

Read the following text:

Put on a Happy Face

There is more to a smile than meets the eye. Here are some cool facts about the act of smiling

Smiling can help you stay positive and feel less stressed. If you smile, even without meaning it, you send a message of happiness to your brain. Keeping a happy face can trick your mind into feeling happy. You make the parts of your brain that are in charge of happiness start working.

Smiling doesn't only make you feel better. It makes the people around you feel better too. When you are around other people, your brain notices their facial expressions. Many times, it also makes you copy the expression of whomever you are with. When you are with someone who is happy and smiling, you may find yourself smiling too without even knowing you are doing it. It's true, smiling really is contagious.

We are naturally attracted to people who smile. When we see someone who smiles a lot, we automatically assume that they are nice people. Angry faces can push people away. We want to be around people who are more positive, even if we are not aware of it.

People who smile a lot also look like they have more confidence. That makes us see them as more successful people. That gives them a better chance to get picked for things or get the jobs they want. More people want to talk to them and be around them.

Smiling makes you healthier and helps you live longer. When you smile, you are more relaxed. That makes your immune system work better. Studies have shown that when you smile, your body makes endorphins that can help you feel less pain. A smile is the body's natural drug. Studies even show that people who smile a lot are people who live longer lives.

Reading Comprehension

Answer the following questions about the text:

Fill in the right question words:

1. _____ can help you stay positive and feel less stressed?

- A. Where
- B. **What**
- C. Why

2. _____ parts of your brain are in charge of happiness?

- A. Who
- B. How
- C. **Which**

3. _____ does it make you copy the expression of whomever you are with?

- A. **How often**
- B. How long
- C. How much

4. _____ are we naturally attracted to people who smile?

- A. Who
- B. **Why**

C. Where

5. _____ do people who smile a lot also look?

A. **How**

B. When

C. How many

6. _____ are you more relaxed?

A. Which

B. **When**

C. How long

Vocabulary

1. What is the opposite of “less”?

A. **more**

B. so

C. with

2. “When you are around other people...”

What word can replace “around” in this phrase?

A. behind

B. **with**

C. at

3. We usually use the word “contagious” when we talk about _____.

A. **health**

B. money

C. education

4. What is the opposite of “to push away”?

- A. to run away
- B. to attract
- C. to turn around

5. What is the opposite of “natural”?

- A. real
- B. special
- C. artificial

Grammar

1. Rewrite the following sentences in the FUTURE SIMPLE tense:

- A. You send a message of happiness to your brain.
- B. Smiling doesn't only make you feel better.
- C. Your brain notices people's facial expressions.
- D. Smiling is really contagious.
- E. That makes us see them as more successful people.
- F. You are more relaxed.
- G. A smile is the body's natural drug.

Answers:

- A. You will send a message of happiness to your brain.
- B. Smiling won't only make you feel better.
- C. Your brain will notice people's facial expressions.
- D. Smiling will be really contagious.
- E. That will make us see them as more successful people.
- F. You will be more relaxed.
- G. A smile will be the body's natural drug.

2. Rewrite the following sentences as NEGATIVE sentences:

- A. Smiling can help you stay positive.
- B. It makes the people around you feel better.
- C. Your brain notices their facial expressions.
- D. You may find yourself smiling.
- E. It's true.
- F. We automatically assume that they are nice people.
- G. That makes your immune system work better.

Answers:

- A. Smiling can't help you stay positive.
- B. It doesn't make the people around you feel better.
- C. Your brain doesn't notice their facial expressions.
- D. You may not find yourself smiling.
- E. It's not true / It isn't true.
- F. We don't automatically assume that they are nice people.
- G. That doesn't make your immune system work better.