

HAPPINESS

1. Look at those pictures. What do they have in common? How do people feel? What makes them feel like that? Choose one picture and describe it in detail.



2. Answer the questions.

1. How do you feel today? Why?
2. What things make you happy?
3. When was the last time you felt happy?
4. What / Who do you need to feel happy? Why?
5. Can a person be happy when they are alone? Why / why not?
6. How would you explain the concept of happiness to an alien?

HAPPINESS

3. Watch this video called what is happiness. Take notes and then summarise the video.

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4. Look at other ways of saying you're happy. Match them with their definitions. Then, use them to talk about the pictures from exercise 1.

cheerful pleased delighted thrilled radiant

- full of happiness, it shows in your face and makes you feel attractive
- happy, behaving in a way that shows you are happy
- very excited and happy
- happy and satisfied (x2)

5. Look at idioms connected with being happy. Complete them with the following words.

cloud mood air moon heaven top

- on of the world
- on nine
- walking on
- in a good
- in seventh
- over the

6. Look at the picture and finish the sentences.



The woman is over the moon
because

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They are in a good mood

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The woman in the centre is
walking on air

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The woman is thrilled

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7. Build fragments of sentences using the words in brackets. You can change the words or add new words but don't change the word order.

1. Lucy (be / moon) when she found out she had won that competition.

2. Why are you (such / good / mood) today?

3. I was (please / talk) with my ex-students and learn how much they achieved.

4. Let's (do / thing / cheer) Mike up.

5. My sister (avoid / meet) my favourite uncle because his comments make her sad.

6. Do you agree that money (not / give) happiness?

7. That was the moment when Leo was finally (top / world)

8. Anne (be / offer) a pay rise, that's why she is so radiant.

9. Only after returning home did I realise how happy the time (spend / mountain / be)

10. Jack was walking down the street (smile / ear / ear)

8. Read the quotes and say if you agree with them.

- "The happiness of your life depends upon the quality of your thoughts." Marcus Aurelius
- "Happiness is not something ready-made. It comes from your own actions." Dalai Lama XIV
- "Happiness is when what you think, what you say, and what you do are in harmony." Mahatma Gandhi
- "The best way to cheer yourself up is to try to cheer somebody else up." Mark Twain

ANSWER KEY

4. Look at other ways of saying you're happy. Match them with their definitions. Then, use them to talk about the pictures from exercise 1.

full of happiness, it shows in your face and makes you feel attractive **RADIANT**

happy, behaving in a way that shows you are happy **CHEERFUL**

very excited and happy **THRILLED**

happy and satisfied **PLEASED, DELIGHTED**

5. Look at idioms connected with being happy. Complete them with the following words.

on **TOP** of the world

in a good **MOOD**

on **CLOUD** nine

in seventh **HEAVEN**

walking on **AIR**

over the **MOON**

7. Build fragments of sentences using the words in brackets. You can change the words or add new words but don't change the word order.

1. Lucy (be / moon) **was over the moon** when she found out she had won that competition.

2. Why are you (such / good / mood) **in such a good mood** today?

3. I was (please / talk) **pleased to talk** with my ex-students and learn how much they achieved.

4. Let's (do / thing / cheer) **do something to cheer** Mike up.

5. My sister (avoid / meet) **avoids meeting** my favourite uncle because his comments make her sad.

6. Do you agree that money (not / give) **doesn't give** happiness?

7. That was the moment when Leo was finally (top / world) **on top of the world**.

8. Anne (be / offer) **has been offered** a pay rise, that's why she is so radiant.

9. Only after returning home did I realise how happy the time (spend / mountain / be) **spent in the mountains was**.

10. Jack was walking down the street (smile / ear / ear) **smiling from ear to ear**.