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Level 6 – 23rd August, 2019

Parents happier after their children leave home

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

<https://breakingnewsenglish.com/1908/190823-having-children.html>

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

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THE ARTICLE

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Many of us believe that having children is the key to happiness and a perfect family life. Naturally, this idealistic image is true for some, but researchers say that in reality, children make us happiest when they fly the nest - when they have grown up and left home. Researchers in Germany looked at data from a survey of 55,000 over 50-year-olds living in Europe. The survey respondents were quizzed about their emotional wellbeing. The researchers discovered that most parents were happier with life after their offspring had left home and started making their own way in life. Researchers say this could be because raising children creates financial worry, stress, fatigue and anxiety.

The research was led by Christoph Becker at Heidelberg University. He concluded that a big reason for parents being happiest when their children leave home is that the tables are turned and the children provide more support to their parents. He said parents whose children no longer live with them suffer from fewer symptoms of depression and have a more positive outlook on life. Regarding the role reversal in providing support, Mr Becker said: "Children's roles as caregivers, providers of financial support or simply as a means of social contact might outweigh the negative aspects of parenthood." He added that maintaining family relationships may stave off loneliness in ageing parents.

Sources: <https://www.usatoday.com/story/life/parenting/2019/08/20/empty-nest-parents-happier-when-kids-move-out-study-finds/2052323001/>
<https://www.independent.co.uk/news/science/children-happiness-study-parents-stress-money-christoph-becker-at-heidelberg-university-a9068926.html>
<https://www.yahoo.com/lifestyle/children-happier-study-084040058.html>

WARM-UPS

1. HAVING CHILDREN: Students walk around the class and talk to other students about having children. 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?

children / key / perfect / family life / data / wellbeing / offspring / fatigue / anxiety / research / happiest / leave home / symptoms / depression / positive / support

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

3. AGEING PARENTS: Students A **strongly** believe all children must look after their ageing parents; Students B **strongly** believe they don't have to. Change partners again and talk about your conversations.

4. CHILDHOOD: What are the best and worst things about childhood? Complete this table with your partner(s). Change partners often and share what you wrote.

| | Best Things | Worst Things |
|----------|-------------|--------------|
| Parents | | |
| Friends | | |
| School | | |
| Food | | |
| Hobbies | | |
| Holidays | | |

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

6. PARENTHOOD: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- family dinners
- family photos
- family trips
- family members
- weddings
- having children
- having grandchildren
- children leaving the nest

VOCABULARY MATCHING

Paragraph 1

- | | |
|-----------------|--|
| 1. key | a. Aiming for perfection. |
| 2. idealistic | b. A person who replies to something, especially giving information for a survey or questionnaire. |
| 3. fly the nest | c. Extreme tiredness resulting from mental or physical exertion or illness. |
| 4. respondent | d. A young person leaving their parents' home to set up home elsewhere. |
| 5. wellbeing | e. A person's child or children. |
| 6. offspring | f. Of greatest or crucial importance. |
| 7. fatigue | g. The state of being comfortable, healthy, or happy. |

Paragraph 2

- | | |
|-------------------|--|
| 8. concluded | h. Experience or be subjected to something bad or unpleasant. |
| 9. suffer | i. A physical or mental feature which is regarded as indicating a condition of disease. |
| 10. symptom | j. Stop or delay something bad or dangerous from happening. |
| 11. outlook | k. A situation in which someone adopts a position the opposite of that which they normally have. |
| 12. role reversal | l. A person's point of view or general attitude to life. |
| 13. aspect | m. Arrive at a judgment or opinion by reasoning. |
| 14. stave off | n. A particular part or feature of something. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

1. TRUE / FALSE:

- Read the headline. Guess if a-h below are true (T) or false (F).
- The article said most people believe children are the key to happiness. **T / F**
 - The article said parents are happiest when children fly overseas. **T / F**
 - Researchers looked at data from 55,000 people living in Europe. **T / F**
 - Parents are more stressed and anxious when children leave home. **T / F**
 - The research was conducted by Stuttgart University in Germany. **T / F**
 - Once children leave home, parents feel less depressed. **T / F**
 - Children providing care could outweigh the negatives of parenthood. **T / F**
 - Family relationships help keep off loneliness in ageing people. **T / F**

2. SYNONYM MATCH:

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

- | | |
|------------------------|------------------|
| 1. key | a. questionnaire |
| 2. idealistic | b. decided |
| 3. fly the nest | c. tiredness |
| 4. survey | d. prevent |
| 5. fatigue | e. dreamy |
| 6. concluded | f. assistance |
| 7. support | g. exchange |
| 8. symptoms | h. answer |
| 9. reversal | i. signs |
| 10. stave off | j. leave home |

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

- | | |
|--------------------------------------|--------------------|
| 1. having children is the key | a. wellbeing |
| 2. this idealistic image is true for | b. outlook on life |
| 3. when they fly the | c. and anxiety |
| 4. quizzed about their emotional | d. of parenthood |
| 5. financial worry, stress, fatigue | e. nest |
| 6. the tables are | f. off loneliness |
| 7. suffer from fewer symptoms | g. to happiness |
| 8. have a more positive | h. of depression |
| 9. outweigh the negative aspects | i. turned |
| 10. family relationships may stave | j. some |

GAP FILL

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Many of us believe that having children is the (1) _____ to happiness and a perfect family life. Naturally, this idealistic (2) _____ is true for some, but researchers say that in reality, children make us happiest when they fly the (3) _____ - when they have grown up and left home. Researchers in Germany looked at (4) _____ from a survey of 55,000 over 50-year-olds living in Europe. The survey respondents were (5) _____ about their emotional wellbeing. The researchers discovered that most parents were happier with life after their (6) _____ had left home and started making their own way in (7) _____. Researchers say this could be because raising children creates financial worry, stress, (8) _____ and anxiety.

image
quizzed
key
fatigue
data
life
nest
offspring

The research was (9) _____ by Christoph Becker at Heidelberg University. He concluded that a big (10) _____ for parents being happiest when their children leave home is that the (11) _____ are turned and the children provide more support to their parents. He said parents whose children no longer live with them (12) _____ from fewer symptoms of depression and have a more positive outlook on life. Regarding the (13) _____ reversal in providing support, Mr Becker said: "Children's roles as (14) _____, providers of financial (15) _____ or simply as a means of social contact might outweigh the negative aspects of parenthood." He added that maintaining family relationships may (16) _____ off loneliness in ageing parents.

reason
role
stave
led
suffer
support
tables
caregivers

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

- 1) having children is the key to happiness and a _____
 - a. perfect famine live
 - b. perfect familiar life
 - c. perfect farming life
 - d. perfect family life
- 2) this idealistic image is true for some, but researchers say _____
 - a. that on reality
 - b. that in reality
 - c. that at reality
 - d. that of reality
- 3) children make us happiest when they _____
 - a. flight the nest
 - b. fry the nest
 - c. fly the nest
 - d. fried the nest
- 4) The survey respondents were quizzed about their _____
 - a. emotion wellbeing
 - b. emotional wellbeing
 - c. emotion all wellbeing
 - d. emotionally wellbeing
- 5) because raising children creates financial worry, stress, _____
 - a. fatigues and anxiety
 - b. fatigue and anxieties
 - c. fatigues and anxieties
 - d. fatigue and anxiety
- 6) parents being happiest when their children leave home is that the _____
 - a. tables are turning
 - b. tables are turned
 - c. tables are returned
 - d. tables are attuned
- 7) He said parents whose children no longer live with them suffer from _____
 - a. few symptoms
 - b. few a symptoms
 - c. flew a symptoms
 - d. fewer symptoms
- 8) ... depression and have a more positive _____
 - a. outlook on life
 - b. outlook in life
 - c. outlook to life
 - d. outlook of life
- 9) a means of social contact might outweigh the _____
 - a. negatively aspects
 - b. negative respects
 - c. negatively aspects
 - d. negative inspects
- 10) He added that maintaining family relationships may _____
 - a. staff off loneliness
 - b. stave off loneliness
 - c. stave of loneliness
 - d. strive off loneliness

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Many of us believe that having children is the (1) _____ and a perfect family life. Naturally, this idealistic (2) _____ for some, but researchers say that in reality, children make us happiest when they (3) _____ - when they have grown up and left home. Researchers in Germany looked at data from a survey of 55,000 over 50-year-olds living in Europe. The survey respondents (4) _____ their emotional wellbeing. The researchers discovered that most parents were happier with life after their offspring had left home and started making (5) _____ in life. Researchers say this could be because raising children creates financial worry, stress, (6) _____.

The research (7) _____ Christoph Becker at Heidelberg University. He concluded that a big reason for parents being happiest when their children leave home is that the (8) _____ and the children provide more support to their parents. He said parents whose children no longer live with (9) _____ fewer symptoms of depression and have a more positive outlook on life. Regarding the role (10) _____ support, Mr Becker said: "Children's roles as caregivers, providers of financial support or simply as a means of social contact might outweigh (11) _____ of parenthood." He added that maintaining family relationships (12) _____ loneliness in ageing parents.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

1. What do many people believe is the key to happiness?
2. What do children fly when they leave home?
3. How many people answered a survey?
4. What were survey respondents asked about?
5. What kind of worry did the article say parenthood created?
6. What university conducted this research?
7. What did the article say gets turned when children leave home?
8. What do parents suffer from less when children leave home?
9. What might children providing care outweigh?
10. What might stave off loneliness in ageing parents?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

- 1) What do many people believe is the key to happiness?
 - a) memories
 - b) money
 - c) sleep
 - d) having children
- 2) What do children fly when they leave home?
 - a) international airlines
 - b) the nest
 - c) domestic airlines
 - d) kites
- 3) How many people answered a survey?
 - a) 50,000
 - b) 53,500
 - c) 55,000
 - d) 52,500
- 4) What were survey respondents asked about?
 - a) their emotional wellbeing
 - b) their childhood
 - c) discipline
 - d) how many children to have
- 5) What kind of worries did the article say parenthood created?
 - a) security worries
 - b) health worries
 - c) financial worries
 - d) parental worries
- 6) What university conducted this research?
 - a) Stuttgart
 - b) Heidelberg
 - c) Munich
 - d) Berlin
- 7) What did the article say gets turned when children leave home?
 - a) stomachs
 - b) dials
 - c) eyes
 - d) tables
- 8) What do parents suffer from less when children leave home?
 - a) depression
 - b) grey hair
 - c) poverty
 - d) nerves
- 9) What might children providing care outweigh?
 - a) being slim
 - b) a balanced diet
 - c) the negative aspects of parenthood
 - d) the pros of flying the nest
- 10) What might stave off loneliness in ageing parents?
 - a) memories
 - b) family relationships
 - c) family photographs
 - d) exercise

ROLE PLAY

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Role A – Family Dinners

You think family dinners are the best thing about parenthood. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least interesting of these (and why): family photos, family trips or having children.

Role B – Family Photos

You think family photos are the best thing about parenthood. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least interesting of these (and why): family dinners, family trips or having children.

Role C – Family Trips

You think family trips are the best thing about parenthood. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least interesting of these (and why): family photos, family dinners or having children.

Role D – Having Children

You think having children is the best thing about parenthood. Tell the others three reasons why. Tell them why their things aren't as good. Also, tell the others which is the least interesting of these (and why): family photos, family trips or family dinners.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

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

| | |
|------------|-------------|
| fly | nest |
|------------|-------------|

- 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">• believe• true• nest• survey• offspring• worry | <ul style="list-style-type: none">• reason• tables• longer• reversal• simply• off |
|--|--|

HAVING CHILDREN SURVEY

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Write five GOOD questions about having children 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.

HAVING CHILDREN 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 'parents'?
3. What is the key to happiness?
4. What is a perfect family life?
5. What is your family life like?
6. When is the best age to fly the nest?
7. What are the difficulties of flying the nest?
8. What are the benefits of flying the nest?
9. What is the best number of children to have?
10. What are the stresses of raising children?

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HAVING CHILDREN 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 'children'?
13. What do you think about what you read?
14. How important are children to making you happy?
15. How do parents feel when their children leave home?
16. What should children who leave the nest do for their parents?
17. What are the symptoms of depression?
18. What are the negative aspects of parenthood?
19. How can we stop old people from getting lonely?
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/1908/190823-having-children.html>

Many of us believe that having children is the (1) _____ to happiness and a perfect family life. Naturally, this (2) _____ image is true for some, but researchers say that in reality, children make us happiest when they fly the (3) _____ - when they have grown up and left home. Researchers in Germany looked at data from a survey of 55,000 over 50-year-olds living in Europe. The survey respondents were (4) _____ about their emotional (5) _____. The researchers discovered that most parents were happier with life after their offspring had left home and started making their own way in life. Researchers say this could be because (6) _____ children creates financial worry, stress, fatigue and anxiety.

The research was led by Christoph Becker at Heidelberg University. He concluded that a big reason for parents (7) _____ happiest when their children leave home is that the (8) _____ are turned and the children provide more support to their parents. He said parents whose children no longer live with them suffer from (9) _____ symptoms of depression and have a more positive outlook (10) _____ life. Regarding the role reversal in providing support, Mr Becker said: "Children's roles as caregivers, providers of financial support or simply (11) _____ a means of social contact might outweigh the negative aspects of parenthood." He added that maintaining family relationships may stave (12) _____ loneliness in ageing parents.

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

- | | | | | |
|-----|---------------|----------------|--------------|-----------------|
| 1. | (a) lock | (b) key | (c) chain | (d) combination |
| 2. | (a) ideally | (b) idealistic | (c) idealism | (d) ideal |
| 3. | (a) lair | (b) cave | (c) den | (d) nest |
| 4. | (a) quizzical | (b) quizzed | (c) quizzes | (d) quiz |
| 5. | (a) well-born | (b) well | (c) human | (d) wellbeing |
| 6. | (a) rising | (b) arising | (c) raising | (d) lifting |
| 7. | (a) being | (b) been | (c) be | (d) beginning |
| 8. | (a) chairs | (b) sofas | (c) tables | (d) desks |
| 9. | (a) lessen | (b) smaller | (c) less | (d) fewer |
| 10. | (a) on | (b) in | (c) at | (d) to |
| 11. | (a) as | (b) is | (c) has | (d) was |
| 12. | (a) off | (b) on | (c) up | (d) down |

SPELLING

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Paragraph 1

1. this ciialdteis image
2. in ailryte
3. The survey etedopssrnn were quizzed
4. their emotional ewlbgilne
5. after their frinosfpg had left
6. worry, stress, fatigue and nixteay

Paragraph 2

7. He cdecldnuo that
8. suffer from fewer yspotmsm
9. role vlresrea
10. eopvdisrr of financial support
11. gtwohiue the negative aspects
12. etavs off loneliness

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Number these lines in the correct order.

- () reversal in providing support, Mr Becker said: "Children's roles as caregivers, providers of financial
- () support to their parents. He said parents whose children no longer live with them suffer from fewer
- () parents were happier with life after their offspring had left home and started making their own
- () support or simply as a means of social contact might outweigh the negative aspects of
- () reason for parents being happiest when their children leave home is that the tables are turned and the children provide more
- () us happiest when they fly the nest - when they have grown up and left home. Researchers in
- () The research was led by Christoph Becker at Heidelberg University. He concluded that a big
- () life. Naturally, this idealistic image is true for some, but researchers say that in reality, children make
- () Germany looked at data from a survey of 55,000 over 50-year-olds living in Europe. The survey
- () respondents were quizzed about their emotional wellbeing. The researchers discovered that most
- (**1**) Many of us believe that having children is the key to happiness and a perfect family
- () way in life. Researchers say this could be because raising children creates financial worry, stress, fatigue and anxiety.
- () symptoms of depression and have a more positive outlook on life. Regarding the role
- () parenthood." He added that maintaining family relationships may stave off loneliness in ageing parents.

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

1. children is the happiness . to key Having
2. is true Naturally, for this idealistic some . image
3. fly nest . happiest they us Make the when
4. their respondents wellbeing . about were quizzed Survey emotional
5. life had after left . Happier with offspring their
6. for being A reason parents happiest . big
7. longer with Parents no live them . whose children
8. role providing the support . reversal Regarding in
9. might aspects of parenthood . the outweigh Contact negative
10. family Maintaining off stove may loneliness . relationships

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Many of us *belief / believe* that having children is the *key / quay* to happiness and a perfect family life. Naturally, this *idealistic / idealism* image is true for some, but researchers say that in *realism / reality*, children make us happiest when they fly the *den / nest* - when they have grown up and left home. Researchers in Germany looked at data from a *survey / scurvy* of 55,000 over 50-year-olds living in Europe. The survey *responses / respondents* were quizzed about their emotional wellbeing. The researchers discovered that most parents were happier with *lifetime / life* after their offspring had left home and started making their own *way / weight* in life. Researchers say this could be because raising children creates financial worry, stress, fatigue and *anxious / anxiety*.

The research was *leader / led* by Christoph Becker at Heidelberg University. He concluded that a big *reason / reasoned* for parents being happiest when their children leave home is that the tables are *twisty / turned* and the children provide more *support / supportive* to their parents. He said parents whose children no longer live with them suffer from *fewer / less* symptoms of depression and have a more *positively / positive* outlook on life. Regarding the role reversal in *providing / providing* support, Mr Becker said: "Children's roles as caregivers, providers of financial support *or / are* simply as a means of social contact might outweigh the negative *inspects / aspects* of parenthood." He added that maintaining family relationships may *stave / starve* off loneliness in ageing parents.

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 <https://breakingnewsenglish.com/1908/190823-having-children.html>

M_n y _f _s b_l__ v_ th_t h_v_n g c h_l d r_n _s t
h_ k_y t_ h_p p_n_s_s _n d _ p_r f_c t f_m_l y l_f_.
N_t_r_l l y , th_s _d__ l_s t_c _m_g_ _s t r__ f_r
s_m_, b_t r_s__ r c h_r s s_y th_t _n r__ l_t y , c
h_l d r_n m_k__ s h_p p__ s t w h_n th_y f_l y th_
n_s t - w h_n th_y h_v_ g r_w n _p _n d l_f t
h_m_. R_s__ r c h_r s _n G_r m_n y l__ k_d _t d_t_
f_r_m _ s_r v_y _f 5 5 , 0 0 0 _v_r 5 0 - y__ r -_l d s
l_v_n g _n E_r_p_. Th_ s_r v_y r_s p_n d_n t s w_r_
q__ z z_d _b__ t th__ r _m_t__ n_l w_l l b__ n g . T
h_ r_s__ r c h_r s d_s c_v_r_d th_t m_s t p_r_n t s
w_r_ h_p p__ r w_t h l_f_ _f t_r th__ r _f f s p_r_n g
h_d l_f t h_m_ _n d s_t_r t_d m_k_n g th__ r _w n
w_y _n l_f_. R_s__ r c h_r s s_y th_s c__ l_d b_
b_c__ s_ r__ s_n g c h_l d r_n c r__ t_s f_n_n c__ l
w_r_r y , s_t_r s s , f_t_g__ _n d _n x__ t y .

T h_ r_s__ r c h w_s l_d b_y C h_r_s t_p h B_c k_r
_t H__ d_l b_r g U n_v_r s_t y . H_ c_n c_l_d_d th_t
_ b_g r__ s_n f_r p_r_n t s b__ n g h_p p__ s t w
h_n th__ r c h_l d r_n l__ v_ h_m_ _s th_t th_
t_b l_s _r_ t_r n_d _n d th_ c h_l d r_n p_r_v_d_
m_r_ s_p p_r t t_ th__ r p_r_n t s . H_ s__ d p_r_n
t_s w h_s_ c h_l d r_n n_ l_n g_r l_v_ w_t h th_m
s_f f_r f_r_m f_w_r s_y m_p t_m s _f d_p_r s s__ n _n
d h_v_ _ m_r_ p_s_t_v_ __ t_l__ k _n l_f_. R_g_r d_n
g th_ r_l_ r_v_r s_l _n p_r_v_d _n g s_p p_r t , M r
B_c k_r s__ d : " C h_l d r_n 's r_l_s _s c_r_g_v_r s ,
p_r_v_d_r s _f f_n_n c__ l s_p p_r t _r s_m p_l y _s _
m__ n s _f s_c__ l c_n t_c t m_g h t __ t w__ g h t
h_ n_g_t_v_ _s p_c t s _f p_r_n t h__ d ." H__ d d_d t
h_t m__ n t__ n_n g f_m_l y r_l_t__ n s h_p s m_y s
t_v_ _f f l_n_l_n_s s _n _g__ n g p_r_n t s .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

many of us believe that having children is the key to happiness and a perfect family life naturally this idealistic image is true for some but researchers say that in reality children make us happiest when they fly the nest when they have grown up and left home researchers in germany looked at data from a survey of 55000 over 50yearolds living in europe the survey respondents were quizzed about their emotional wellbeing the researchers discovered that most parents were happier with life after their offspring had left home and started making their own way in life researchers say this could be because raising children creates financial worry stress fatigue and anxiety the research was led by christoph becker at heidelberg university he concluded that a big reason for parents being happiest when their children leave home is that the tables are turned and the children provide more support to their parents he said parents whose children no longer live with them suffer from fewer symptoms of depression and have a more positive outlook on life regarding the role reversal in providing support mr becker said childrens roles as caregivers providers of financial support or simply as a means of social contact might outweigh the negative aspects of parenthood he added that maintaining family relationships may stave off loneliness in ageing parents.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1908/190823-having-children.html>

Many of us believe that having children is the key to happiness and a perfect family life. Naturally, this idealistic image is true for some, but research says that in reality, children make us happiest when they fly the nest - when they have grown up and left home. Researchers in Germany looked at data from a survey of 55,000 over 50-year-olds living in Europe. The survey respondents were quizzed about their emotional wellbeing. The researchers discovered that most parents were happier with life after their offspring had left home and started making their own way in life. Researchers say this could be because raising children creates financial worry, stress, fatigue and anxiety. The research was led by Christoph Becker at Heidelberg University. He concluded that a big reason for parents being happier when their children leave home is that the tables are turned and the children provide more support to their parents. He said parents whose children no longer live with them suffer from fewer symptoms of depression and have a more positive outlook on life. Regarding the role reversal in providing support, Mr Becker said: "Children's roles as caregivers, providers of financial support or simply as a means of social contact might outweigh the negative aspects of parenthood." He added that maintaining family relationships may stave off loneliness in ageing parents.

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

4. HAVING CHILDREN: Write a magazine article about everybody having two or more children. 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. LETTER: Write a letter to an expert on having children. Ask him/her three questions about having them. Give him/her three of your opinions on having children. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

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

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

- | | |
|-----------------|------------------|
| 1. key | a. answer |
| 2. idealistic | b. dreamy |
| 3. fly the nest | c. leave home |
| 4. survey | d. questionnaire |
| 5. fatigue | e. tiredness |
| 6. concluded | f. decided |
| 7. support | g. assistance |
| 8. symptoms | h. signs |
| 9. reversal | i. exchange |
| 10. stave off | j. prevent |

COMPREHENSION QUESTIONS (p.9)

1. Having children
2. The nest
3. 55,000
4. Their emotional wellbeing
5. Financial worry
6. Heidelberg
7. Tables
8. Depression
9. The negative aspects of parenthood
10. Family relationships

WORDS IN THE RIGHT ORDER (p.20)

1. Having children is the key to happiness.
2. Naturally, this idealistic image is true for some.
3. Make us happiest when they fly the nest.
4. Survey respondents were quizzed about their emotional wellbeing.
5. Happier with life after their offspring had left.
6. A big reason for parents being happiest.
7. Parents whose children no longer live with them.
8. Regarding the role reversal in providing support.
9. Contact might outweigh the negative aspects of parenthood.
10. Maintaining family relationships may stave off loneliness.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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