

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# READING: Older People are Happier

## Vocabulary Preview



- 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. \_\_\_\_\_

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## READING

Topics: Describing People / Emotions

# Older People Are Happier



How old are you? Are you in your twenties or thirties? If your answer is 'yes', then you probably feel stressed and maybe a little depressed about many things in your life. However, researchers studying happiness found out something quite interesting. The researchers recently interviewed 1,546 people between the ages of twenty and one hundred. They learned that older people are much happier than younger people. This information surprised the researchers because older people have many health problems. The researchers are now asking themselves, "Why are older people happier with their lives?" There is no one, clear answer to this question. The answer may be, however, that older people have learned how to think differently. For example, a younger person might see 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 of 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.

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## READING

### Grammar Practice

# 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

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# READING: 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.

---

---

---

---

---

---

---

---

# Reading Lesson Topic: Describing People / Emotions

## Headline 'Older People are Happier'

**Grammar Focus** Mixed (includes comparatives)

**Vocabulary** 189 words

**A1** words-78% / **A2** words-13% / **B1** words-6% / **B2** words-1%

**AWL** Words in this text: *depressed, researchers, stressed*

Vocabulary Analysis by: [vocabkitchen.com](http://vocabkitchen.com)

**Level** Elementary to Pre-Intermediate (CEFR A2)

### ANSWER KEY Page 1

### My Notes



#### • Vocabulary Preview

- |      |                     |
|------|---------------------|
| 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 3

### ANSWER KEY Page 4

#### • Article (Grammar)

- |      |       |
|------|-------|
| 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://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?8loko6r](http://www.huffingtonpost.com/entry/the-surprising-age-when-thousands-say-theyre-happiest_us_56b4cbb3e4b01d80b245f8fc?8loko6r)
- [http://www.huffingtonpost.com/entry/proof-that-older-people-are-happier-than-those-in-their-20s-and-30s\\_us\\_57beeb3be4b085c1ff27dfa3?section=&](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>