

Are you hoping for a birthday card from the Queen? You might get one if you turn 100. In many countries, centenarians receive special birthday cards and gifts from **royalty** or the government. Most centenarians are happy to share their secrets of **longevity**. Read these *10 Secrets of Centenarians*. Do you think you will reach this milestone?

Warmup ☀

Brainstorm with your class.
How would it feel to be
100 years old? Use as
many adjectives as
you can.

tiring...
frustrating...
relaxing...



10 SECRETS OF CENTENARIANS

1. Walk

Centenarians say walking is the best exercise. Many centenarians were athletic in their younger years.

2. Be extroverted

Healthy 100-year-olds will **talk your ear off**. People with strong social skills typically live longer.

3. Keep strong ties

When you are 100, you may be the oldest person you know. A friend can be any age. Centenarians typically have strong family **ties**.

4. Eat a colorful plate

Many centenarians recommend the colorful plate trick. Make sure that you have fruits, vegetables, and grains in every meal.

5. Learn to cope with stress

Some people learn **copng strategies** along the road of life. A stressful situation can teach a person how to manage stress in later years.

6. Think positive

Centenarians recommend **positive thinking** and seeing the good in everything. Surround yourself with shiny, happy people.

7. Drink water

You may not need 8 glasses per day, but centenarians say 5 will keep you alive.

8. Learn something new

Keep your brain active throughout your lifetime. Centenarians typically like to read and do **puzzles**.

9. Get uninterrupted sleep

Sleep becomes more difficult when you have aches and pains. Those who get 7 hours of straight sleep per night typically live longer.

10. Volunteer

Helping others makes you feel good. When you feel good you live longer. Elderly people have plenty of free time to put to good use.

Pre-Reading Warm Up Questions ☀

1. What is more important, exercise or rest?
2. Is it healthier to live a quiet life or a busy social life?
3. What is the “colorful plate trick”? Can you guess?
4. How much sleep do most people need?

COMPREHENSION

True or False. If the statement below is true, write **T**, if it is false, write **F**. If it is false, correct the information.

1. According to the list, drinking 5 glasses of water a day is a bad idea. _____
2. Brain health is not included in this list. _____
3. Centenarians need less than 7 hours of sleep a night. _____
4. Listening to others is key to a long life. _____
5. Elderly people with volunteer helpers live longer. _____

Doctor's Orders



ROLE PLAY

Create a role-play between a doctor and a 100-year-old. This is the first appointment after his or her birthday. The doctor wants to know the man or woman's secrets.

VOCABULARY REVIEW

A. SUMMARIZE Vocabulary (Pairs)

Reread the intro and the 10 Secrets. Look up any words in bold that you do not know. Put the reading away and try to use the words from your section below. Retell the intro and secrets. Don't look at the list as you speak. Cross off each word as you use it. Then listen to your partner.

Student A - (Intro + Secrets 1-4) :

royalty
longevity
milestone
talk one's ear off
extroverted

Student B - Secrets 5-10) :

coping strategies
positive thinking
uninterrupted
volunteer

B. SYNONYMS OR ANTONYMS

Do the following words or phrases mean the same or opposite? Write your answer next to each pair.

1. royalty / monarchy _____
2. talks your ear off / chatty _____
3. uninterrupted / broken _____
4. milestone / achievement _____
5. extroverted / shy _____



CORNER QUESTIONS

Time to move! Designate a corner of the classroom for each of the following categories:

- Strongly Agree
- Agree
- Disagree
- Strongly Disagree

Listen to your teacher read out each statement. Walk to the corner that best describes your feelings about it. Discuss each item when the movement stops:

1. I want to live to age 100.
2. I like being around elderly people.
3. When I get older I will volunteer with children.
4. I typically get enough sleep.
5. I live or associate with a very negative person.
6. Physical health is more important than mental health.

DISCUSS

Some families hide the death of an elderly person. Why do you think a family would do this?

Create your own centenarian list:

Ten things I want to accomplish by my 100th birthday:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Do you have a blog? Why not use this list for a blog topic? Or, type out your list and share it with us at:

www.ESL-Library.com/100lesson