READING COMPREHENSION

HAPPINESS AND HELPING

Select the best answer to fill in each gap in the following passage.

Science shows that there are strong associations between happiness and helping others. Firstly, happiness helps helping. Happy people are more likely to be (1) _____ in or be inclined towards helping others. (2) _____ are more likely to have recently performed acts of kindness or (3)_____ a greater percentage of their time or money helping others.

1.	A. interesting	B. interested	C. willing	D. enjoyable
2.	A. Who	B. That	C. They	D. We
3.	A. spent	B. spend	C. wasted	D. take

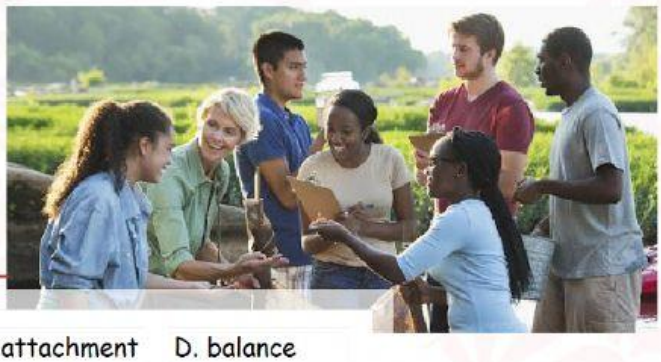


LIVEWORKSHEETS

There appears to be a (4) _____ between happiness and helping others at every age. Pre-school children (5) _____ displayed empathy were more likely to have happy moods. High school students who said (6) _____ experienced intense positive feelings were more likely to be involved in (7) _____ service activities such as volunteering.

Working adults who were happier at work were more likely to help others. Volunteering has also been (8) _____ to many benefits for senior citizens, including greater happiness and life satisfaction.





4.	A. relation	B. relationship	C. attachment	D. balance
5.	A. have	B. often	C. which	D. who
6.	A. they	B. that	C. have	D. were
7.	A. society	B. working	C. community	D. negative
8.	A. connecting	B. found	C. related	D. relating

LIVEWORKSHEETS





Volunteering is also linked with increased happiness regardless of the socio-economic situation of the (9) _____. What's more, people who gave a proportion of their monthly income to charitable causes or spent it on gifts for others were found to be (10) _____ than people who did not spend on others, and this was regardless of income level.

9.	A. volunteer	B. society	C. student	D. community
10.	A. more	B. preferable	C. energetic	D. happier

LIVEWORKSHEETS