?

19. Should people be allowed to make beaches private?

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. _____

DISCUSSION (Write your own questions)

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

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

New research suggests that people who live (1) _____ to the ocean or sea are happier. Researchers from the University of Exeter in the UK say people who live in coastal (2) _____ have better mental health than people who live inland. This is for rich people and poor people. The researchers looked at data from surveys of 25,963 people. The surveys asked people questions about their happiness, lifestyle and (3) _____. They found that those who live within one kilometer of the coast are 22 per cent less (4) _____ to show any signs of mental health problems. People who lived more than 50 kilometers from the coast had more symptoms (5) _____ mental health problems. The researchers found that poorer people living within sight of the coast were around 40 per cent less likely to have mental health symptoms than (6) _____ who lived inland.

Lead researcher of the study, doctor Jo Garrett, said: "Our research suggests, (7) _____ the first time, that people in poorer households living close to the coast experience fewer symptoms of mental health disorders." She said the area along coasts seemed (8) _____ protect people from experiencing mental health problems. They seemed to improve people's health and wellbeing. Dr Garrett added: "When it (9) _____ to mental health, this protective zone could play a useful (10) _____ in helping to level the playing field between those on high and low incomes." Another researcher, Dr Mathew White, said: "We need to help policy (11) _____ understand how to maximize the wellbeing benefits of 'blue' spaces in towns and cities. We need to ensure that access is fair and inclusive for everyone, while not damaging our (12) _____ coastal environments."

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

1.	(a)	closes	(b)	closet	(c)	closed	(d) close
2.	(a)	aerials	(b)	auroras	(c)	arena	(d) areas
3.	(a)	newcomers	(b)	income	(c)	comings	(d) outcome
4.	(a)	liked	(b)	liken	(c)	likely	(d) likelihood
5.	(a)	on	(b)	at	(c)	of	(d) by
6.	(a)	those	(b)	they	(c)	them	(d) that
7.	(a)	as	(b)	for	(c)	to	(d) so
8.	(a)	to	(b)	on	(c)	at	(d) of
9.	(a)	goes	(b)	comes	(c)	is	(d) lives
10.	(a)	rail	(b)	roll	(c)	role	(d) rule
11.	(a)	fakers	(b)	takers	(c)	makers	(d) bakers
12.	(a)	banks	(b)	storm	(c)	utility	(d) fragile

SPELLING

Paragraph 1

1. New research <u>ueggssts</u> that

2. data from <u>urvesys</u>

3. happiness, lifestyle and <u>niocme</u>

4. less <u>kilely</u> to show any signs

5. living within sight of the <u>aocst</u>

6. mental health <u>ypsotmms</u>

Paragraph 2

7. people in poorer <u>oshoheluds</u>

8. mental health <u>sddroeirs</u>

9. <u>mprivoe</u> people's health and wellbeing

10. this <u>roeptctive</u> zone

11. access is fair and <u>nlisucive</u>

12. damaging our <u>garifle</u> coastal environments

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

(   )   of 25,963 people. The surveys asked people questions about their happiness, lifestyle and income. They found that those who live within

(   )   and low incomes." Another researcher, Dr Mathew White, said: "We need to help policy makers understand how to maximize

(   )   one kilometer of the coast are 22 per cent less likely to show any signs of mental health problems. People who lived more than 50 kilometers

(   )   and inclusive for everyone, while not damaging our fragile coastal environments."

(   )   Lead researcher of the study, doctor Jo Garrett, said: "Our research suggests, for the first time, that people in poorer

(   )   of the coast were around 40 per cent less likely to have mental health symptoms than those who lived inland.

(**1**)   New research suggests that people who live close to the ocean or sea are happier. Researchers

(   )   protect people from experiencing mental health problems. They seemed to improve people's health and wellbeing. Dr Garrett added:

(   )   who live inland. This is for rich people and poor people. The researchers looked at data from surveys

(   )   from the University of Exeter in the UK say people who live in coastal areas have better mental health than people

(   )   the wellbeing benefits of 'blue' spaces in towns and cities. We need to ensure that access is fair

(   )   from the coast had more symptoms of mental health problems. The researchers found that poorer people living within sight

(   )   households living close to the coast experience fewer symptoms of mental health disorders." She said the area along coasts seemed to

(   )   "When it comes to mental health, this protective zone could play a useful role in helping to level the playing field between those on high

PUT THE WORDS IN THE RIGHT ORDER

1. the   close   live   to   who   ocean   .   People

2. surveys   .   researchers   at   from   looked   The   data

3. questions   happiness   .   about   people   Surveys   their   asked

4. sight   the   coast   .   Poorer   within   people   living   of

5. likely   to   have   health   Less   mental   symptoms   .

6. area   along   coasts   The   to   seemed   protect   people   .

7. protective   play   could   zone   a   This   useful   role   .

8. need   help   We   makers   policy   to   understand   how   .

9. ensure   to   We   that   need   is   access   fair   .

10. damaging   While   fragile   our   not   coastal   environments   .

CIRCLE THE CORRECT WORD (20 PAIRS)

New research suggests that people who *live / lives* close to the ocean or sea are happier. Researchers from the University of Exeter in the UK say people who live in coastal areas have *best / better* mental health than people who live *inland / landing*. This is for rich people and poor people. The researchers looked *of / at* data from surveys of 25,963 people. The surveys asked people questions about their happiness, lifestyle and *outcome / income*. They found that those who live within one kilometer of the coast *are / be* 22 per cent less likely to *show / appear* any signs of mental health problems. People who lived more than 50 kilometers from the coast had more symptoms of mental health problems. The researchers *fund / found* that poorer people living within sight of the coast were around 40 per cent less *likely / liked* to have mental health symptoms than *them / those* who lived inland.

Lead / Boss researcher of the study, doctor Jo Garrett, said: "Our research suggests, for the *first / fast* time, that people in poorer households living close to the coast *experience / experiences* fewer symptoms of mental health disorders." She said the area *long / along* coasts seemed to protect people from experiencing mental health problems. They seemed *to / all* improve people's health and wellbeing. Dr Garrett added: "When it comes to mental health, this protective *cone / zone* could play a useful role in helping to level the playing field between those *on / in* high and low incomes." Another researcher, Dr Mathew White, said: "We need to help policy *bakers / makers* understand how to maximize the wellbeing benefits of 'blue' spaces in towns and cities. We need to *ensure / sure* that access is fair and inclusive for everyone, while not damaging our *fragile / agile* coastal environments."

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)

N_w r_s__ r c h s_g g_s t s t h_t p__ p l_ w h_ l_v_
c l_s_ t_ t h_ _c__ n _r s__ _r_ h p p__ r .   R_s__ r c
h_r s f r_m t h_ U n_v_r s_t y _f E x_t_r _n t h_ U
K s_y p__ p l_ w h_ l_v_ _n c__ s t_l _r__ s h_v_
b_t t_r m_n t_l h__ l t h t h_n p__ p l_ w h_ l_v_ _n
l_n d .   T h_s _s f_r r_c h p__ p l_ _n d p__ r p__ p
l_.   T h_ r_s__ r c h_r s l__ k_d _t d_t_ f r_m s_r
v_y s _f 2 5 , 9 6 3 p__ p l_ .   T h_ s_r v_y s _s k_d
p__ p l_ q__ s t__ n s _b__ t t h__ r h_p p_n_s s ,
l_f_s t y l_ _n d _n c_m_ .   T h_y f__ n d t h_t t h_s_
w h_ l_v_ w_t h_n _n_ k_l_m_t_r _f t h_ c__ s t _r_
2 2 p_r c_n t l_s s l_k_l y t_ s h_w _n y s_g n s
_f m_n t_l h__ l t h p r_b l_m s .   P__ p l_ w h_ l_v_d
m_r_ t h_n 5 0 k_l_m_t_r s f r_m t h_ c__ s t h_d
m_r_ s y m p t_m s _f m_n t_l h__ l t h p r_b l_m s .
T h_ r_s__ r c h_r s f__ n d t h_t p__ r_r p__ p l_
l_v_n g w_t h_n s_g h t _f t h_ c__ s t w_r_ _r__ n d
4 0 p_r c_n t l_s s l_k_l y t_ h_v_ m_n t_l h__ l t
h s y m p t_m s t h_n t h_s_ w h_ l_v_d _n l_n d .

L__ d r_s__ r c h_r _f t h_ s t_d y , d_c t_r J_ G_r
r_t t , s__ d :   " O_r r_s__ r c h s_g g_s t s , f_r t
h_ f_r s t t_m_, t h_t p__ p l_ _n p__ r_r h__ s_h_l
d s l_v_n g c l_s_ t_ t h_ c__ s t _x p_r__ n c_ f_w_r
s y m p t_m s _f m_n t_l h__ l t h d_s_r d_r s . "   S h_
s__ d t h_ _r__ _l_n g c__ s t s s__ m_d t_ p r_t_c t
p__ p l_ f r_m _x p_r__ n c_n g m_n t_l h__ l t h p r_b
l_m s .   T h_y s__ m_d t_ _m p r_v_ p__ p l_'s h__ l t
h _n d w_l l b__ n g .   D r G_r r_t t _d d_d :   " W h_n
_t c_m_s t_ m_n t_l h__ l t h , t h_s p r_t_c t_v_
z_n_ c__ l d p l_y _ _s_f_l r_l_ _n h_l p_n g t_ l_v_l
t h_ p l_y_n g f__ l d b_t w__ n t h_s_ _n h_g h _n d
l_w _n c_m_s . "   A n_t h_r r_s__ r c h_r , D r M_t h_w
W h_t_, s__ d :   " W_ n__ d t_ h_l p p_l_c y m_k_r s
_n d_r s t_n d h_w t_ m_x_m_z_ t h_ w_l l b__ n g
b_n_f_t s _f ' b l__ ' s p_c_s _n t_w n s _n d c_t__ s
.   W_ n__ d t_ _n s_r_ t h_t _c c_s s _s f__ r _n d
_n c l_s_v_ f_r _v_r y_n_, w h_l_ n_t d_m_g_n g __ r
f r_g_l_ c__ s t_l _n v_r_n m_n t s . "

PUNCTUATE THE TEXT AND ADD CAPITALS

new research suggests that people who live close to the ocean or sea are happier researchers from the university of exeter in the uk say people who live in coastal areas have better mental health than people who live inland this is for rich people and poor people the researchers looked at data from surveys of 25963 people the surveys asked people questions about their happiness lifestyle and income they found that those who live within one kilometer of the coast are 22 per cent less likely to show any signs of mental health problems people who lived more than 50 kilometers from the coast had more symptoms of mental health problems the researchers found that poorer people living within sight of the coast were around 40 per cent less likely to have mental health symptoms than those who lived inland

lead researcher of the study doctor jo garrett said our research suggests for the first time that people in poorer households living close to the coast experience fewer symptoms of mental health disorders she said the area along coasts seemed to protect people from experiencing mental health problems they seemed to improve peoples health and wellbeing dr garrett added when it comes to mental health this protective zone could play a useful role in helping to level the playing field between those on high and low incomes another researcher dr mathew white said we need to help policy makers understand how to maximize the wellbeing benefits of blue spaces in towns and cities we need to ensure that access is fair and inclusive for everyone while not damaging our fragile coastal environments
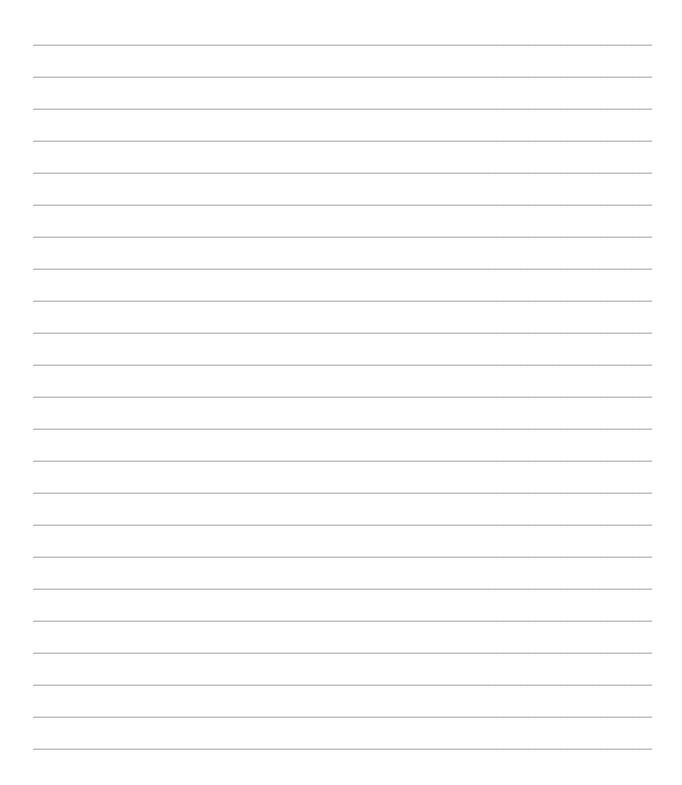
PUT A SLASH (/) WHERE THE SPACES ARE

Newresearchsuggeststhatpeoplewholiveclosetotheoceanorseaareh
appier.ResearchersfromtheUniversityofExeterintheUKsaypeoplewh
oliveincoastalareashavebettermentalhealththanpeoplewholiveinlan
d.Thisisforrichpeopleandpoorpeople.Theresearcherslookedatdatafr
omsurveysof25,963people.Thesurveysaskedpeoplequestionsabout
theirhappiness,lifestyleandincome.Theyfoundthatthosewholivewith
inonekilometerofthecoastare22percentlesslikelytoshowanysignsof
mentalhealthproblems.Peoplewholivedmorethan50kilometersfrom
thecoasthadmoresymptomsofmentalhealthproblems.Theresearche
rsfoundthatpoorerpeoplelivingwithinsightofthecoastwerearound40
percentlesslikelytohavementalhealthsymptomsthanthosewholivedi
nland.Leadresearcherofthestudy,doctorJoGarrett,said:"Ourresearc
hsuggests,forthefirsttime,thatpeopleinpoorerhouseholdslivingclose
tothecoastexperiencefewersymptomsofmentalhealthdisorders."Sh
esaidtheareaalongcoastsseemedtoprotectpeoplefromexperiencing
mentalhealthproblems.Theyseemedtoimprovepeople'shealthandw
ellbeing.DrGarrettadded:"Whenitcomestomentalhealth,thisprotecti
vezonecouldplayausefulroleinhelpingtoleveltheplayingfieldbetween
thoseonhighandlowincomes."Anotherresearcher,DrMathewWhite,s
aid:"Weneedtohelppolicymakersunderstandhowtomaximizethewell
beingbenefitsof'blue'spacesintownsandcities.Weneedtoensurethat
accessisfairandinclusiveforeveryone,whilenotdamagingourfragileco
astalenvironments."

FREE WRITING

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

ACADEMIC WRITING

Living by the sea is better than living inland. Discuss.

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. THE SEA: Make a poster about the sea. Show your work to your classmates in the next lesson. Did you all have similar things?

4. LIVING BY THE SEA: Write a magazine article about living by the sea being best. Include imaginary interviews with people who are for and against this.

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. THE SEA: Write a letter to an expert on the sea. Ask him/her three questions about it. Give him/her three of your ideas on why living by the sea might be so great. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

1.	close to	a.	near
2.	poor	b.	low-income
3.	survey	c.	questionnaire
4.	found	d.	discovered
5.	symptoms	e.	signs
6.	experience	f.	face
7.	improve	g.	make better
8.	role	h.	part
9.	ensure	i.	make certain
10.	fragile	j.	delicate

COMPREHENSION QUESTIONS (p.9)

1. The University of Exeter
2. 25,963 people
3. Income
4. Those who live within 1 km of the coast
5. Mental health problems
6. The lead researcher of the study
7. Protect them from mental health problems
8. A level playing field
9. Policy makers
10. Fragile coastal environments

WORDS IN THE RIGHT ORDER (p.20)

1. People who live close to the ocean.
2. The researchers looked at data from surveys.
3. Surveys asked people questions about their happiness.
4. Poorer people living within sight of the coast.
5. Less likely to have mental health symptoms.
6. The area along coasts seemed to protect people.
7. This protective zone could play a useful role.
8. We need to help policy makers understand how.
9. We need to ensure that access is fair.
10. While not damaging our fragile coastal environments.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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