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Ready-to-Use English Lessons by Sean Banville

Level 6 – 10th February 2025

People are happiest in the mornings, says study

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https://breakingnewsenglish.com/2502/250210-happy-mornings.html

Contents

Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

A study suggests that people feel happiest in the mornings, and that midnight is the time we feel the bluest. Researchers from University College London conducted a comprehensive study on mood, frame of mind, and mental well-being at varying times of the day. They asked test participants to rate their feelings of happiness, overall satisfaction with life, and to what degree they thought life was worthwhile. The researchers concluded that: "Generally, things do seem better in the morning." They said: "Across a…diverse sample, we repeatedly saw mornings align with better mental health…and midnight with the lowest." This was so even when accounting for differences in individual characteristics."

The researchers also investigated which days of the week we felt happiest. They suggested that we feel happiest on Sunday mornings, when feelings of anxiety are more subdued. This is perhaps attributable to people having the chance to unwind on Saturdays. People are also more likely to have fun on Saturdays. Perhaps they splash out on something nice while shopping, or get together with friends. This has a positive impact on making us feel happier the following day. The researchers posited that other "drivers" could affect our feelings of positivity. These include the seasons, "weather (temperature, precipitation, humidity…) as well as various sociocultural cycles".

WARM-UPS

1. MORNINGS: Students walk around the class and talk to other students about mornings. 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?

> study / happiness / mornings / feeling blue / mood / mental well-being / midnight / Sunday mornings / anxiety / unwind / fun / splash out / something nice / seasons

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

3. MORNINGS: Students A **strongly** believe mornings are better than evenings; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

4. FACTORS AFFECTING HAPPINESS: How do these things affect your mood and happiness? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	How	Why?
Time of day		
Money		
Family		
Friends		
English		
Weather		

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

6. TIME OF THE DAY: Rank these with your partner. Put the best times of the day at the top. Change partners often and share your rankings.

- 3 am
- 6 am
- 9 am
- noon

- 3 pm
- 6 pm
- 9 pm
- midnight

VOCABULARY MATCHING

Paragraph 1

1.	conducted	a.	Covering every point; complete.
2.	comprehensive	b.	Changing or being different.
3.	frame of mind	c.	Did or carried out something.
4.	varying	d.	A level or amount of something.
5.	overall	e.	In general, looking at everything together.
6.	degree	f.	A small part of something used to learn about the whole.
7.	sample	g.	The way someone feels or thinks.

Paragraph 2

8.	investigated	h.	Rain, snow, or other water falling from the sky.
9.	anxiety	i.	Caused by something.
10.	subdued	j.	To relax after being busy or stressed.
11.	attributable	k.	Looked into or studied carefully.
12.	unwind	l.	Feeling very worried or nervous.
13.	splash out (on)	m.	To spend a lot of money on something special.
14.	precipitation	n.	Quiet; not strong.

BEFORE READING / LISTENING

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

1.   A study suggests we are at our saddest at midnight.   **T / F**
2.   Researchers analyzed people's moods at 9 o'clock every morning.   **T / F**
3.   Researchers said most people thought life was not worthwhile.   **T / F**
4.   The study said people in accounting jobs are the unhappiest.   **T / F**
5.   People were happiest on Saturday mornings.   **T / F**
6.   The researchers said people spend Sundays unwinding.   **T / F**
7.   The study said people might spend a lot on shopping on Saturdays.   **T / F**
8.   Rain, hail and snow can affect our feelings of positivity.   **T / F**

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

1.	**the bluest**	a.	splurge
2.	**conducted**	b.	meaningful
3.	**mood**	c.	muted
4.	**worthwhile**	d.	carried out
5.	**accounting for**	e.	cycles
6.	**subdued**	f.	considering
7.	**attributable**	g.	rain, snow or hail
8.	**splash out**	h.	the most down
9.	**precipitation**	i.	put down to
10.	**rhythms**	j.	emotional state

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

1.	midnight is the time we	a.	humidity
2.	mental well-being at varying	b.	with better mental health
3.	to what degree they thought life	c.	cycles
4.	we repeatedly saw mornings align	d.	times of the day
5.	This was so even when accounting	e.	unwind
6.	feelings of anxiety are more	f.	was worthwhile
7.	people having the chance to	g.	out on something
8.	Perhaps they splash	h.	for differences
9.	temperature, precipitation,	i.	feel the bluest
10.	as well as various sociocultural	j.	subdued

GAP FILL

A study suggests that people feel happiest in the mornings, and that midnight is the time we feel the (1) _____. Researchers from University College London (2) _____ a comprehensive study on mood, frame of mind, and mental well-being at (3) _____ times of the day. They asked test participants to rate their feelings of happiness, (4) _____ satisfaction with life, and to what degree they thought life was (5) _____. The researchers concluded that: "Generally, things do seem better in the morning." They said: "Across a… (6) _____ sample, we repeatedly saw mornings (7) _____ with better mental health…and midnight with the lowest." This was so even when (8) _____ for differences in individual characteristics."

varying

worthwhile

bluest

align

overall

accounting

conducted

diverse

The researchers also (9) _____ which days of the week we felt happiest. They suggested that we felt happiest on Sunday mornings, when feelings of (10) _____ are more subdued. This is perhaps attributable to people having the chance to (11) _____ on Saturdays. People are also more likely to have fun on Saturdays. Perhaps they (12) _____ out on something nice while shopping, or get together with friends. This has a positive (13) _____ on making us feel happier the following day. The researchers (14) _____ that other "drivers" could affect our feelings of positivity. These include the seasons, "weather (temperature, precipitation, (15) _____) as well as (16) _____ sociocultural cycles".

splash

investigated

posited

unwind

various

impact

humidity

anxiety

LISTENING – Guess the answers. Listen to check.

From   https://breakingnewsenglish.com/2502/250210-happy-mornings.html

1) happiest in the mornings, and that midnight is the time we _____
   a. feel the bluest
   b. feel the bluish
   c. feel the ballast
   d. feel the bluesy

2) Researchers from University College London conducted a comprehensive _____
   a. study on nude
   b. study on mode
   c. study on move
   d. study on mood

3) participants to rate their feelings of happiness, overall _____
   a. satisfaction with life
   b. dissatisfaction with life
   c. satiation with life
   d. circumspection with life

4) mornings align with better mental health…and midnight _____
   a. with a lowest
   b. with the slowest
   c. with the low west
   d. with the lowest

5) This was so even when accounting for differences _____
   a. in individual characters ticks
   b. in individual characteristic
   c. in individual characteristics
   d. in individual characteristically

6) we feel happiest on Sunday mornings, when feelings of anxiety _____
   a. are more sublime
   b. are more subdued
   c. are more substituted
   d. are more subbed

7) more likely to have fun on Saturdays. Perhaps _____
   a. they splash in
   b. they splash shout
   c. they splash out
   d. they splash it

8) This has a positive impact on making us feel happier _____
   a. the followed day
   b. the follow in day
   c. the following day
   d. the followings day

9) The researchers posited that other "drivers" could affect our _____
   a. feelings off positivity
   b. feelings oft positivity
   c. feelings soft positivity
   d. feelings of positivity

10) These include the seasons, "weather (_____…)
   a. temperature, precipitation, humidity
   b. temperature, precipitation, humidify
   c. temperature, perception, humidity
   d. temperature, partcipation, humidity

LISTENING – Listen and fill in the gaps

A study suggests that people feel happiest in the mornings, and that midnight is the time we (1) _____. Researchers from University College London conducted a comprehensive study on mood, (2) _____, and mental well-being at varying times of the day. They asked test participants to (3) _____ of happiness, overall satisfaction with life, and (4) _____ they thought life was worthwhile. The researchers concluded that: "Generally, things do seem better in the morning." They said: "Across a…diverse sample, we repeatedly saw mornings (5) _____ mental health…and midnight with the lowest." This was so even when (6) _____ in individual characteristics."

The researchers also investigated which days of the week we felt happiest. They suggested that we felt happiest on Sunday mornings, when feelings of anxiety (7) _____. This is perhaps attributable to people having the (8) _____ on Saturdays. People are also more likely to have fun on Saturdays. Perhaps they (9) _____ something nice while shopping, or get together with friends. This has a (10) _____ making us feel happier the following day. The researchers posited that other (11) _____ our feelings of positivity. These include the seasons, "weather (temperature, precipitation, humidity…) as (12) _____ sociocultural cycles".

COMPREHENSION QUESTIONS

1. At what time does the article say people feel bluest?

2. Which university is this research from?

3. Who was asked to rate their feelings?

4. What kind of sample of people did the researchers test?

5. What did the researchers say mornings aligned with?

6. On which day of the week do people feel happiest?

7. When do people have a chance to destress and unwind?

8. What might people splash out on?

9. What did the researchers say "drivers" could affect?

10. What weather conditions were there besides precipitation and humidity?

MULTIPLE CHOICE - QUIZ

1) At what time does the article say people feel bluest?
a) 3 pm
b) midnight
c) 8.30 pm
d) 5 am

2) Which university is this research from?
a) Insomnia College
b) the University of Sleep Disorders
c) New York University
d) University College London

3) Who was asked to rate their feelings?
a) test participants
b) insomnia sufferers
c) office workers
d) researchers

4) What kind of sample of people did the researchers test?
a) a limited sample
b) a comprehensive sample
c) a diverse sample
d) a tiny sample

5) What did the researchers say mornings aligned with?
a) the stars
b) better mental health
c) a healthy breakfast
d) sunsets

6) On which day of the week do people feel happiest?
a) Sundays
b) Mondays
c) Wednesdays
d) Fridays

7) When do people have a chance to destress and unwind?
a) Fridays
b) Sundays
c) Saturdays
d) Tuesdays

8) What might people splash out on?
a) something nice
b) a swimming pool
c) a water park
d) a hot bath

9) What did the researchers say "drivers" could affect?
a) our feelings of positivity
b) how we drive
c) falling asleep at the wheel
d) worsening moods

10) What weather conditions were there besides precipitation and humidity?
a) hurricanes
b) heatwaves
c) blizzards
d) temperature

ROLE PLAY

Role A – 3 am

You think 3 am is the best time of the day. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these (and why): 9 am, 3 pm or 9 pm.

Role B – 9 am

You think 9 am is the best time of the day. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these (and why): 3 am, 3 pm or 9 pm.

Role C – 3 pm

You think 3 pm is the best time of the day. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these (and why): 9 am, 3 am or 9 pm.

Role D – 9 pm

You think 9 pm is the best time of the day. Tell the others three reasons why. Tell them what is wrong with their times. Also, tell the others which is the worst of these (and why): 9 am, 3 pm or 3 am.

AFTER READING / LISTENING

1. WORD SEARCH: Look online / in your dictionary to find collocates, information on, synonyms for… the words 'happy' and 'morning'.

happy	morning

- 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:

- midnight - comprehensive - rate - worthwhile - align - accounting	- week - anxiety - chance - friends - affect - include

MORNINGS SURVEY

From   https://breakingnewsenglish.com/2502/250210-happy-mornings.html

Write five GOOD questions about mornings 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.

MORNINGS 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 'happy'?

3. How are you with mornings?

4. Why might we feel happier in the mornings?

5. What frame of mind are you in right now?

6. How often do you have mood swings?

7. Why might mornings be better than evenings?

8. How would you rate your happiness?

9. How would you rate your satisfaction with life?

10. To what degree do you think life is worthwhile?

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MORNINGS 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 'morning'?

13. What do you think about what you read?

14. Are you more of an early bird of a night owl?

15. How often do you feel unhappy at night?

16. On what days of the week do you feel happiest?

17. How often do you experience anxiety?

18. When was the last time you splashed out on something nice?

19. How does the weather affect your happiness?

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. _____

DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

LANGUAGE - CLOZE

A study suggests that people feel happiest in the mornings, and that midnight is the time we feel the (1) _____. Researchers from University College London conducted a comprehensive study on mood, (2) _____ of mind, and mental well-being at varying times of the day. They asked test participants to (3) _____ their feelings of happiness, overall satisfaction with life, and to what (4) _____ they thought life was worthwhile. The researchers concluded that: "Generally, things do seem better in the morning." They said: "Across a…diverse (5) _____, we repeatedly saw mornings align with better mental health…and midnight with the lowest." This was so (6) _____ when accounting for differences in individual characteristics."

The researchers also (7) _____ which days of the week we felt happiest. They suggested that we felt happiest on Sunday mornings, when feelings of anxiety are more (8) _____. This is perhaps attributable to people having the chance to (9) _____ on Saturdays. People are also more likely to have fun on Saturdays. Perhaps they (10) _____ out on something nice while shopping, or get together with friends. This has a positive impact on making us feel happier the (11) _____ day. The researchers posited that other "drivers" could affect our feelings of positivity. These include the seasons, "weather (temperature, (12) _____, humidity…) as well as various sociocultural cycles".

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

1.	(a)	bluest	(b)	blue	(c)	bluish	(d)	bluesy
2.	(a)	structure	(b)	scaffold	(c)	frame	(d)	surround
3.	(a)	grate	(b)	berate	(c)	rate	(d)	crate
4.	(a)	heat	(b)	angle	(c)	temperature	(d)	degree
5.	(a)	sample	(b)	simple	(c)	sump	(d)	stump
6.	(a)	every	(b)	even	(c)	event	(d)	evens
7.	(a)	invigilated	(b)	investiture	(c)	instigated	(d)	investigated
8.	(a)	overdue	(b)	subdued	(c)	due	(d)	imbued
9.	(a)	windy	(b)	rewind	(c)	unwind	(d)	wind up
10.	(a)	puddle	(b)	splash	(c)	squirt	(d)	shower
11.	(a)	follow	(b)	followed	(c)	follower	(d)	following
12.	(a)	participation	(b)	precipitation	(c)	perspiration	(d)	palpitation

SPELLING

Paragraph 1

1. the time we feel the <u>bluest</u>

2. a <u>noeeevcmrpshi</u> study

3. <u>aelrovl</u> satisfaction with life

4. Across a <u>rievdes</u> sample

5. mornings <u>gilan</u> with better mental health

6. differences in individual <u>accrteshrictais</u>

Paragraph 2

7. <u>vtanidsteige</u> which days of the week we felt happiest

8. feelings of <u>axtiyne</u>

9. more <u>uedudbs</u>

10. <u>trtlubebiata</u> to people having the chance

11. temperature, <u>apoerptinitci</u>, humidity …

12. various <u>ctoicrslulaou</u> cycles

PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

( )   that other "drivers" could affect our feelings of positivity. These include the seasons,

( )   felt happiest on Sunday mornings, when feelings of anxiety are more subdued. This is perhaps attributable

( )   worthwhile. The researchers concluded that: "Generally, things do seem better in the

( )   morning." They said: "Across a…diverse sample, we repeatedly saw mornings align with better mental health…and

( )   mind, and mental well-being at varying times of the day. They asked test participants to rate

( )   bluest. Researchers from University College London conducted a comprehensive study on mood, frame of

( )   The researchers also investigated which days of the week we felt happiest. They suggested that we

( )   midnight with the lowest." This was so even when accounting for differences in individual characteristics."

( )   to people having the chance to unwind on Saturdays. People are also more likely to have

( )   fun on Saturdays. Perhaps they splash out on something nice while shopping, or get

( )   "weather (temperature, precipitation, humidity…) as well as various sociocultural cycles".

(*1*)   A study suggests that people feel happiest in the mornings, and that midnight is the time we feel the

( )   their feelings of happiness, overall satisfaction with life, and to what degree they thought life was

( )   together with friends. This has a positive impact on making us feel happier the following day. The researchers posited

PUT THE WORDS IN THE RIGHT ORDER

1. feel   we   time   bluest   .   is   the   the   Midnight

2. well-being   day   .   times   the   of   varying   Mental   at

3. test   feelings   .   asked   They   rate   their   participants   to

4. To   what   they   worthwhile   .   thought   life   degree   was

5. was   for   even   so   differences   .   This   when   accounting

6. felt   days   we   the   week   Which   of   happiest   .

7. to   to   chance   Attributable   people   unwind   .   having   the

8. splash   out   shopping   .   while   something   on   They   nice

9. happier   .   feel   making   positive   us   impact   on   A

10. our   "drivers"   affect   Other   could   of   positivity   .   feelings

CIRCLE THE CORRECT WORD (20 PAIRS)

A study suggests that people *feel / feeling* happiest in the mornings, and that midnight is the time we feel the bluest. Researchers from University College London *contracted / conducted* a comprehensive study on *mood / mode*, frame of mind, and mental well-being at *vary / varying* times of the day. They asked test participants to *berate / rate* their feelings of happiness, overall satisfaction with life, and to what *degree / temperature* they thought life was worthwhile. The researchers concluded that: "*Generally / General*, things do seem better in the morning." They said: "Across a…diverse *sampled / sample*, we repeatedly saw mornings align with better mental health…and midnight with the lowest." This was so *ever / even* when accounting for differences *in / on* individual characteristics."

The researchers also investigated *which / whether* days of the week we felt happiest. They suggested that we felt happiest on Sunday mornings, when feelings of *anxious / anxiety* are more subdued. This is perhaps *attribute / attributable* to people having the chance to *rewind / unwind* on Saturdays. People are also more *likely / likeable* to have fun on Saturdays. Perhaps they splash *in / out* on something nice while shopping, or get together with friends. This has a positive *impact / import* on *making / makes* us feel happier the following day. The researchers posited that other "drivers" could affect our feelings of *positive / positivity*. These include the seasons, "weather (temperature, *precipitation / precipitate*, humidity…) as well as various sociocultural cycles".

Talk about the connection between each pair of words in italics, and why the correct word is correct. Look up the definition of new words.

INSERT THE VOWELS (a, e, i, o, u)

From   https://breakingnewsenglish.com/2502/250210-happy-mornings.html

_   st_dy   s_gg_sts   th_t   p__pl_   f__l   h_pp__st   _n   th_
m_rn_ngs,   _nd   th_t   m_dn_ght   _s   th_   t_m_   w_   f__l   th_
bl__st.   R_s__rch_rs   fr_m   _n_v_rs_ty   C_ll_g_   L_nd_n
c_nd_ct_d   _   c_mpr_h_ns_v_   st_dy   _n   m__d,   fr_m_   _f
m_nd,   _nd   m_nt_l   w_ll-b__ng   _t   v_ry_ng   t_m_s   _f   th_
d_y.   Th_y   _sk_d   t_st   p_rt_c_p_nts   t_   r_t_   th__r
f__l_ngs   _f   h_pp_n_ss,   _v_r_ll   s_t_sf_ct__n   w_th   l_f_,
_nd   t_   wh_t   d_gr__   th_y   th__ght   l_f_   w_s   w_rthwh_l_.
Th_   r_s__rch_rs   c_ncl_d_d   th_t: "G_n_r_lly,   th_ngs   d_
s__m   b_tt_r   _n   th_   m_rn_ng."   Th_y   s__d: "_cr_ss
_…d_v_rs_   s_mpl_,   w_   r_p__t_dly   s_w   m_rn_ngs   _l_gn
w_th   b_tt_r   m_nt_l   h__lth…_nd   m_dn_ght   w_th   th_
l_w_st."   Th_s   w_s   s_   _v_n   wh_n   _cc__nt_ng   f_r
d_ff_r_nc_s   _n   _nd_v_d__l   ch_r_ct_r_st_cs."

Th_   r_s__rch_rs   _ls_   _nv_st_g_t_d   wh_ch   d_ys   _f   th_
w__k   w_   f_lt   h_pp__st.   Th_y   s_gg_st_d   th_t   w_   f_lt
h_pp__st   _n   S_nd_y   m_rn_ngs,   wh_n   f__l_ngs   _f
_nx__ty   _r_   m_r_   s_bd__d.   Th_s   _s   p_rh_ps
_ttr_b_t_bl_   t_   p__pl_   h_v_ng   th_   ch_nc_   t_   _nw_nd
_n   S_t_rd_ys.   P__pl_   _r_   _ls_   m_r_   l_k_ly   t_   h_v_   f_n
_n   S_t_rd_ys.   P_rh_ps   th_y   spl_sh   __t   _n   s_m_th_ng
n_c_   wh_l_   sh_pp_ng,   _r   g_t   t_g_th_r   w_th   fr__nds.
Th_s   h_s   _   p_s_t_v_   _mp_ct   _n   m_k_ng   _s   f__l
h_pp__r   th_   f_ll_w_ng   d_y.   Th_   r_s__rch_rs   p_s_t_d
th_t   _th_r   "dr_v_rs"   c__ld   _ff_ct   __r   f__l_ngs   _f
p_s_t_v_ty.   Th_s_   _ncl_d_   th_   s__s_ns,   "w__th_r
(t_mp_r_t_r_,   pr_c_p_t_t__n,   h_m_d_ty…)   _s   w_ll   _s
v_r___s   s_c__c_lt_r_l   cycl_s".

PUNCTUATE THE TEXT AND ADD CAPITALS

A study suggests that people feel happiest in the mornings and that midnight is the time we feel the bluest. Researchers from University College London conducted a comprehensive study on mood, frame of mind and mental wellbeing at varying times of the day. They asked test participants to rate their feelings of happiness, overall satisfaction with life and to what degree they thought life was worthwhile. The researchers concluded that generally things do seem better in the morning. They said across adiverse sample we repeatedly saw mornings align with better mental healthand midnight with the lowest. This was so even when accounting for differences in individual characteristics.

The researchers also investigated which days of the week we felt happiest. They suggested that we felt happiest on Sunday mornings when feelings of anxiety are more subdued. This is perhaps attributable to people having the chance to unwind on Saturdays. People are also more likely to have fun on Saturdays. Perhaps they splash out on something nice while shopping or get together with friends. This has a positive impact on making us feel happier the following day. The researchers posited that other drivers could affect our feelings of positivity. These include the seasons, weather, temperature, precipitation, humidity as well as various sociocultural cycles.

PUT A SLASH (/) WHERE THE SPACES ARE

Astudysuggeststhatpeoplefeelhappiestinthemornings,andthatmidn

ightisthetimewefeelthebluest.ResearchersfromUniversityCollegeLo

ndonconductedacomprehensivestudyonmood,frameofmind,andme

ntalwell-beingatvaryingtimesoftheday.Theyaskedtestparticipantst

oratetheirfeelingsofhappiness,overallsatisfactionwithlife,andtowha

tdegreetheythoughtlifewasworthwhile.Theresearchersconcludedth

at:"Generally,thingsdoseembetterinthemorning."Theysaid:"Across

a…diversesample,werepeatedlysawmorningsalignwithbettermental

health…andmidnightwiththelowest."Thiswassoevenwhenaccountin

gfordifferencesinindividualcharacteristics."Theresearchersalsoinve

stigatedwhichdaysoftheweekwefelthappiest.Theysuggestedthatwe

felthappiestonSundaymornings,whenfeelingsofanxietyaremoresub

dued.Thisisperhapsattributabletopeoplehavingthechancetounwind

onSaturdays.PeoplearealsomorelikelytohavefunonSaturdays.Perha

pstheysplashoutonsomethingnicewhileshopping,orgettogetherwith

friends.Thishasapositiveimpactonmakingusfeelhappierthefollowing

day.Theresearcherspositedthatother"drivers"couldaffectourfeeling

sofpositivity.Theseincludetheseasons,"weather(temperature,preci

pitation,humidity…)aswellasvariousssocioculturalcycles".

FREE WRITING

Write about **mornings** for 10 minutes. Comment on your partner's paper.

ACADEMIC WRITING

Mornings are the best time of the day. Discuss.

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. MORNINGS: Make a poster about mornings. Show your work to your classmates in the next lesson. Did you all have similar things?

4. EARLY BIRDS: Write a magazine article about all of us being early birds and waking up as dawn arrives. 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 mornings. Ask him/her three questions about them. Give him/her three of your ideas on things to do in the morning. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1.	c	2.	a	3.	g	4.	b	5.	e	6.	d	7.	f
8.	k	9.	l	10.	n	11.	i	12.	j	13.	m	14.	h

TRUE / FALSE (p.5)

1 T   2 F   3 F   4 F   5 F   6 F   7 T   8 T

SYNONYM MATCH (p.5)

1. h	2. d	3. j	4. b	5. f
6. c	7. i	8. a	9. g	10. e

COMPREHENSION QUESTIONS (p.9)

1. Midnight
2. University College London
3. Test participants
4. A diverse sample
5. Better mental health
6. Sundays
7. Saturdays
8. Something nice
9. Our feelings of positivity
10. Temperature

WORDS IN THE RIGHT ORDER (p.19)

1. Midnight is the time we feel the bluest.
2. Mental well-being at varying times of the day.
3. They asked test participants to rate their feelings.
4. To what degree they thought life was worthwhile.
5. This was so even when accounting for differences.
6. Which days of the week we felt happiest.
7. Attributable to people having the chance to unwind.
8. They splash out on something nice while shopping.
9. A positive impact on making us feel happier.
10. Other "drivers" could affect our feelings of positivity.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. a 4. c 5. b 6. a 7. c 8. a 9. a 10. d

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)