

Why Life Seems to Speed Up as We Age

Warm up:

- Do you feel like life seems to go faster as we get older? Why do you think this is?
- What else do you think changes about us or our perception of the world as we get older?
- What do you think the saying "time flies when you're having fun" means? When does time seem to fly for you?
- Is there anything that makes you feel like time is moving slower?
- Is there any time in your past that you can remember "like it was yesterday"? Why do you think your memories of this time are so clear?



1. Read the famous quotes below and explain in your own words what they mean. Do you agree with them?

- "The time you enjoy wasting is not wasted time." - *Bertrand Russell*
- "One day you will look back and see that all along you were blooming." - *Morgan Harper Nichols*
- "I never think of the future - it comes soon enough." - *Albert Einstein*
- "Life is what happens while you're busy making other plans"- *John Lennon*
- "Time does not change us. It just unfolds us." - *Max Frisch*
- "Tomorrow is a mystery, yesterday is history, and today is a gift. That's why they call it the present." - *Turtle from Kung Fu Panda*
- "Life isn't a matter of milestones, but of moments." - *Rose Kennedy*
- "Getting old is like climbing a mountain; you get a little out of breath, but the view is much better!" - *Ingrid Bergman*
- The more time you have, the more time you waste. - *Thibaut*
- "Put your hand on a hot stove for a minute and it seems like an hour. Sit with a pretty girl for an hour, and it seems like a minute." - *Albert Einstein*



2. Match the idioms on the left with their meanings on the right.

- | | |
|----------------------------------|---|
| a) In the long run. 3 | 1. There is no need to hurry. |
| b) Take your time. 1 | 2. The very last possible time to do something. |
| c) The last minute. 2 | 3. Over a long period of time. |
| d) On the dot. 6 | 4. This should have happened sooner. |
| e) Once in a blue moon. 5 | 5. Very, very rarely. |
| f) It's about time. 4 | 6. At exactly this time. |
| g) Time after time. 8 | 7. To do something while you are waiting. |
| h) Kill time. 7 | 8. Repeatedly. |



3. Pairwork: Complete the questions with the correct idiom from exercise 2 and ask and answer the questions with your partner.

- Are you someone who usually arrives **on the dot** for appointments?
- What is something you only do **once in a blue moon**?
- How do you like to **kill time** while you are waiting for something?
- Are there any tasks such as shopping or cooking that you prefer to **take your time** with?
- Do you know anyone who always waits till **the last minute** to do something?



4. Can you think of any idioms about time in your own native language? How would you translate them? (You can use google to find idioms if you can't think of any)

Literal translation:

Actual meaning:

Literal translation:

Actual meaning:

Literal translation:

Actual meaning:





5. You are going to watch a video about why time seems to speed up as we age. The video contains the vocabulary in the box. Use the words in the box to complete the sentences.

eternity	illusion	fraction	accurately	duration
novel (<i>as in new</i>)	appear	arachnophobe	drag on	align

- a) My girlfriend is an *arachnophobe*, so I'm always the one who deals with spiders.
- b) It's very difficult to judge time *accurately*.
- c) George waited for the doctor for what seemed like an *eternity*.
- d) Objects in mirror may be closer than they *appear*.
- e) All of the desks should *align* perfectly in a straight row.
- f) The *duration* of the film is 1 hour and 27 minutes.
- g) If you stare at the pattern long enough you will see an *illusion*.
- h) He came up with a *novel* idea for a new business.
- i) She hesitated for a *fraction* of a second before answering.
- h) Our meetings can really *drag on* sometimes, they seem to take forever.



6. Watch the video "Why Life Seems to Speed Up as We Age"¹ and answer the questions.

- a) What felt like eternity to the presenter when he was a kid? *Waiting for his favourite TV show to come on.*
- b) What is "chronoception"? *Your sense of time.*
- c) Why does the dog image seem to last longer than the car image to most people? Did it seem to last longer for you? *Because it is novel (new and different) and the car is not.*
- d) Why does the brain of a child use more energy than the brain of an adult?
Because more things are new to them, and that takes more energy for our brain.
- e) How does fear effect our perception of time?
It slows it down.
- f) What are the two different ways we perceive time? *How we perceive time passing in the moment and how we perceive time when we remember a time in the past.*
- g) In your own words, what conclusion does the presenter come to as to why life seems to speed up as we age? *That the main reason time seems to move faster is because less experiences are new to us as we get older.*



7. Your teacher is going to start a stopwatch. Without looking at any clock, say "stop" when you think a minute has passed. How accurate do you think you will be?

¹ https://www.youtube.com/watch?v=aIx2N-viNwY&t=85s&ab_channel=Veritasium