

Breaking News English.com

Ready-to-Use English Lessons by Sean Banville

**"1,000 IDEAS & ACTIVITIES
FOR LANGUAGE TEACHERS"**

breakingnewsenglish.com/book.html

**Thousands more free lessons
from Sean's other websites**

www.freeeslmaterials.com/sean_banville_lessons.html

Level 4 – 5th May 2025

Happiness varies greatly from person to person

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2505/250505-happiness-4.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 5 and 6. They are (a little) harder.

X (Twitter)



[X.com/SeanBanville](https://x.com/SeanBanville)

Facebook



www.facebook.com/pages/BreakingNewsEnglish/155625444452176

THE READING

From <https://breakingnewsenglish.com/2505/250505-happiness-4.html>

We all want happiness. However, happiness varies greatly from person to person. A study shows that how happy we are depends on many factors. A psychology professor in California led the study. It could help to provide better treatments for people with depression and anxiety. The professor wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in a journal.

The professor suggested that happiness comes from external circumstances or internal feelings. She described three models of happiness. The first is "bottom-up". This is based on factors like wealth, jobs and relationships. The second is a "top-down" model. With this, happiness comes from our attitudes towards life. People can control this through meditation or therapy. The final model is one where the bottom-up and top-down models interact.

Sources: <https://neurosciencenews.com/happiness-unique-psychology-28798/>
<https://phys.org/news/2025-05-secret-happiness-society.html>
<https://www.nationalgeographic.com/health/article/happiness-well-being-culture-community>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2505/250505-happiness-4.html>

PARAGRAPH ONE:

- | | |
|------------------------------------|--------------------|
| 1. We all want | a. of happiness |
| 2. A study shows | b. on many factors |
| 3. how happy we are depends | c. treatments |
| 4. A psychology | d. in a journal |
| 5. It could help to provide better | e. happiness |
| 6. people with depression | f. professor |
| 7. understand the sources | g. that |
| 8. Her study has been published | h. and anxiety |

PARAGRAPH TWO:

- | | |
|------------------------------------|----------------------|
| 1. happiness comes from external | a. like wealth |
| 2. She described three models | b. interact |
| 3. This is based on factors | c. "top-down" model |
| 4. jobs | d. of happiness |
| 5. The second is a | e. towards life |
| 6. our attitudes | f. or therapy |
| 7. control this through meditation | g. circumstances |
| 8. bottom-up and top-down models | h. and relationships |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2505/250505-happiness-4.html>

We (1) _____. However, happiness varies greatly from person to person. A study shows that how happy we (2) _____ many factors. A psychology professor in California (3) _____. It could help to provide better treatments for (4) _____ and anxiety. The professor wrote: "We have to understand the (5) _____ to build effective interventions." Her study has been published (6) _____.

The professor suggested that happiness (7) _____ circumstances or internal feelings. She described (8) _____ happiness. The first is "bottom-up". This is based on factors like wealth, (9) _____. The second is a "top-down" model. With this, happiness comes (10) _____ towards life. People can control this through (11) _____. The final model is one where the bottom-up and top-(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2505/250505-happiness-4.html>

We all want happiness. However, happiness varies greatly from person to person. A study shows that how happy we are depends on many factors. A psychology professor in California led the study. It could help to provide better treatments for people with depression and anxiety. The professor wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in a journal. The professor suggested that happiness comes from external circumstances or internal feelings. She described three models of happiness. The first is "bottom-up". This is based on factors like wealth, jobs and relationships. The second is a "top-down" model. With this, happiness comes from our attitude towards life. People can control this through meditation or therapy. The final model is one where the bottom-up and top-down models interact.

HAPPINESS SURVEY

From <https://breakingnewsenglish.com/2505/250505-happiness-4.html>

Write five GOOD questions about happiness 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

Happiness varies greatly from person to person – 5th May 2025
More free lessons at breakingnewsenglish.com

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

WRITING

From <https://breakingnewsenglish.com/2505/250505-happiness-4.html>

Write about **happiness** for 10 minutes. Read and talk about your partner's paper.

[illegible]