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Level 5

Volunteering helps you live longer

26th August, 2013

<http://www.breakingnewsenglish.com/1308/130826-volunteering-5.html>

Contents

The Reading	2
Matching	3
Listening Gap Fill	4
Survey	5
Discussion	6
Writing	7

Please try Level 4 (easier) and the 26–page Level 6 (harder).

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THE READING

From <http://www.breakingnewsenglish.com/1308/130826-volunteering-5.html>

Volunteering is good for you, according to a new study. A research paper in the journal BMC Public Health says doing good deeds for others improves your mental health and increases your longevity. Researchers reviewed 40 academic papers into the effects of volunteerism on our health. They found that volunteers had lower rates of depression, an increased feeling of well-being, and a 22 per cent reduction in the chances of dying in the next seven years. Australians volunteer most, with an estimated 36 per cent of the population lending a hand.

Researcher Dr Suzanne Richards said her systematic review showed that volunteering is linked to improvements in mental health. She said more work was needed to see if volunteering actually does this. She said she wasn't sure if biological, cultural and social factors that create better health and survival also make people want to volunteer in the first place. A separate study from the University of Michigan gave three reasons why volunteering helps us. First, it involves physical activity; second, the social connections help to reduce our stress; and third, it makes us very happy.

Sources: <http://www.telegraph.co.uk/health/healthnews/10259949/Volunteering-could-lengthen-life.html>
http://www.huffingtonpost.com/2013/08/23/volunteering-happiness-depression-live-longer_n_3804274.html
<http://www.everydayhealth.com/depression/how-volunteering-can-lessen-depression-and-extend-your-life.aspx>

MATCHING

From <http://www.breakingnewsenglish.com/1308/130826-volunteering-5.html>

PARAGRAPH ONE:

- | | |
|----------------------------|--------------------------|
| 1. according | a. depression |
| 2. increases your | b. 36% of the population |
| 3. academic | c. longevity |
| 4. lower rates of | d. a hand |
| 5. an increased feeling | e. papers |
| 6. the chances of dying in | f. to a new study |
| 7. an estimated | g. of well-being |
| 8. lending | h. the next seven years |

PARAGRAPH TWO:

- | | |
|---|--------------------------|
| 1. systematic | a. volunteering helps us |
| 2. volunteering is linked to improvements | b. activity |
| 3. She said more | c. in the first place |
| 4. biological, cultural | d. review |
| 5. make people want to volunteer | e. work was needed |
| 6. three reasons why | f. to reduce our stress |
| 7. physical | g. and social factors |
| 8. social connections help | h. in mental health |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1308/130826-volunteering-5.html>

Volunteering is good for you, (1) _____ study. A research paper in the journal BMC Public Health (2) _____ for others improves your mental health and increases your longevity. Researchers reviewed 40 academic papers (3) _____ volunteerism on our health. They found that volunteers (4) _____ depression, an increased feeling of well-being, and a 22 per cent reduction in the (5) _____ the next seven years. Australians volunteer most, with an estimated 36 per cent of the population (6) _____.

Researcher Dr Suzanne Richards said (7) _____ showed that volunteering is linked (8) _____ mental health. She said more work was needed to see if volunteering (9) _____. She said she wasn't sure if biological, cultural and social factors that create better health and survival also make people want to volunteer (10) _____. A separate study from the University of Michigan (11) _____ volunteering helps us. First, it involves physical activity; second, the social connections help to reduce our stress; and third, it (12) _____.

VOLUNTEERING SURVEY

From <http://www.breakingnewsenglish.com/1308/130826-volunteering-5.html>

Write five GOOD questions about volunteering 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)

g)

h)

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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)

g)

h)

