

Greeting Neighbors for Greater Happiness

VOCABULARY WORDS

1. witness (verb) /'wɪtnəs/ - to see an event or incident happen and be able to describe it to others
Example: She witnessed the accident on her way to work.
2. idyllic (adjective) /aɪ'dɪlɪk/ - extremely happy, peaceful, or picturesque, often describing a perfect place or scene
Example: The small, idyllic village was surrounded by lush green fields.
3. boost (verb) /buːst/ - to increase or improve something, often to enhance its strength, success, or value
Example: Regular exercise can boost your overall health.
4. inquire (verb) /ɪn'kwɪər/ - to ask for information or seek details by posing a question or making an investigation
Example: If you have any questions, please feel free to inquire at the information desk.
5. consider (verb) /kən'sɪdər/ - to think about something carefully, typically before making a decision or forming an opinion
Example: When buying a new car, it's essential to consider your budget and needs.
6. suggest (verb) /sə'dʒest/ - to put forward an idea, proposal, or recommendation for consideration or action
Example: I suggest we meet at the park for a picnic this weekend.



We often **witnessed** **idyllic** streets in movies with pretty gardens, white fences, and friendly neighbors who say "good morning."

A recent US study by Gallup reveals that saying "hello" to your neighbors can **boost** your happiness. Over 4,500 US adults were asked how many neighbors they greet each day as part of Gallup's National Health and Well-Being Index.

The study also **inquired** about their well-being, **considering** their job, money, health, friends, and community. The results showed that people who greet their neighbors have higher well-being scores. Surprisingly, greeting more than six neighbors didn't increase happiness further.

The study also found that older people are more likely to greet their neighbors. Younger adults, under 30, greeted an average of 2.9 neighbors each day, while those over 65 greeted 6.5 people. Dan Witters from Gallup **suggested** that younger folks often live in city apartments where they may not know their neighbors, while older people live in smaller communities, making it easier to connect with neighbors.

DISCUSSION

1. Do you think the portrayal of perfect streets in movies accurately reflects real-life neighborhoods? Why or why not?
2. Have you ever noticed a connection between saying "hello" to your neighbors and your own happiness or well-being?
3. If you live in a city or an urban area, do you find it easy or difficult to connect with your neighbors? How might that affect your well-being?
4. How can greeting your neighbors benefit your local community and create a more pleasant living environment?
5. The study mentions considering job, money, health, friends, and community in assessing well-being. Which of these aspects do you believe is most influenced by neighborly interactions, if any?
6. Do you think more community events or initiatives could encourage neighborly interactions in neighborhoods, particularly in urban areas where people may not know their neighbors well?