Philosophy for a happy life (worksheet)

Activity 1

Look at the quotes on happiness. Do you agree with them? Explain your choice.

Useful language:

The way I see it ... In my humble opinion ... There is no doubt that ... I am of the same opinion. It is not always true because ... I doubt whether... This is in complete contradiction to... I cannot share this view because...



Activity 2

Look at the people in the pictures and say what makes them happy.



Pictures taken from freepik.com, pinterest.com Created by Veronika Avetisyan for Skyteach, 2020 ©

Activity 3

Match the words with the definitions.

- 1) freshman
 2) to accomplish
 3) devastated
- 4) obstacle
- 5) to be passionate about
- 6) to goof off
- 7) to supersede
- 8) to strive for
- 9) to get through
- 10) to get stuck
- 11) to look up to
- 12) to falter

- a) to finish or complete a task
- b) difficulty
- c) move hesitatingly, as if about to give way
- d) a first-year undergraduate
- e) to be unable to move further
- f) expressing strong emotions about something
- j) to finish something successfully or to achieve something
- h) to take the place or move into the position of
- i) feeling very shocked and upset
- j) to waste time, to be idle
- k) to make a lot of effort to achieve something
- I) to admire and respect someone

Activity 4

Choose the correct words to complete the sentences.

- 1. It wasn't very easy. Sometimes I ____, because I had very bad days.
- a) strove for
- b) faltered
- c) got through
- 2. Sometimes I _____ in a paradox, where there is no room for
- any happiness or any other emotions.
- a) accomplish
- b) get through
- c) get stuck

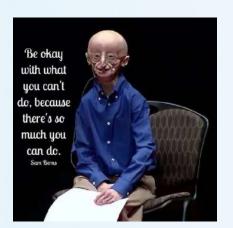




3. Of course, I don't ignore the negative aspects of the ____ that make my life more difficult. a) obstacles b) achievement c) goals 4. I always choose things that I can do and I am really ____. a) interested about b) passionate about c) devastated 5. I was able to ____ my dream of playing snare drum with the marching band. a) look up to b) supersede c) accomplish 6. The music that we make together is true, is genuine, and it ____ Progeria. a) supersedes b) strives for c) falters 7. My friends and me _____ a little bit by chatting and making fun. a) are passionate about b) goof off c) get through 8. This is my friend, who is a role model for other people to _____. a) look up to b) get stuck c) accomplish

Activity 5

Watch the video from the TED talks. What is Sam's philosophy for a happy life?



Sam's philosophy for a happy life		Comments
Idea 1		
Idea 2		
Idea 3		
ldea 4		

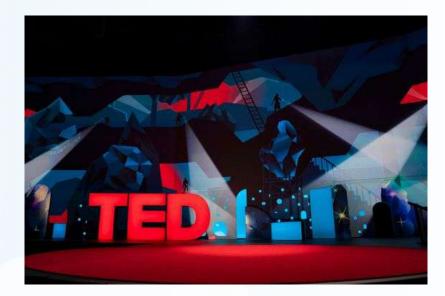
Activity 6

Watch the video again (from 03:00 till 07:00) and answer the questions.

How does Sam struggle with Progeria?
 What did Sam play with the marching band?
 Who are his closest people and what does he say about them?

4) What do Sam and his friends do as a musical band?

5) What does Sam like about being in a band?



Activity 7

Discuss the questions in pairs. Try to use as many new words as possible.

Words to use:

to accomplish, devastated, obstacle, to be passionate about, to goof off, to supersede, to strive for, to get through, to get stuck, to look up to, to falter.

1) Do you agree with Sam that you can accomplish your dreams even though there are many things you are not able to do? Explain your choice.

2) Do you know any disabled person who has strived for his/her dream despite the obstacles? If yes, what has he/she got through? Should other people look up to him?

3) Is there anything you are passionate about and would like to achieve? If yes, what steps are necessary to be taken to achieve it?

4) Do you usually focus on things you can do or on things you can't do? How do you deal with problems or things you can't do?

5) Do you think that happiness lies within you? Or does it depend upon other people and external things?

6) What affects your levels of happiness?

7) What was the happiest time in your entire life?





Activity 8

Choose a topic from the list and write an essay.



Words to use:

to accomplish, devastated, obstacle, to be passionate about, to goof off, to supersede, to strive for, to get through, to get stuck, to look up to, to falter.

Happiness Is Helping Others

The happiest Moment In My Life

Forgiveness brings happiness

Little things that make me happy