Illustrators **Ralph Lazar** and **Lisa Swerling** got the idea for *Happiness is...* while sitting together one day in a hot tub at their home in California. Lisa had just finished answering all her emails, and she said 'Happiness is having an empty inbox'. Ralph replied 'Happiness is getting into a hot tub'. They began to list things which made them happy, and illustrated them. Later they asked people on Facebook 'What makes you happy?' and Ralph drew and posted on Instagram the ones they liked best...

Read about *Happiness is ...* , and look at the *Instagram* posts. Talk about the ones you most agree with.



LIVEWORKSHEETS

HAPPINESS IS



...fitting in to jeans that you haven't worn for a very long time, and THEN, finding money in one of the pockets.

Read about *Happiness is ...*, and look at the *Instagram* posts. Talk about the ones you most agree with.

HAPPINESS IS



...landing in a new country.

HAPPINESS IS



...reading a really good book and then finding it's a series.

HAPPINESS IS



...finding the other ear ring.

HAPPINESS IS



...not having to set the alarm for the next day.

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LIVEWORKSHEETS

Write your own continuation for *Happiness is...*

Focus!

Look at the cartoons again. Find an example of a gerund (verb + *-ing*):

1 after a preposition _____

2 used as a noun _____

3 in the negative form _____

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LIVEWORKSHEETS

VERBS + GERUND (VERB + *-ING*)

Complete the **gerund** column with a verb from the list in the gerund.

be cook do have make rain read talk tidy wake up work

			gerund
1	enjoy	I enjoy ___ in bed.	*reading*
2	finish	Have you finished ___ your room?	
3	go on	I want to go on ___ until I'm 70.	
4	hate	I hate ___ late when I'm meeting someone.	
5	like	I like ___ breakfast in a café.	
6	love	I love ___ early on a sunny morning.	
7	mind	I don't mind ___ the ironing. It's quite relaxing.	
8	spend (time)	She spends hours ___ on the phone.	
9	start*	It started ___ at 5.30 in the morning.	
10	stop	Please stop ___ such a noise. I can't think.	
11	feel like	I don't feel like ___ today. Let's go out for lunch.	

* start can be used with a gerund or infinitive, e.g. *It started raining. It started to rain.*

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LIVEWORKSHEETS

Uses of the gerund.

1 **Eating** outside in the summer makes me feel good.
Happiness is **getting up** late and **not going** to work.

2 I love **having** breakfast in bed.
I hate **not getting** to the airport early.

3 I'm thinking of **buying** a new car.
Jim left without **saying** goodbye.

- The gerund is the base form of the verb + *ing*. It can be positive (e.g. *going*) or negative (e.g. *not going*).
- We use the gerund:
  1 as a noun, e.g. as the subject or object of a sentence.
  2 after some verbs, e.g. *like, love, hate, enjoy*, etc.
  See **Verb forms** p.158.
  3 after prepositions.

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LIVEWORKSHEETS

SPEAKING

Choose five things to talk about from the list below.

I don't mind cooking. I quite like it, and I often cook at weekends.

SOMETHING...

- you don't mind doing in the house
- you like doing with your family
- you don't feel like doing at weekends
- you spend too much time doing
- you are very good (or very bad) at doing

SOMEWHERE...

- you love going to in the summer
- you don't like going to alone
- you are thinking of going to this weekend
- you dream of going to in the future
- you hate going to

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LIVEWORKSHEETS

You're going to listen to part of a radio money programme about the Bank of Happiness in Tallinn, the capital of Estonia. What do you think the bank does?

7.8 Listen once. How does the bank work? Choose the correct description.

1 You pay money into the bank, and receive help in return.
2 You help somebody, and the bank pays you.
3 You help somebody, and then somebody else helps you.

Listen again and choose a, b, or c.

1 Tallinn is one of the world's smart cities because __.
   a the people who live and work there use a lot of technology
   b the people are very clever
   c the government wants the people to be more intelligent

2 The Bank of Happiness makes it possible for people to __.
   a borrow money cheaply
   b get services without paying for them
   c buy property in other countries



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3 Which of the following could you post on the Bank of Happiness?
- a I'm looking for a partner.
- b I need somebody to lend me €1,000.
- c I need somebody to give me English lessons.

4 Airi Kivi started the Bank of Happiness because she wanted __.
- a people to help each other
- b to make people richer
- c to help people who didn't have jobs

5 In the Bank of Happiness, if somebody takes your dog for a walk __.
- a you then need to take their dog for a walk
- b you don't need to do anything for them
- c you need to do something for them

6 The principle of the Bank is that __ makes people happy.
- a having a lot of money and possessions
- b having a lot of friends
- c helping other people

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LIVEWORKSHEETS

1 Do you think the Bank of Happiness is a
it could work in your country?

2 Have you heard of any similar projects? Do they work well?

3 Imagine you're a member of the bank. What can you offer to do? What would you like other people to do for you?

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LIVEWORKSHEETS