

Happiness.

Can you actually teach happiness ? At Wellington College, a secondary school in England, they think you can actually **make people happy**. For the last two years , ' Well-being ' have been taught to fifteen and sixteen-year-old students.

1 The headmaster

Anthony Seldon, head teacher at Wellington, does not really like schools nowadays , ' They should be places of happiness. At the moment, they are too much about tests and exams. We should help students discover who they are, what they love in life and what they really want to be in life. ' Dr Seldon thinks that we should **make an effort** to teach teenagers more about their minds and bodies. ' Teach people about these things when they are young and they will have them for life , ' he says.

2 The teacher

In the class, Ian Morris teaches students meditation to help with stress and techniques for dealing with anger . Another classroom activity is ' Count your blessings ' : pupils **make lists** of things which they are grateful for. ' Most of our pupils like the lessons , ' says Ian. ' But once I sent one boy out of class for playing around. He complained , " I was sent out of happiness class for laughing, " which I thought was funny. '

3 The students

To start with, the students at Wellington were not very sure about their ' happiness' classes. ' But our happiness classes are actually well-being classes, ' says Felix Cook. ' The school wants to prepare us so that , when we are sad, we can deal with it constructively rather than use drugs and alcohol. We learn that some things are not so important . For example, if you don' t **do well** in a subject at school, it' s not the end of the world. You can be less stressed out and **do better** in a subject because of it . ' Another student, Charlie Maugham thinks the classes have **made** a big **difference** to his everyday life. ' The meditation techniques help me control my nerves before an important game or exam.' Charlie also thinks that the lessons have helped him **make decisions** and changed his opinions about life. ' Our culture is dominated by adverts about money and cars. People think that to be happy you have to be rich. I think we have lost contact with true happiness.'

In which paragraphs (1-3) can you find the things (a-e) ?

- a) Useful things learnt in the happiness classes.
- b) Student behaviour in the classes.
- c) Opinions about happiness.
- d) Opinions about education.
- e) Activities in happiness lessons.

Read the article again .Match the people with the statements below

AS (Antony Seldom) CM (Charlie Maugham) IM (Ian Morris) FC (Felix Cook)

- 1.- ' I'm more relaxed when I do sports '
- 2.- ' Since I started the classes I' m not so worried about school work.'
- 3.- ' Students enjoy my classes but sometimes they don' t take them seriously '
- 4.- ' Being rich does not bring happiness'
- 5.- ' We need to teach students to be happy.'
- 6.- ' We learn what to do when we feel unhappy '

Make and do. Complete the sentences with the correct forms of **make** and **do**.

- 1.- I _____ a big effort in English last year.
- 2.- Money doesn' t _____ you happy, in my opinion.
- 3.- I have _____ well at school this year.
- 4.- My brother is very kind and always _____ things for other people.
- 5.- I' d like to _____ mor exercise but I haven' t got time.
- 6.- I always _____ lists of things to _____ every week.

Enough and Too

I' m **not** relaxed **enough** to do maths.

I' m **too** busy to do a lot of exercise.

Make sentences with **too** and not enough

- | | |
|--|---------------------------------------|
| 1) we/tired/ do homework today. | 5) tall /be a good basketball player. |
| We are too tired to do homework today. | Ed is _____ |
| 2) old /get a job. | 6) young/vote in elections. |
| I' m _____. | They are _____ |
| 3) nervous /do well in exams. | 7) impatient / play chess. |
| You' re _____. | He' s _____ |
| 4) shy /meet people at parties. | 8) rich / buy a car. |
| Angela is _____. | Paul is _____ |

Not enough/too . Complete the sentences with the same meaning as the one above. Use not **enough** and **too**.

- 1) I'm too young to drive a car.
I'm not _____.
- 2) We're not rich enough to stay in that hotel.
We're too _____.
- 3) It's not warm enough to go swimming.
It's too _____.
- 4) I'm too shy to meet people at parties.
I'm not extroverted _____.
- 5) He's not tall enough to be in the basketball team.
He's too _____.