Lesson Plan Template - TBA Lesson Plan

Worksheet #1

**Before Listening:**

Rank the items in order. What makes you most happy? (1) Least? (10)

|  |  |
| --- | --- |
| \_\_\_\_\_ Hiking  \_\_\_\_\_ Good Health  \_\_\_\_\_ Money  \_\_\_\_\_ Owning your own home  \_\_\_\_\_ Sunshine | \_\_\_\_\_ Things (cars, clothes, etc.)  \_\_\_\_\_ A happy marriage/  relationship  \_\_\_\_\_ Children  \_\_\_\_\_ Watching television  \_\_\_\_\_ Exercise |

* Answer **true or false** from the following sentences.

1. People are less happy as they get older. (T/F)

2. In the study, stress levels dropped sharply after people reached their fifties. (T/F)

3 Influences like having young children, being unemployed or being single affect the levels of happiness and well-being related to age. (T/F)

**Post-activity**

* **Discussion Topic**

“ What is the most important factor for being happy?”

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Worksheet #2 (Gap fill)

<The relationship between age and happiness>

Are people less happy or more happy the older they get? If you answered more happy, then you were right, based on in 2008. It found that people generally become happier and experience less worry after age fifty. In fact, it found that by the age of eighty-five, people are happier with their life than they were eighteen.   came from a Gallup survey of more than three hundred forty thousand adults in the United States in two thousand eight. At that time, the people were between the ages of eighteen and eighty-five. Arthur Stone in the Department of and Behavioral Science at Stony Brook University in New York led the study. His team found that levels of stress were highest among adults between the ages of twenty-two and twenty-five. Stress levels after people reached their fifties. Happiness was highest among the youngest adults and those in their early seventies. But the people least likely to report feeling negative emotions were those in their seventies and eighties. The survey also found that men and women have similar emotional patterns as they grow older. However, women at all ages reported more sadness, stress and worry than men did. The researchers also considered possible like having young children, being or being single. But they found that influences like these did not affect the levels of happiness and well-being related to ages. So why would happiness increase with age? One theory is that, as people get older, they become more thankful for what they have and have better control of their emotions. They also spend less time thinking about bad experiences. The findings appeared in of the National Academy of Sciences.

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Worksheet #2 (Gap fill)

<The relationship between age and happiness>

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Target Vocabulary:

Psychiatry

A study

Influences

Findings

Proceedings

Unemployed

Drop sharply

the practice or science of diagnosing and treating mental disorders.

research or a detailed examination and analysis of a subject, phenomenon.

the action or process of producing effects on the actions, behavior, opinions.

something that is [found](http://www.dictionary.com/browse/find) or ascertained.

a series of activities or events; happenings.

without a job, out of work.

to fall quickly or extremely lower in condition, degree, value.