

International Day of Happiness (worksheet)

skyteach

Task 1

Warm-up

Discuss the questions:



Are you a happy person?
What makes you feel happy?
What makes you unhappy?
Can money buy happiness?

Task 2

Happiness is...

How can you define happiness? What is it for you?

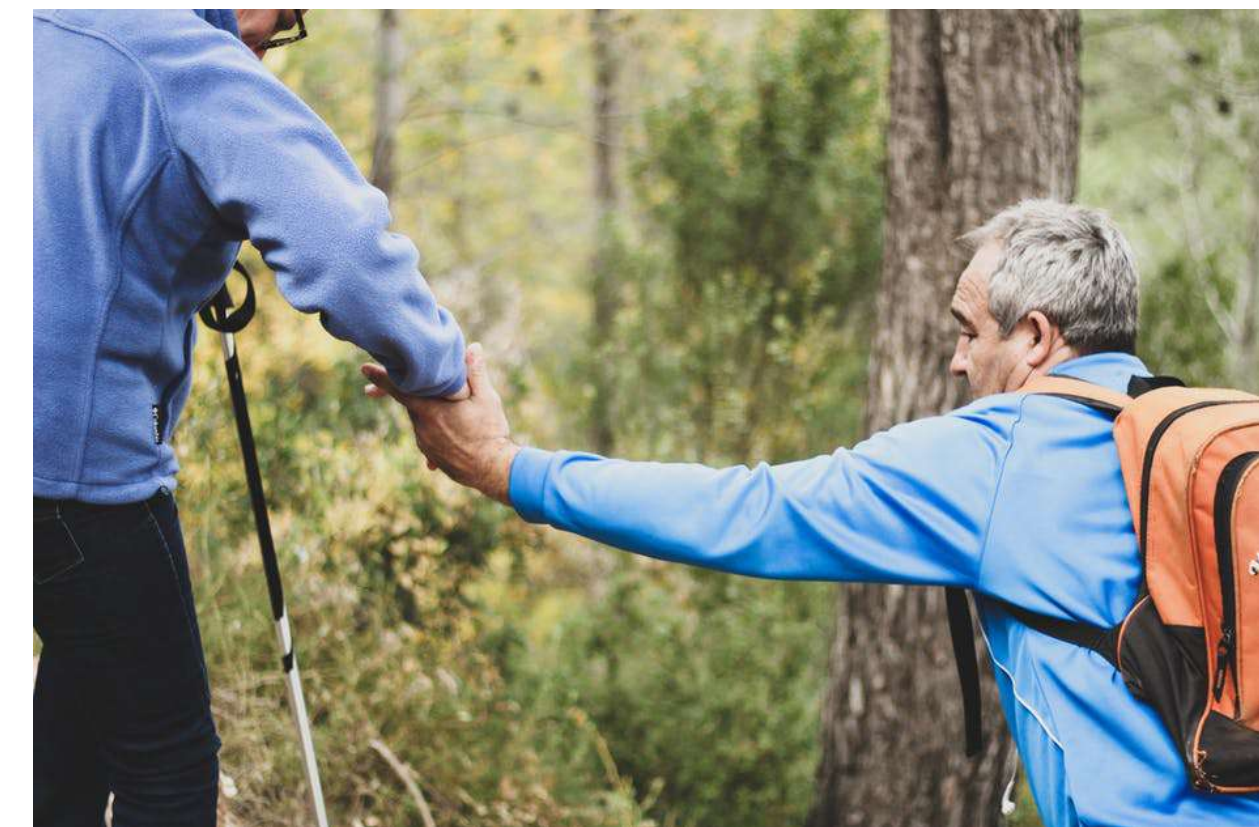
Happiness is
reality
minus
expectation.

Happiness is...

Let's watch the **video** called
"Happiness is helping others".
Do you agree with the title?

Discuss the questions:

- 1) How did this man help others?
- 2) Why did he do it?
- 3) How did he understand it was important?



Do you help others? How?

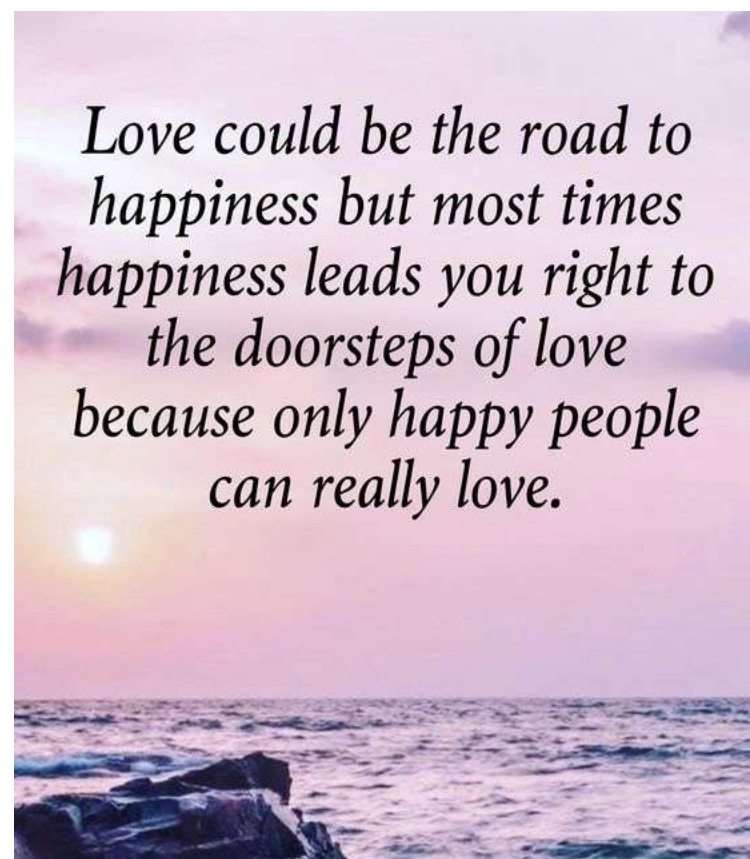
Task 3

Happiness = love?

Discuss the questions:

Can single people be happy? Why/why not?
What comes first: love or happiness?

Read the quote.
What do you think about it?



Let's read the text called "Love and happiness" and answer the questions below:

Happiness is best achieved through living an ethical life. A good life is a happy life. Good relations and taking responsibility not only make a happy life possible; they are happiness itself.

But good people aren't always happy. Why? Because goodness is an ideal state; it something you aim at, a kind of moving target. Happiness may be achieved but mostly it is occasional. Conditions change and you aim again.

Task 3

Happiness = love?

No one, though, has everything that is needed—peaceful times, perfect health, a just society, loving parents, caring teachers.

No one can be happy all the time. But you can approach happiness with a good family, a good friend, a good government, good enough possessions, and adequate health.



I accept Goethe's comment: "It is my personal approach that creates the climate. It is my daily mood that makes the weather."

The places of happiness are infinite, the sources never-ending.

Loving the right things and loving them in the right way is the key. Ethical relationships make it more likely than not that as you look back on your life you will be able to say, "I have lived a good life."

Adapted from [psychologytoday.com](https://www.psychologytoday.com)

- 1) "Good relations are happiness itself". Do you agree?
- 2) Is happiness mostly occasional? Why?
- 3) Is it possible to be happy all the time? Why not?
- 4) What's more important for you: family or friends?
- 5) Do you agree with Goethe?
- 6) Imagine yourself after 30 years. Do you think you'll be able to say "I've lived a good life"?

Task 4

Bhutan's idea

Listen to **the audio about happiness and choose whether the sentences below are TRUE or FALSE:**

According to the author:

- 1) Happiness is doing nothing
- 2) Bhutan is a part of Nepal
- 3) Bhutan's government measures happiness, not money
- 4) Everyone around him is happy
- 5) News is full of depressive facts



Task 5

I'd be happier if...

Let's revise the 2nd conditional and focus on our dreams!

IF	condition	result
	past simple	WOULD + base verb
If	I married Mary	I would be happy.

I hope you're happy enough. But all of us has something he/she wants to have/reach. Tell about it! (e.g. I would be happier if I had children). Ask your teacher about his/her dreams/goals.

Task 6

One more video

Everybody likes TED Talks.
Let's watch **the video and discuss the given questions.**



Task 2

- 1) He helped a woman to move her carriage, donated money for education, gave bananas for his poor neighbor.
- 2) He didn't want any financial benefits, he wasn't looking for fame, he just wanted to make someone's life better if possible.
- 3) A little girl who wanted to study but couldn't afford it finally became a student, his neighbor embraced him, the woman he helped to smiled and was grateful.

Task 4

1. False ("ahhh...if only")
2. False (Bhutan is the small country next to Nepal)
3. True
4. False ("I looked at everyone on the train this morning. No one looked happy")
5. True