

NAME: _____

DATE: _____

Older People are Happier

Vocabulary Practice



- Match the words on the left with the meanings on the right.

- | | | |
|---------------------|----------|--|
| 1. in your twenties | <u>E</u> | A. a short time ago |
| 2. depressed | _____ | B. easy to understand |
| 3. researcher | _____ | C. the way you think about something |
| 4. recently | _____ | D. ask questions |
| 5. interview | _____ | E. between the ages of twenty and thirty years old |
| 6. clear | _____ | F. a problem that is not easy to make better |
| 7. serious problem | _____ | G. very sad |
| 8. view | _____ | H. a person who finds out information |

- Use the above words to complete the sentences. Use Past Tense when necessary.

1. Will you get married in your twenties or in your thirties?
2. Sad movies always make me feel _____.
3. Air pollution is a _____ in many big cities around the world.
4. I _____ traveled to India. I just returned home last week.
5. The company will _____ me before they decide to give me a job.
6. Our teacher always explains things in a _____ way.
7. I think we should worry less about money. What is your _____?
8. Maria wants to become a _____. She likes finding out information.

- Choose any two of the above words and write your own sentences.

1. _____
2. _____

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Grammar in the News

Researchers Say that Older People are Happier

- **Complete the paragraph by circling the correct words.**

How old are you? (1)_____ you in your twenties or thirties? If your answer is 'yes', then you probably (2)_____ stressed and maybe a little depressed about many things in (3)_____ life. However, researchers studying happiness found out something quite interesting. (4)_____ researchers recently interviewed 1,546 people between the ages of twenty and one hundred. (5)_____ learned that older people are much happier (6)_____ younger people. This information surprised the researchers (7)_____ older people have many health problems. The researchers are now (8)_____ themselves, "Why are older people happier with (9)_____ lives?" There is no one, clear answer to this question. The answer may be, however, that older people have learned how to (10)_____ differently. For example, a younger person might (11)_____ a problem as a very big and very serious one. A person who is fifty or sixty, however, might view that same problem as a small problem. As Professor Jeste, at the University of California, says, "a lot (12)_____ big things become little" for older people. So, if you are young and a little unhappy now, don't worry. You will probably feel happier when you are older.

1.

- (A) Do
(B) Are
(C) Is

2.

- (A) feel
(B) feels
(C) feeling

3.

- (A) your
(B) you
(C) yours

4.

- (A) A
(B) An
(C) The

5.

- (A) The
(B) They
(C) He

6.

- (A) there
(B) then
(C) than

7.

- (A) because
(B) so
(C) and

8.

- (A) ask
(B) asking
(C) asked

9.

- (A) they're
(B) their
(C) there

10.

- (A) think
(B) thinks
(C) thought

11.

- (A) sees
(B) saw
(C) see

12.

- (A) to
(B) at
(C) of

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Older People are Happier

How Much Do You Understand?



- **Write 'T' (True) or 'F' (False) next to each statement.**

1. _____ The article is about how to become happier.
2. _____ The researchers were between the ages of 20 and 100.
3. _____ The researchers have many health problems.
4. _____ The researchers are not really sure why older people are happier.
5. _____ Older people view life in a different way than younger people.
6. _____ You shouldn't worry too much about feeling a little unhappy if you are young.

Discuss

- **Discuss the following questions with your classmates.**

1. Are you surprised that older people are happier than younger people?
Why? / Why not?
2. Are you happy today? Why? / Why not?
3. What kinds of things make you happy? Why?

Write

- **Choose one of the above discussion questions. Write a short paragraph to answer it.**

Headline 'Researchers Say that Older People are Happier'

Grammar Focus Mixed (includes comparatives)

Level Elementary to Pre-Intermediate – CEFR A2

ANSWER KEY Page 1

My Notes



● **Vocabulary**

- | | |
|------|---------------------|
| 1. E | 1. in your twenties |
| 2. G | 2. depressed |
| 3. H | 3. serious problem |
| 4. A | 4. recently |
| 5. D | 5. interview |
| 6. B | 6. clear |
| 7. F | 7. view |
| 8. C | 8. researcher |

ANSWER KEY Page 2

ANSWER KEY Page 3

● **Article**

- | | |
|------|-------|
| 1. B | 7. A |
| 2. A | 8. B |
| 3. A | 9. B |
| 4. C | 10. A |
| 5. B | 11. C |
| 6. C | 12. C |

● **How Much Do You Understand?**

1. F (*It's about older people being happier than younger people.*)
2. F (*The people they interviewed were between 20 and 100.*)
3. F (*Older people have many health problems.*)
4. T
5. T
6. T

News Sources:

- http://ucsdnews.ucsd.edu/pressrelease/graying_but_grinning_despite_physical_ailments_older_adults_happier
- http://www.huffingtonpost.com/entry/the-surprising-age-when-thousands-say-theyre-happiest_us_56b4cbb3e4b01d80b245f8fc?8l0ko6r
- http://www.huffingtonpost.com/entry/proof-that-older-people-are-happier-than-those-in-their-20s-and-30s_us_57beeb3be4b085c1ff27dfa3?section=&
- <http://www.psychiatrist.com/jcp/article/Pages/2016/v77n08/v77n0813.aspx>