**WARM-UPS**

**1. FRIENDS: In pairs / groups, talk about your friends. This may help you:**

|  |  |
| --- | --- |
| * Oldest friend * Newest friend * Best friend * Funniest friend * Pen friend * Foreign friend * Richest friend * Kindest friend | * How we met. * How long ago we met. * Why he/she is special. * How often we see each other. * How he/she makes you feel. * How long you think you’ll stay friends. |

**2. OLD AGE: Spend one minute writing down all of the different words you associate with friends. Share your words with your partner(s) and talk about them. Together, put the words into different categories.**

**3. SENIOR BUDDIES: Talk with your partner(s) about whether you think these statements are true or false for you about friendship in old age.**

1. I’ll have more friends when I’m 70 than I have now.
2. I’ll see my friends every day when I’m in my seventies.
3. When I’m old, my friends will be more important to me than they are now.
4. I’ll argue a lot less with my friends when we’re old.
5. I’d rather be surrounded by family than friends when I’m old.
6. I’ll still be making new friends even in my seventies.
7. All of the friends I have now will still be friends when I’m 70.
8. I’m looking forward to being 70 and talking to my friends.

**4. PLANS FOR 70: Which of these things would you like to do with your friends when you reach your seventies? Talk about how different these things might be at 70.**

|  |  |
| --- | --- |
| * + Hiking   + Bungy jumping   + Study English   + Travel around the world | * Bingo * Ballroom dancing * Go on dates * Talk about the old days |

**BEFORE READING / LISTENING**

**1. TRUE / FALSE:** Look at the article’s headline and guess whether these sentences are true (T) or false (F): **FRIENDS HELP YOU LIVE LONGER**

|  |  |  |
| --- | --- | --- |
| a. | Friends are more important than family for a longer life. | T / F |
| b. | A study was carried out on 1,500 British 70-year-olds. | T / F |
| c. | Good friends can help you live 22 years longer. | T / F |
| d. | Social activity has positive effects on the body. | T / F |
| e. | A group of 70-year-olds was studied for a period of 10 years. | T / F |
| f. | The group was monitored every year over the 10-year test period. | T / F |
| g. | The death of a spouse greatly affected the test data. | T / F |
| h. | The message is to keep in touch with friends for a longer life. | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article:

|  |  |  |
| --- | --- | --- |
| a. | report | beneficial |
| b. | ties | questioned |
| c. | interviewed | husband or wife |
| d. | suggest | checked |
| e. | positive | yearly |
| f. | measured | study |
| g. | monitored | indicate |
| h. | annually | group |
| i. | network | relations |
| j. | spouse | gauged |

**LISTENING: Listen and fill in the spaces.**

**Friends help you live longer**

A new health report says that having good friends \_\_ \_\_\_ \_\_\_ \_\_\_ helps you live longer. The report also says that having \_\_\_\_ \_\_\_\_\_\_ may be more important than having close \_\_\_\_\_\_ \_\_\_\_. Researchers interviewed 1,500 Australians over the age of 70 about their social and family ties. The results \_\_\_\_\_\_\_ \_\_\_\_ people with close friendships were 22 per cent more likely to live longer. The researchers said this is because of the \_\_\_\_\_\_\_\_ \_\_\_\_\_\_ on the body of social activity and recreation.

The researchers \_\_\_\_\_\_\_\_ \_\_\_\_ from an Australian study, which began in 1992. The 10-year-long study \_\_\_\_\_\_\_\_ \_\_\_ behavioral, economic, environmental and social factors \_\_\_\_\_\_\_\_ \_\_\_ \_\_\_\_\_ of 70-year-olds. The senior citizens were monitored annually for four years and then at \_\_\_\_-\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_. The team found that those with the strongest network of friends were \_\_\_\_ \_\_\_\_\_\_ \_\_ die by the end of the ten-year period. This was true even when the senior citizen \_\_\_\_ \_\_ \_\_\_\_\_. The message is to \_\_\_\_\_ \_\_ \_\_\_\_\_\_ if you want to live longer.

**SPEAKING**

**FAMILY OR FRIENDS: In pairs / groups, talk about whether you prefer to do / spend the following activities / occasions with family or friends. Do you think this will change when you are in your seventies?**

|  |  |  |
| --- | --- | --- |
| **ACTIVITY**  Shopping  Birthdays  Go to the movies  Overseas vacations  Go to restaurants  Chat on the phone  Visit a doctor for a health check  Christmas or similar religious event  Other \_\_\_\_\_\_\_\_\_\_  Other \_\_\_\_\_\_\_\_\_\_  Other \_\_\_\_\_\_\_\_\_\_ | **FAMILY OR FRIENDS (NOW)** | **FAMILY OR FRIENDS (IN MY 70s)** |

**DISCUSSION**

1. Do you agree with the study that friends are more important than family to help you live longer?
2. Would you rather be surrounded by friends or family at 70?
3. Do you like reading about studies such as this?
4. Are you worried about old age?
5. Do you think life is less stressful for seniors?
6. Do you think friendships between 70-year-olds are stronger than those between younger friends?
7. Do the old people you know have wonderful friendships?
8. Do you think you’ll have lots of good friends when you’re 70?
9. What activities do you think you’ll be doing in your seventies?
10. Do you think life will be exciting at the age of 70?
11. Will you have a party for your 70th birthday?
12. What hobbies or interests will you continue into your seventies?
13. Will you still be studying English when you’re 70?

**MY SEVENTIES:** Write an essay on what you think your life will be like when you are in your seventies. Explain the main changes you think will happen. Tell these to your classmates in your next lesson. Did everyone write about similar changes?

**DIARY / SCHEDULE:** Imagine you are 79 years old. Write the entry in your diary / journal for one day in your life. Read your entry to your classmates in the next lesson. Did you all write about similar things?