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Level 3 – 29th August, 2019

Positive thinking helps us live longer

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

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

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THE ARTICLE

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

Positive thinkers are more likely to live longer than negative thinkers. This is according to a combination of studies conducted by the Boston University School of Medicine into the health of people in the USA. Researchers looked at data on the health of 70,000 female nurses and 1,500 male military veterans. They discovered that people who were optimists (people who thought positively) were more likely to live to the age of 85. They said people who were more pessimistic (those who thought negatively) were 11-15 per cent less likely to live to that age. The researchers believe that optimists (positive thinkers) found it easier to manage stress than pessimists (negative thinkers).

Participants in the two studies answered questions in a survey. The questions assessed their levels of optimism. The surveys matched these levels with the participants' overall level of health. They were also asked about their levels of exercise, their diets, as well as how much they smoked and drank. Professor Lewina Lee said: "Our findings speak to the possibility that raising levels of optimism may promote longevity and healthy ageing." She had some advice for pessimists who might want to live longer. The advice was to, "imagine a future in which everything has turned out well". She urged people to increase levels of optimism. She said it was healthier for people 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>

WARM-UPS

1. POSITIVE THINKING: Students walk around the class and talk to other students about positive thinking. 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?

positive / thinker / negative / data / health / optimists / nurses / veterans / stress / studies / questions / health / exercise / longevity / pessimists / imagine / future

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

3. EASY: Students A **strongly** believe it is easy to always look on the bright side of life; Students B **strongly** believe it isn't. Change partners again and talk about your conversations.

4. FUTURE: What positive things do you imagine are in your future? Complete this table with your partner(s). Change partners often and share what you wrote.

	Positive Things	When / How They Will Happen
Health		
Money		
Hobbies		
Relationships		
Career		
English		

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

6. OPTIMISM: Rank these with your partner. Put the things optimism is best for at the top. Change partners often and share your rankings.

- good health
- happiness
- wealth
- longevity
- many friends
- good image
- success in life
- youthfulness

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. likely | a. A person who has worked in the military (army, navy, air force, etc.). |
| 2. combination | b. Organized and carried out. |
| 3. conducted | c. The joining of different things together. |
| 4. data | d. A person who is usually hopeful and confident about the future or the success of something. |
| 5. veteran | e. Such as well might happen or be true; probable. |
| 6. pessimistic | f. Facts and statistics collected together for reference or analysis. |
| 7. optimist | g. Always thinking the worst thing will happen or believe that the worst thing will happen. |

Paragraph 2

- | | |
|----------------|---|
| 8. survey | h. Checked or estimated the nature, ability, or quality of something. |
| 9. assessed | i. Become; prove to be the case. |
| 10. overall | j. Cheerful, happy and lively. |
| 11. longevity | k. Taking everything into account. |
| 12. turned out | l. Try to get someone to do something. |
| 13. urge | m. Long life. |
| 14. bright | n. A paper that finds out the opinions or experience of a group of people after they ask questions. |

BEFORE READING / LISTENING

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

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

- a. The article says pessimists are less likely to live longer than optimists. **T / F**
- b. Researchers looked at data on 71,500 men and women. **T / F**
- c. The research says all optimists live to be the age of 85. **T / F**
- d. Positive thinkers are up to 15% more likely to live to be 85. **T / F**
- e. People answered questions about exercise, optimism and drinking. **T / F**
- f. Researchers say optimism can reduce longevity. **T / F**
- g. A researcher said imagining a dark future helps people feel optimistic. **T / F**
- h. A researcher said bright people should look on the healthy side of life. **T / F**

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

- | | |
|-----------------------|------------------|
| 1. likely | a. increasing |
| 2. combination | b. negative |
| 3. data | c. questionnaire |
| 4. pessimistic | d. mix |
| 5. manage | e. sunny |
| 6. survey | f. guidance |
| 7. assessed | g. probable |
| 8. raising | h. control |
| 9. advice | i. evaluated |
| 10. bright | j. details |

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

- | | |
|---|-----------------------|
| 1. Positive thinkers are more likely | a. people |
| 2. This is according to a combination | b. manage stress |
| 3. military | c. longevity |
| 4. 11-15 per cent less likely to live | d. of studies |
| 5. positive thinkers found it easier to | e. of health |
| 6. The questions assessed their | f. veterans |
| 7. the participants' overall level | g. side of life |
| 8. optimism may promote | h. to live longer |
| 9. She urged | i. levels of optimism |
| 10. look on the bright | j. to that age |

GAP FILL

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

Positive thinkers are more (1) _____ to live longer than negative thinkers. This is (2) _____ to a combination of studies conducted by the Boston University School of Medicine into the health of people in the USA. Researchers looked at (3) _____ on the health of 70,000 female nurses and 1,500 male military (4) _____. They discovered that people who were optimists (people who thought positively) were more likely to (5) _____ to the age of 85. They said people who were more (6) _____ (those who thought negatively) were 11-15 per cent less likely to live to that (7) _____. The researchers believe that optimists (positive thinkers) found it easier to manage (8) _____ than pessimists (negative thinkers).

data
live
stress
likely
age
veterans
according
pessimistic

Participants in the two studies answered questions in a (9) _____. The questions assessed their levels of (10) _____. The surveys matched these levels with the participants' (11) _____ level of health. They were also asked about their levels of exercise, their diets, as well as how much they smoked and drank. Professor Lewina Lee said: "Our (12) _____ speak to the possibility that raising levels of optimism may promote longevity and healthy (13) _____." She had some advice for pessimists who might want to live longer. The advice was to, "imagine a (14) _____ in which everything has turned out well". She (15) _____ people to increase levels of optimism. She said it was healthier for people to look on the (16) _____ side of life.

overall
ageing
urged
survey
bright
findings
optimism
future

LISTENING – Guess the answers. Listen to check.

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

- 1) Positive thinkers are more _____ longer
 - a. likelihood to live
 - b. liked to live
 - c. liken to live
 - d. likely to live
- 2) looked at data on the health of 70,000 female nurses and 1,500 male _____
 - a. military veterans
 - b. militarily veterans
 - c. militia veterans
 - d. militaries veterans
- 3) people who thought positively were more likely to live to _____ 85
 - a. the ages of
 - b. the age of
 - c. the aged of
 - d. the ageing of
- 4) those who thought negatively were 11-15 per cent less likely to live _____
 - a. to that adage
 - b. to that average
 - c. to that age
 - d. to that package
- 5) positive thinkers found it easier _____
 - a. to manager stress
 - b. to manages stress
 - c. to managed stress
 - d. to manage stress
- 6) Participants in the two studies answered questions _____
 - a. in a survey
 - b. in a scurvey
 - c. in a surveyed
 - d. in a surveys
- 7) The questions assessed their _____
 - a. levels of optimism
 - b. levels of optimistic
 - c. levels of optic -ism
 - d. levels of optician
- 8) about their levels of exercise, their diets, as well as how much they _____
 - a. smoke and drunk
 - b. smoke and drank
 - c. smoked and drank
 - d. smoked and drunk
- 9) raising levels of optimism may promote longevity and _____
 - a. healthy age in
 - b. healthy ageing
 - c. healthy aged in
 - d. healthy again
- 10) She said it was healthier for people to look on the bright _____
 - a. slice of life
 - b. slide of life
 - c. snide of life
 - d. side of life

LISTENING – Listen and fill in the gaps

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

Positive thinkers are more (1) _____ longer than negative thinkers. This is according to a combination of studies (2) _____ Boston University School of Medicine into the health of people in the USA. Researchers looked (3) _____ the health of 70,000 female nurses and 1,500 male military veterans. They discovered that people (4) _____ (people who thought positively) were more likely to live to the age of 85. They said people who (5) _____ (those who thought negatively) were 11-15 per cent less likely to live to that age. The researchers believe that optimists (positive thinkers) found it (6) _____ stress than pessimists (negative thinkers).

Participants in the two studies answered questions (7) _____. The questions assessed their levels of optimism. The surveys matched these (8) _____ participants' overall level of health. They were also asked about their levels of exercise, their diets, as well as how much they (9) _____. Professor Lewina Lee said: "Our findings speak to the possibility that raising levels of optimism may promote longevity (10) _____." She had some advice for pessimists who might want (11) _____. The advice was to, "imagine a future in which everything has turned out well". She urged people to increase levels of optimism. She said it was healthier for people to look on the (12) _____ life.

COMPREHENSION QUESTIONS

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

1. Who are more likely to live longer than negative thinkers?
2. What is the name of the place that conducted the research?
3. How many women took part in the research?
4. Until what age are optimists more likely to live to?
5. How much less likely were pessimists to live to 85?
6. How many studies were combined to conduct this research?
7. What were the results of the study matched against?
8. Who is Lewina Lee?
9. How should an imagined future turn out according to a researcher?
10. What side of life did a researcher say people should look on?

MULTIPLE CHOICE - QUIZ

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

- 1) Who are more likely to live longer than negative thinkers?
 - a) positive thinkers
 - b) pessimists
 - c) researchers
 - d) veterans
- 2) What is the name of the place that conducted the research?
 - a) New York University
 - b) MIT
 - c) Boston University School of Medicine
 - d) the School of Positive Thinking
- 3) How many women took part in the research?
 - a) 72,000
 - b) 70,000
 - c) 73,000
 - d) 71,000
- 4) Until what age are optimists more likely to live to?
 - a) 75
 - b) 78
 - c) 82
 - d) 85
- 5) How much less likely were pessimists to live to 85?
 - a) 11-15%
 - b) 11-18%
 - c) 12-15%
 - d) 12-17%
- 6) How many studies were combined to conduct this research?
 - a) five
 - b) four
 - c) three
 - d) two
- 7) What were the results of the study matched against?
 - a) levels of positive thinking
 - b) participants' overall level of health
 - c) levels of negative thinking
 - d) researchers' levels of health
- 8) Who is Lewina Lee?
 - a) an optimist
 - b) a pessimist
 - c) an expert in stress
 - d) a researcher and professor
- 9) How should an imagined future turn out according to a researcher?
 - a) bright
 - b) long
 - c) well
 - d) promising
- 10) What side of life did a researcher say people should look on?
 - a) the left side
 - b) the bright side
 - c) the other side
 - d) the dark side

ROLE PLAY

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

Role A – Good Health

You think good health is the best thing about being optimistic. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): longevity, having many friends or a good image.

Role B – Longevity

You think longevity is the best thing about being optimistic. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): good health, having many friends or a good image.

Role C – Many Friends

You think having many friends is the best thing about being optimistic. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): longevity, good health or a good image.

Role D – Good Image

You think a good image is the best thing about being optimistic. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least important of these (and why): longevity, having many friends or good health.

AFTER READING / LISTENING

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

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

positive	thinking
-----------------	-----------------

- 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">• according• 70,000• 1,500• 85• 11• manage	<ul style="list-style-type: none">• two• assessed• diets• raising• future• side
---	--

POSITIVE THINKING SURVEY

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

POSITIVE THINKING 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 'positive'?
3. Are you a positive thinker?
4. What do you worry about?
5. Do you think positive thinking can make you live longer?
6. Are you optimistic about your future?
7. Are you optimistic about the world's future?
8. What makes some people optimistic and others pessimistic?
9. What stresses do you have in your life?
10. What do you do to manage your stress?

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POSITIVE THINKING 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 'thinking'?
13. What do you think about what you read?
14. What is your overall level of health like?
15. What advice do you have for pessimists?
16. What can you do to increase your longevity?
17. How easy is it to imagine the future turns out well?
18. Are you a glass-half-full person or a glass-half-empty person?
19. Is it easy to always look on the bright side of life?
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/1908/190829-positive-thinking.html>

Positive thinkers are more (1) _____ to live longer than negative thinkers. This is according to a combination of studies conducted (2) _____ the Boston University School of Medicine (3) _____ the health of people in the USA. Researchers looked at data on the health of 70,000 female nurses and 1,500 male (4) _____ veterans. They discovered that people who were optimists (people who thought positively) were more likely to live to the (5) _____ of 85. They said people who were more pessimistic (those who thought negatively) were 11-15 per cent less likely to live to that age. The researchers believe that optimists (positive thinkers) found it easier to (6) _____ stress than pessimists (negative thinkers).

Participants in the two studies answered questions (7) _____ a survey. The questions assessed their levels of optimism. The surveys matched these levels with the participants' (8) _____ level of health. They were also asked about their levels of exercise, their diets, as well as how much they smoked and drank. Professor Lewina Lee said: "Our findings speak to the possibility that (9) _____ levels of optimism may promote longevity and healthy ageing." She had some (10) _____ for pessimists who might want to live longer. The advice was to, "imagine a future in which everything has turned (11) _____ well". She urged people to increase levels of optimism. She said it was healthier for people to look on the bright (12) _____ of life.

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

- | | | | | |
|-----|--------------|----------------|--------------|----------------|
| 1. | (a) liked | (b) likelihood | (c) likely | (d) liken |
| 2. | (a) by | (b) as | (c) of | (d) off |
| 3. | (a) into | (b) up to | (c) unto | (d) onto |
| 4. | (a) military | (b) militaries | (c) militia | (d) militarize |
| 5. | (a) birthday | (b) years | (c) old | (d) age |
| 6. | (a) drainage | (b) package | (c) adage | (d) manage |
| 7. | (a) in | (b) of | (c) to | (d) as |
| 8. | (a) overarm | (b) overt | (c) overly | (d) overall |
| 9. | (a) raising | (b) arising | (c) heighten | (d) highs |
| 10. | (a) advisor | (b) advice | (c) advisory | (d) advise |
| 11. | (a) up | (b) out | (c) in | (d) of |
| 12. | (a) side | (b) edge | (c) corner | (d) bottom |

SPELLING

Paragraph 1

1. more ilkeyl to live longer
2. coacnrdig to a combination of studies
3. etdodnccu by Boston University
4. military vaertnse
5. those who thought veagitlyne
6. found it easier to manage stress than stpisismes

Paragraph 2

7. atpspinctiar in the two studies
8. The questions adessess their levels
9. raoelvl level of health
10. promote yointvgel and healthy ageing
11. The cieday was to imagine
12. She udger people to increase levels

PUT THE TEXT BACK TOGETHER

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

Number these lines in the correct order.

- () matched these levels with the participants' overall level of health. They were also asked
- (**1**) Positive thinkers are more likely to live longer than negative thinkers. This is according to a combination
- () negatively) were 11-15 per cent less likely to live to that age. The researchers believe that
- () likely to live to the age of 85. They said people who were more pessimistic (those who thought
- () military veterans. They discovered that people who were optimists (people who thought positively) were more
- () to increase levels of optimism. She said it was healthier for people to look on the bright side of life.
- () of people in the USA. Researchers looked at data on the health of 70,000 female nurses and 1,500 male
- () Participants in the two studies answered questions in a survey. The questions assessed their levels of optimism. The surveys
- () drank. Professor Lewina Lee said: "Our findings speak to the possibility that raising levels of optimism may promote longevity and
- () about their levels of exercise, their diets, as well as how much they smoked and
- () of studies conducted by the Boston University School of Medicine into the health
- () was to, "imagine a future in which everything has turned out well". She urged people
- () optimists (positive thinkers) found it easier to manage stress than pessimists (negative thinkers).
- () healthy ageing." She had some advice for pessimists who might want to live longer. The advice

PUT THE WORDS IN THE RIGHT ORDER

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

1. longer . live more Positive likely to are thinkers
2. studies . of is to This combination according a
3. on the 70,000 health of female Data nurses .
4. age live of the Likely 85 . to to
5. it easier . The optimists that found believe researchers
6. in questions . Participants two the answered studies
7. optimism Raising levels may promote longevity . of
8. well . out turned has future where everything A
9. to levels people optimism . urged increase She of
10. the on bright life . look of side People

CIRCLE THE CORRECT WORD (20 PAIRS)

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

Positive thinkers are more *likely / liked* to live longer than negative thinkers. This is according *at / to* a combination of studies conducted *by / as* the Boston University School of Medicine into the *healthy / health* of people in the USA. Researchers looked at *data / dates* on the health of 70,000 female nurses and 1,500 male *militia / military* veterans. They discovered that people who were optimists (people who thought positively) were more likely to live to the *old / age* of 85. They said people who were more *pessimistic / pessimism* (those who thought negatively) were 11-15 per cent less likely to live to that age. The researchers *believe / belief* that optimists (positive thinkers) found it easier to manage *stressful / stress* than pessimists (negative thinkers).

Participants / Participates in the two studies answered questions in a survey. The questions *accessed / assessed* their levels of optimism. The surveys matched these *levels / level* with the participants' *overall / overalls* level of health. They were also asked about their levels of exercise, their diets, *was / as* well as how much they smoked and drank. Professor Lewina Lee said: "Our findings speak to the *possible / possibility* that raising levels of optimism may promote longevity and healthy ageing." She had some *advice / advise* for pessimists who might want to live longer. The advice was to, "imagine a future in which everything has turned *in / out* well". She urged people to increase levels of optimism. She said it was healthier for people to look on the *brightly / bright* side of *life / live*.

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/1908/190829-positive-thinking.html>

P_s_t_v_ t h_n k_r s _r_ m_r_ l_k_l_y t_ l_v_ l_n g_r
t h_n n_g_t_v_ t h_n k_r s . T h_s _s _c_c_r_d_n_g t_
_ c_m_b_n_t__ n _f s_t_d__ s c_n_d_c_t_d b_y t h_
B_s_t_n U_n_v_r_s_t_y S_c_h__ l_f M_d_c_n__ n_t_ t h_
h__ l_t h _f p__ p_l_ _n t h_ U_S_A . R_s__ r_c_h_r_s
l__ k_d _t d_t_ _n t h_ h__ l_t h _f 70,000
f_m_l_ n_r_s_s _n_d 1,500 m_l_ m_l_t_r_y v_t_r_n
s . T h_y d_s_c_v_r_d t h_t p__ p_l_ w_h_ w_r_ _p
t_m_s_t (p__ p_l_ w_h_ t h__ g_h_t p_s_t_v_l_y) w_r_
m_r_ l_k_l_y t_ l_v_ t_ t h_ _g_ _f 85 . T h_y s__
d p__ p_l_ w_h_ w_r_ m_r_ p_s_s_m_s_t_c (t h_s_ w
h_ t h__ g_h_t n_g_t_v_l_y) w_r_ 11-15 p_r_c_n_t
l_s_s l_k_l_y t_ l_v_ t_ t h_t _g_ . T h_ r_s__ r_c_h_r
s b_l__ v_ t h_t _p_t_m_s_t_s (p_s_t_v_ t h_n k_r s)
f__ n_d _t __ s__ r t_ m_n_g_ s_t_r_s_s t h_n p_s
s_m_s_t_s (n_g_t_v_ t h_n k_r s) .

P_r_t_c_p_n_t_s _n t h_ t_w_ s_t_d__ s _n_s_w_r_d q__
s_t__ n_s _n _s_r_v_y . T h_ q__ s_t__ n_s _s_s_s_d
t h__ r l_v_l_s _f _p_t_m_s_m . T h_ s_r_v_y_s m_t_c
h_d t h_s_ l_v_l_s w_t h t h_ p_r_t_c_p_n_t_s' _v_r_l_l
l_v_l _f h__ l_t h . T h_y w_r_ l_s_ _s_k_d _b__ t t
h__ r l_v_l_s _f _x_r_c_s_ , t h__ r d__ t_s , _s_w_l_l
_s_h_w_m_c_h t h_y s_m_k_d _n_d d_r_n_k . P_r_f_s
s_r L_w_n_ L__ s__ d : " O_r f_n_d_n_g_s s_p__ k
t_ t h_ p_s_s_b_l_t_y t h_t r__ s_n_g l_v_l_s _f _p
t_m_s_m m_y p_r_m_t_ l_n_g_v_t_y _n_d h__ l_t h_y
_g__ n_g . " S_h_ h_d s_m_d_v_c_ f_r p_s_s_m_s_t_s
w_h_ m_g_h_t w_n_t t_ l_v_ l_n_g_r . T h_ _d_v_c_
w_s_t_ , "_m_g_n_ _f_t_r_ _n_w_h_c_h _v_r_y_t_h_n_g
h_s_t_r_n_d __ t_w_l_l" . S_h_ _r_g_d p__ p_l_ t_ _n
c_r__ s_ l_v_l_s _f _p_t_m_s_m . S_h_ s__ d _t_w_s
h__ l_t h__ r_f_r p__ p_l_ t_ l__ k _n t h_ b_r_g_h_t
s_d_ _f_l_f_ .

PUNCTUATE THE TEXT AND ADD CAPITALS

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

positive thinkers are more likely to live longer than negative thinkers this is according to a combination of studies conducted by the boston university school of medicine into the health of people in the usa researchers looked at data on the health of 70000 female nurses and 1500 male military veterans they discovered that people who were optimist people who thought positively were more likely to live to the age of 85 they said people who were more pessimistic those who thought negatively were 1115 per cent less likely to live to that age the researchers believe that optimists positive thinkers found it easier to manage stress than pessimists negative thinkers participants in the two studies answered questions in a survey the questions assessed their levels of optimism the surveys matched these levels with the participants overall level of health they were also asked about their levels of exercise their diets as well as how much they smoked and drank professor lewina lee said our findings speak to the possibility that raising levels of optimism may promote longevity and healthy ageing she had some advice for pessimists who might want to live longer the advice was to imagine a future in which everything has turned out well she urged people to increase levels of optimism she said it was healthier for people to look on the bright side of life.

PUT A SLASH (/) WHERE THE SPACES ARE

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

Positivethinkersaremorelikelytolivelongerthannegativethinkers.ThisisaccordingtoacombinationofstudiesconductedbytheBostonUniversitySchoolofMedicineintothehealthofpeopleintheUSA.Researcherslookedatdataonthehealthof70,000femalenursesand1,500malemilitaryveterans.Theydiscoveredthatpeoplewhowereoptimists(peoplewhothoughtpositively)weremorelikelytolivetotheageof85.Theysaidpeoplewhoweremorepessimistic(thosewhothoughtnegatively)were11-15percentlesslikelytolivetothatage.Theresearchersbelievethatoptimists(positivethinkers)founditeasiertomanagestressthanpessimists(negativethinkers).Participantsinthetwostudiesansweredquestionsinasurvey.Thequestionsassessedtheirlevelsofoptimism.Thesurveymatchedtheselevelswiththeparticipants'overalllevelofhealth.Theywerealsoaskedabouttheirlevelsofexercise,theirdiets,aswellashowmuchthey smokedanddrank.ProfessorLewinaLeesaid:"Ourfindings speaktothepossibilitythatraisinglevelsofoptimismmaypromotelongevityandhealthyageing."Shehadsomeadviceforpessimistswhomightwanttolivelonger.Theadvicewasto,"imagineafutureinwhicheverythinghasturnedoutwell".Sheurgedpeopletoincreaselevelsofoptimism.Shesaiditwashealthierforpeopletolookonthebrightsideoflife.

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. POSITIVE THINKING: Make a poster about positive thinking. Show your work to your classmates in the next lesson. Did you all have similar things?

4. POSITIVE LESSONS: Write a magazine article about children having lessons at school on how to be positive. 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 positive thinking. Ask him/her three questions about it. Give him/her three of your ideas on how to think more positively. 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. c 3. b 4. f 5. a 6. g 7. d
8. n 9. h 10. k 11. m 12. i 13. l 14. j

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

- | | |
|----------------|------------------|
| 1. likely | a. probable |
| 2. combination | b. mix |
| 3. data | c. details |
| 4. pessimistic | d. negative |
| 5. manage | e. control |
| 6. survey | f. questionnaire |
| 7. assessed | g. evaluated |
| 8. raising | h. increasing |
| 9. advice | i. guidance |
| 10. bright | j. sunny |

COMPREHENSION QUESTIONS (p.9)

1. Positive thinkers
2. The Boston University School of Medicine
3. 70,000
4. 85
5. 11-15%
6. Two
7. Participants' overall level of health
8. A researcher and professor
9. Well
10. The bright side

WORDS IN THE RIGHT ORDER (p.20)

1. Positive thinkers are more likely to live longer.
2. This is according to a combination of studies.
3. Data on the health of 70,000 female nurses.
4. Likely to live to the age of 85.
5. The researchers believe that optimists found it easier.
6. Participants in the two studies answered questions.
7. Raising levels of optimism may promote longevity.
8. A future where everything has turned out well.
9. She urged people to increase levels of optimism.
10. People look on the bright side of life.

MULTIPLE CHOICE - QUIZ (p.10)

1. a 2. c 3. b 4. d 5. a 6. d 7. b 8. d 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 ;-)