HAPPINESS

"If you want happiness for an hour — take a nap. If you want happiness for a day — go fishing. If you want happiness for a month — get married. If you want happiness for a year — inherit a fortune. If you want happiness for a lifetime — help someone else."

Chinese Proverb

1. Happiness Discussion

1. What is happiness?
2. What makes you happy? What makes you unhappy?
3. Are you generally a happy person or an unhappy person?
4. What made you happy this week? What made you unhappy this week?
5. What happy memories do you have of your childhood?
6. What was the happiest moment in your life?
7. Are you happy in your job?
8. What changes could you make in your life that would make you feel happier?

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2. Happiness Vocabulary

- **money can't buy happiness** (idiom) – *used to say wealth or material possessions will not give a person happiness.*
- **(to be) down in the dumps** (idiom) – *depressed or unhappy.*
- **to let one's hair down** (idiom) – *to have fun or act in an unreserved way.*
- **happy-go-lucky** (adjective) – *carefree, cheerful, and unconcerned about the future.*
- **(in a) good mood / bad mood** (nouns) – *mood is the current state of mind or emotional state.*
- **(to be) over the moon / on cloud nine / in seventh heaven** (idioms) – *to be very happy.*

Using the vocabulary words above, complete the following sentences (remember to use the correct form of the word, e.g. verb conjugation or plural noun):

1. I was **over the moon/etc** when my wife told me she was pregnant.
2. I had such a **happy-go-lucky** attitude when I was your age. I didn't have a care in the world.
3. He's **in a bad mood** because his football team lost. Again.
4. For the first time in months, Carla was able to **let her hair down** and go out dancing with her friends.
5. He was the richest man in the town, yet he never found a woman who loved him. Well you know what they say: **money can't buy happiness**.
6. She's been feeling **down in the dumps** since her boyfriend left her.

Happiness vocabulary comprehension questions

1. Can money buy happiness?
2. When do you feel down in the dumps?
3. When was the last time you let your hair down?
4. Would you like to be more happy-go-lucky?
5. What puts you in a good mood? What puts you in a bad mood?
6. When were you over the moon?

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3. Video: The Happiest Countries

You are going to watch a video by WatchMojo called "Top 10 Happiest Countries in The World."

Watch the video here: https://yourenglishpal.com/blog/esl-conversation-lesson-plan-happiness/

While you watch the video, answer the following questions:

Multiple choice

1. Which international organisation produces the World Happiness Report?
   a) The European Union *b) The League of Nations* ***c) The United Nations***
2. Which of the following was not mentioned as a criteria for the report?
   a) liberty *b) wealth* ***c) crime***
3. How would you describe Australia's population density?
   a) high ***b) low*** *c) very high*
4. What was not mentioned as to why Sweden is a tourist's dream location?
   a) freedom *b) lively cities* *c) beautiful landscapes*

Sentence completion

5. One of the best things about New Zealand is that it is **isolated**, allowing it to escape problems like overcrowding and pollution.
6. In Canada, the average income is **$49,000**.
7. The Netherlands has one of the lowest **murder rates** in the world.
8. Switzerland's economy could be described as **stable**.

Short answer

9. What is the average annual income of Iceland? **$73,000**
10. Denmark has a low rate of what? **Poverty**
11. How much is university and healthcare in Norway? **Free**
12. How many saunas are there in Finland? **More than 3 million**

4. Happiness Conversation Questions

1. Do you think poor people or rich people are happiest?
2. Do you think people who are single are happier than those in a relationship?
3. Which nationalities are the happiest? Which nationalities are the unhappiest?
4. Which professions are the happiest? Which are the unhappiest?
5. Are happy people healthier than unhappy people?
6. Is the state of being happy the same for everyone, or do different people experience happiness in a different way?
7. Does real happiness come from making other people happy?
8. Is happiness just something that exists in our mind?

5. Happiness Writing Task

Write about your opinion of happiness. Try to use some of the vocabulary you learned earlier in this lesson. In your answer, you could include some of the following topics:

- What makes you happy.
- What makes you unhappy.
- How people can be happier in their lives.

Alternative exam practice question:

Happiness is considered very important in life. Why is it difficult to define? What factors are important in achieving happiness?

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