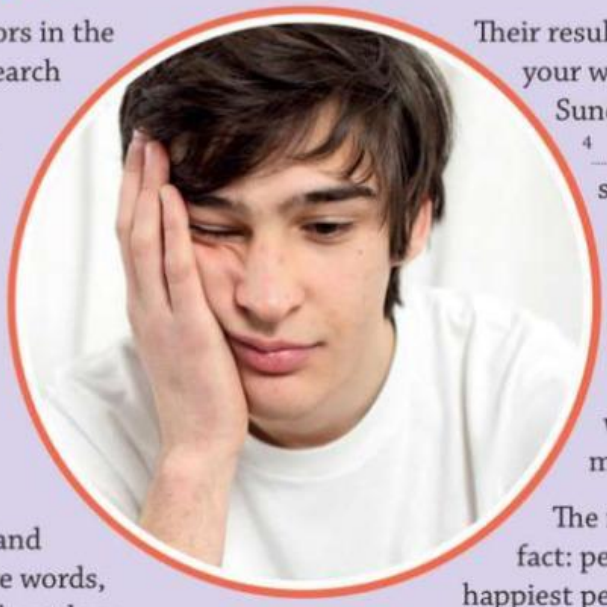
The WORST day of the week

65

Ask someone who goes to school from Monday to Friday for the worst day of their week and many people will say Monday. On Mondays the fun of the weekend has just finished and the week has just begun. [1]_____



However, two maths professors in the USA have just completed research that tells us more about the worst day of our week. Peter Dodds and Christopher Danforth analysed 10 million sentences on social networking websites like Facebook and Twitter. [2]_____ Then, the professors came up with a system of scores for words, between 1 and 9. They gave positive words like 'hopeful' and 'relaxed' high scores. Negative words, like 'stressed' and 'exhausted', got low scores. [3]_____

Their results could change your life – or at least your week! According to the professors, Sunday is the happiest day of the week. [4]_____ Monday is actually the second happiest day of the week. People haven't forgotten about their weekends yet. And the worst day of the week for most people is ... Wednesday! [5]_____ As a result, their memory of the previous weekend has gone, and there are two more days before the next one.

The research found another surprising fact: people between 45 and 60 are the happiest people online, but the most miserable group is ... teenagers!

Comments

Ryan, *Cambridge*	Sunday evening is definitely the worst evening of my week. I always put off starting my homework until then and I have to work until midnight.
Omar, *Riyadh*	It's different here. Our schools are closed on Friday and Saturday. So I think my worst day is probably Tuesday.
Anna, *Kraków*	I agree with this research. I always feel dreadful on Wednesday mornings.

READING

1 **What's your worst day of the week? And the best? Read the article quickly and see if your answers agree with the research.**

LIVEWORKSHEETS

2 **Read the article again. Five sentences have been removed from the text. For each space choose the correct sentence. There are three extra sentences which you do not need to use.**

A On that day, people think and write about the fun things they did the day before – on Saturday.
B That's why it's most people's favourite day.
C Finally, they used these numbers to decide how happy people were on each day.
D All of these included the phrase 'I feel' or 'I'm feeling'.
E It was the result of four years' work.
F Most people have already been at school or work for two days.
G Everyone is back at school, or work, and the next weekend is in five days' time.
H There is just one more day before the weekend.

3 **Match the highlighted words in the article to the meanings.**

1 thought of (an idea or plan)
2 examined the details of something carefully
3 not expected
4 decide to do something at a later time
5 terrible
6 as said by someone

TALKING POINTS

Would it be a good idea to have two separate days off every week, instead of a weekend? Why? / Why not?

What's your worst day of the week? Why?

READING

1 **You are going to read an article about the North Pole Marathon. Tick (✓) the ideas that you think will be mentioned.**

1 how many people have run the North Pole Marathon ☐
2 which country the marathon takes place in ☐
3 what motivates some people to do the marathon ☐
4 the amount of time it takes to complete the marathon ☐
5 how long it takes to train for the marathon ☐
6 how much it costs to enter the marathon ☐

THE WORLD'S COOLEST MARATHON

LIVEWORKSHEETS

2 **Read the article quickly and check your answers.**

If you think running a marathon is difficult enough, you'd be amazed at the brave athletes who complete the North Pole Marathon. Wearing extra-warm clothes, they have to deal with heavy snow and temperatures of –30 °C to complete the 49-kilometre race. Although marathons take place all over the world, this particular marathon is the only one that's entirely on 'water'. **(1)**_____ That is the only time when the whole course becomes solid ice, giving the hopeful runners the best chance of finishing the race.

Since the annual event started in 2003, 480 people from around the world have successfully completed the race. Stefanie Pettersson from Brazil is one of the youngest people to achieve this. She was just 16 years and two weeks old on the day of the race. **(2)**_____ An experienced runner, Anders Pettersson encouraged Stefanie not to give up when she felt too cold or exhausted to continue. Another competitor who ran with Stefanie and Anders was Ted Jackson from the UK. He took up running when his father and brother developed health problems. **(3)**_____ To avoid that situation, he decided to get really fit.

How long does this marathon take? The men's record is 3 hours 36 minutes, and the women's is 4 hours 52 minutes. Runners have sometimes said they felt disappointed with their finishing times because they have run much faster in other marathons. But it's never possible to predict how well someone is going to do. **(4)**_____

Many of those who run the North Pole Marathon are trying to raise money for various charities. They collect money from friends and family by advertising what they plan to do. **(5)**_____ They are grateful for everything they receive because the entry fee alone is £16,000. This does, however, include all flights, accommodation and medical support.

3 **Five sentences have been removed from the text. For each question, choose the correct answer (A–H). There are three extra sentences which you do not need to use.**

A Neither of them actually expected to finish it.
B He was scared the same thing might happen to him.
C The difficult conditions meant he never felt relaxed.
D This could be on the internet or local TV.
E The darkness made them feel confused and stressed.
F For obvious reasons, it can only be attempted during winter.
G Weather conditions vary so much from year to year.
H Her dad was also one of the competitors.

4 **Match the highlighted words in the article with their meanings.**

1 the best or fastest ever
2 the money you pay to join an organisation, go into a place or take part in something
3 happening once a year
4 said good things to someone to make them confident about doing something
5 official organisations that give money, food or help to people who need it

LIVEWORKSHEETS