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**Level 5 – 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-5.html>

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**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2505/250505-happiness-5.html>

Happiness is something we all want. However, happiness varies greatly from person to person. A new study shows that how happy we are depends on a wide variety of factors. An assistant professor of psychology at the University of California led the study. It could help mental health professionals to provide better treatments for people who have depression and anxiety. The professor wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour".

The professor suggested that happiness comes from external circumstances (like income and possessions) or internal feelings. She said there were three models of happiness. The first is "bottom-up". This is based on our overall satisfaction with factors like wealth, jobs and relationships. This is the one used for the World Happiness Report. The second is a "top-down" model. This suggests happiness comes from our attitudes towards life. People can control this through meditation or therapy. The final model is a bidirectional one, where 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-5.html>

## PARAGRAPH ONE:

- |                                      |                       |
|--------------------------------------|-----------------------|
| 1. Happiness is something            | a. of happiness       |
| 2. A new study shows that how        | b. treatments         |
| 3. depends on a wide                 | c. we all want        |
| 4. provide better                    | d. happy we are       |
| 5. people who have depression        | e. interventions      |
| 6. We have to understand the sources | f. and anxiety        |
| 7. build effective                   | g. in the journal     |
| 8. Her study has been published      | h. variety of factors |

## PARAGRAPH TWO:

- |                                    |                        |
|------------------------------------|------------------------|
| 1. external                        | a. and relationships   |
| 2. income                          | b. models of happiness |
| 3. She said there were three       | c. models interact     |
| 4. This is based on our overall    | d. or therapy          |
| 5. factors like wealth, jobs       | e. circumstances       |
| 6. The second is a "top-down"      | f. satisfaction        |
| 7. control this through meditation | g. model               |
| 8. bottom-up and top-down          | h. and possessions     |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2505/250505-happiness-5.html>

Happiness is something (1) \_\_\_\_\_. However, happiness varies greatly from person to person. A new study shows that how happy we are depends on a wide (2) \_\_\_\_\_. An assistant professor of psychology at the University of California (3) \_\_\_\_\_. It could help mental health professionals to provide better treatments for people who have (4) \_\_\_\_\_. The professor wrote: "We have to understand the (5) \_\_\_\_\_ to build effective interventions." Her study has (6) \_\_\_\_\_ the journal "Nature Human Behaviour".

The professor suggested that happiness (7) \_\_\_\_\_ circumstances (like income and possessions) (8) \_\_\_\_\_. She said there were three models of happiness. The first is "bottom-up". This is based on our overall satisfaction with (9) \_\_\_\_\_, jobs and relationships. This is the one used for the World Happiness Report. (10) \_\_\_\_\_ a "top-down" model. This suggests happiness comes from our (11) \_\_\_\_\_. People can control this through meditation or therapy. The (12) \_\_\_\_\_ bidirectional one, where bottom-up and top-down models interact.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2505/250505-happiness-5.html>

Happiness is something we all want. However, happiness varies greatly from person to person. A new study shows that how happy we are depends on a wide variety of factors. An assistant professor of psychology at the University of California led the study. It could help mental health professionals to provide better treatments for people who have depression and anxiety. The professor wrote: "We have to understand the sources of happiness to build effective interventions." Her study has been published in the journal "Nature Human Behaviour". The professor suggested that happiness comes from external circumstances (like income and possessions) or internal feelings. She said there were three models of happiness. The first is "bottom-up". This is based on our overall satisfaction with factors like wealth, jobs and relationships. This is the one used for the World Happiness Report. The second is a "top-down" model. This suggests happiness comes from our attitude towards life. People can control this through meditation or therapy. The final model is a bidirectional one, where 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](http://breakingnewsenglish.com)

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## 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-5.html>

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

[illegible]