

**1. Discuss the questions.**

- Where do you get most of your news from?
- How often do you read/listen to/watch the news?
- How much time do you spend reading the news?
- How do these headlines make you feel?
  - 12 reasons you should be saving more money now!
  - You won't believe what will happen if you eat too much of this...
  - Hottest July ever recorded!
  - Drug-resistant fungal infection poses threat
- Do you agree or disagree with the statement? *"There is so much good in this world that needs to be found and promoted."* (Mauro Gatti)
- Do you think the world is a better or worse place than it was 20 years ago?

**2. Read the following sentences and try to work out the meanings of the underlined words from the context.**

- a) The president rejects concerns about climate change as fearmongering.
- b) There is so much clickbait on the internet these days. I try to avoid it, but sometimes it's irresistible!
- c) Regular exercise is a good antidote for depression and tiredness.
- d) There's never anything positive in the news. Every headline is full of doom and gloom.
- e) In uncertain times, many people find themselves doomscrolling on their phones for hours every day. Even though the news is depressing, it's difficult to stop.
- f) Some people who don't cope well in negative situations tend to catastrophise and let the situation control their whole lives.
- g) The infodemic surrounding Covid-19 is just as dangerous as the virus itself.

3. Watch a [video](https://youtu.be/RyWcxUFse3Q) [https://youtu.be/RyWcxUFse3Q] about Mauro Gatti and his book, *The Happy Broadcast*. Answer the question.

- What is *The Happy Broadcast* and what inspired Gatti to write it?

4. Watch the [video](#) again and find the vocabulary Gatti uses to describe the following things.

- a feeling of nervousness and worry that something bad will happen
- attract attention to or emphasise something important
- a person or thing regarded as a store of information or in which a particular quality may be found
- unable to do anything for yourself or anyone else
- caring more about other people than about yourself
- able to be done or acted on, having practical value
- express your opinion

5. Mauro Gatti uses the words 'positive' and 'negative' to describe the news in the video. He also uses words such as 'cheerful' and 'frightening.' Make a list of other positive and negative words you know.

POSITIVE	NEGATIVE
cheerful	frightening

6. Find and underline the synonyms for 'positive' and 'negative' in the following headlines and then, add them to the correct column above.

- Researchers paint bleak picture of forest fires after 2030 and say frequency will increase
- Manchester United suffer demoralising defeat in match against Real Madrid
- Expert in virology brings heartening message as scientists understand virus behaviour
- Gloomy outlook for hospitality industry as profits fall dramatically

- e) Reassuring results as vaccine side effect study shows safety for expectant mothers
- f) Bank of Japan offers upbeat view on economy as all sectors show improvement
- g) The most uplifting moments from The Olympics in ten amazing images
- h) Unsettling times for new mothers as babies get used to life after quarantine

**7. Discuss the questions. Give reasons for your answers. Try to use some of the vocabulary from the table above.**

- Would you like to read *The Happy Broadcast*?
- Do you think that some news headlines can make anxiety worse?
- Can you think of any examples of 'clickbait' on the internet?
- Do you try to avoid fearmongering and clickbaiting articles online or do you tend to read them?
- Can you give examples of some uplifting news stories you have heard recently?
- Do you seek out reassuring news stories? Where do you find them?
- Mauro Gatti says, "*One at a time, we can all make a positive impact.*" Do you agree with him?

**8. *The Happy Broadcast* book contains ideas for 'practical, actionable things we can all do to make the world a better place'.**

- Can you remember any examples of these from the video?
- Think of three more practical, actionable things we can all do. Share them with the class.

**9. Work in pairs. Find *The Happy Broadcast* channel on [YouTube](#).**

- 1) Find two anxiety-free news stories that you're interested in and watch them.
- 2) Make some notes on each.
- 3) Share your stories and notes with another pair. Avoid using 'positive', 'good', etc. and try to use the synonyms you learned above. How do you feel after hearing these news stories?