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Level 5

Sad movies help reduce pain

24th September, 2016

<http://www.breakingnewsenglish.com/1609/160924-painkillers-5.html>

Contents

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

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

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THE READING

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-5.html>

Watching sad movies can be just what the doctor ordered. A new study shows that watching distressing movies may boost our tolerance to pain. Researchers at Oxford University say that emotional movies can increase the amount of endorphins released by the brain. These are our body's natural painkillers - chemicals that relieve physical or psychological pain. Dr Robin Dunbar explained that: "The emotional [distress] you get from tragedy triggers the endorphin system....The same areas in the brain that deal with physical pain also handle psychological pain."

Dr Dunbar and his colleagues conducted tests to find out the effect tragic stories have on us. One group of people in their experiment watched a traumatic drama about a disabled man battling homelessness, drugs and alcohol. Another group watched a film on Britain's geology and archaeology. On average, the pain tolerance of those who watched the drama increased by 13.1 per cent, while the pain threshold for those who watched the documentary decreased by 4.6 per cent. Dr Dunbar suggested one reason we like to watch 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>

PHRASE MATCHING

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-5.html>

PARAGRAPH ONE:

- | | |
|---------------------------------------|--------------------------|
| 1. boost our tolerance | a. psychological pain |
| 2. increase the amount of endorphins | b. the brain |
| 3. our body's natural | c. to pain |
| 4. chemicals that relieve physical or | d. pain |
| 5. emotional | e. painkillers |
| 6. tragedy triggers the endorphin | f. released by the brain |
| 7. The same areas in | g. system |
| 8. deal with physical | h. distress |

PARAGRAPH TWO:

- | | |
|--|------------------------|
| 1. Dunbar and his colleagues conducted | a. to watch sad movies |
| 2. the effect tragic stories | b. tolerance |
| 3. battling homelessness, drugs | c. high |
| 4. a film on Britain's geology and | d. and alcohol |
| 5. pain | e. tests to find out |
| 6. those who watched | f. archaeology |
| 7. one reason we like | g. have on us |
| 8. the natural | h. the documentary |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-5.html>

Watching sad movies (1) _____ the doctor ordered. A new study shows that watching distressing movies (2) _____ tolerance to pain. Researchers at Oxford University say that emotional movies can increase (3) _____ endorphins released by the brain. These are (4) _____ painkillers - chemicals that relieve physical or psychological pain. Dr Robin Dunbar explained that: "The (5) _____ you get from tragedy triggers the endorphin system....The same areas in the brain (6) _____ physical pain also handle psychological pain."

Dr Dunbar (7) _____ conducted tests to find out the effect tragic stories (8) _____. One group of people in their experiment watched a traumatic drama (9) _____ man battling homelessness, drugs and alcohol. Another group watched a film on Britain's geology and archaeology. On average, the (10) _____ of those who watched the drama increased by 13.1 per cent, while the pain threshold (11) _____ watched the documentary decreased by 4.6 per cent. Dr Dunbar suggested one reason we like to watch sad movies is (12) _____ from the endorphins.

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-5.html>

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PAINKILLERS SURVEY

From <http://www.breakingnewsenglish.com/1609/160924-painkillers-4.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.

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 <http://www.breakingnewsenglish.com/1609/160924-painkillers-5.html>

Write about **painkillers** for 10 minutes. Read and talk about your partner’s paper.
