

# Whatever makes you happy

Elementary – Pre-Intermediate



# Task 1

Look at the options and rank the importance of the activities in your life.

1 – most important

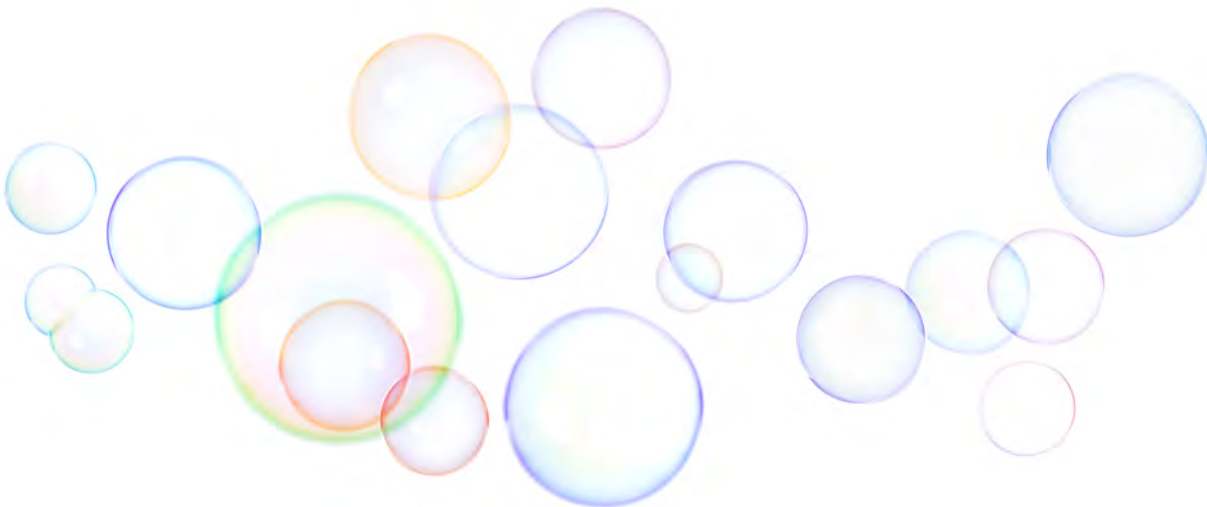
6 – least important

Explain your choice.

**For example:** For me the most important thing is being healthy because...

## Activities

- hanging out with friends
- having a good job
- being healthy
- having a lot of money
- having fun
- having a family



# Task 2

Watch the [video](#) and answer the questions.

1. How old is a girl?
2. What's special about her? What has she achieved?
3. Is she happy with her life? Can she inspire others?
4. What is she planning to do to inspire people?
5. What does she want to do in the future? Why?
6. Can you make someone happy when a person is sad?



# Task 3

Read quotes about the secret of happiness and answer questions

1. “The best way to cheer yourself up is to try to cheer somebody else up.” Mark Twain
2. “Happiness is like a butterfly which, when pursued, is always beyond our grasp, but which, if you will sit down quietly, may alight upon you.” Nathaniel Hawthorne
3. “We tend to forget that happiness doesn’t come as a result of getting something we don’t have, but rather of recognizing and appreciating what we do have.” Frederick Keonig
4. “A great obstacle to happiness is to expect too much happiness.” Bernard de Fontenelle
5. “There is more happiness in giving than there is in receiving.” Bible

# Task 3

1. Which quote do you like the most and why?
2. What things make you happy?
3. What do you think the secret of happiness is? Is it fame, money, love or something else?
4. What good things could you do that would make you happy?
5. How does perfectionism affect people?



# Task 4

Printable page

Ask the questions about happiness. Notice that WHAT and WHO are related to the underlined words.

1. \_\_\_\_\_

Family and friends help us have a better life.

2. \_\_\_\_\_

Practicing sports is very healthy for boys and girls.

3. \_\_\_\_\_

I think the most important reason for happiness is making the choice to be happy.

4. \_\_\_\_\_

He writes about his life experience.

5. \_\_\_\_\_

My best friend calls me at least twice a week.

# Task 4

Printable page

Ask the questions about happiness. Notice that WHAT and WHO are related to the underlined words.

6. \_\_\_\_\_

A famous writer lives in that house.

7. \_\_\_\_\_

That means your bookshelf is messy!

8. \_\_\_\_\_

I call my friends at least once a week.

9. \_\_\_\_\_

Getting on well with people is a good reason to be happy.

10. \_\_\_\_\_

Helping others is one of the best ways to feel happier.

# Task 5

Ask and answer questions about these things using have/have got.

## Things

- pets
- bike
- laptop
- camera
- iPad
- smartphone
- car
- big family
- many friends

For example:

Do you have any pets? (Have you got any pets?)

Yes, I do/no, I don't. (Yes, I have/no, I haven't)

Does it make you happy?...



# Task 6

Match a verb and a phrase. Which activity makes you happy and why? Make up sentences

**For example:** Going out with my friends makes me happy because...

- |              |                            |
|--------------|----------------------------|
| 1. play      | A. emails and texts        |
| 2. go out    | B. games on my PlayStation |
| 3. download  | C. music and films         |
| 4. send      | D. with my friends         |
| 5. listen to | E. music                   |
| 6. go out    | F. nothing                 |
| 7. get       | G. a takeaway pizza        |
| 8. do        | H. for a meal              |



# Task 7

Do the quiz and find out how happy you are.  
Choose numbers 1–5 for each statement.

1=very true 2=mainly true 3=about 50/50 4=not very true 5=not true at all

- I take every opportunity to play, laugh, and have a good time.
- I usually have a holiday at least once a year.
- I get pleasure from lots of different things – art, nature, sport, spending time with my friends...
- Sometimes I get really enthusiastic about things.
- I have the things in life that I think are important.
- I have a positive image of myself.
- I am grateful for what I have, and appreciate it.

# Task 7

1=very true 2=mainly true 3=about 50/50 4=not very true 5=not true at all

- I sleep well and wake up feeling ready for a new day.
- I keep fit and I take care of myself.
- I never feel stressed when I have a lot of things to do.
- I don't feel afraid or depressed.
- I don't often feel jealous or envious of other people.
- I have close friends and people I share interests with.
- I get a lot of satisfaction from my work/study.
- My life makes a difference to other people.
- I try to help other people.

# Task 7

Your score – How happy are you?

- 16–28 Extremely happy
- 29–40 Happy enough
- 41–52 About average
- 53–64 Not very happy
- 65–80 Cheer up! Life can't be that bad!



# Keys

## Task 2

1. 11
2. She's a DJ, she can sing and DJ.
3. She's happy, she inspires people.
4. She's planning to write a book.
5. She wants to become a gynecologist to help women in her country with delivering babies.

## Task 4

1. What helps us have a better life?
2. What is very healthy for boys and girls?
3. What do you think the most important reason for happiness is?
4. What does he write about ?
5. Who calls you at least twice a week?
6. Who lives in that house?
7. What does that mean?
8. Who do you call at least once a week?
9. What's a good reason to be happy?
10. What's one of the best ways to feel happier?

## Task 6

- 1.B 2.D 3.C 4.A 5.E 6.G 7.H 8.F

Команда Skyteach объединила методистов, опытных преподавателей, профессиональных авторов статей, редакторов и дизайнеров. Вместе мы трудимся над тем, чтобы создавать качественные и доступные материалы для учителей.

Еще больше методики, советов и раздаток для уроков ищите в наших группах в социальных сетях:



Хотите получать дополнительный доход и вести уроки прямо из дома?

[Присоединяйтесь к онлайн-школе Skyeng](#) ❤️

Let's Teach English!