

What makes you happy?



- 1 **SPEAKING** Which three things in the box are likely to make young people happiest? Discuss.

family food fresh air friends money
shopping sport sunshine

- 2 **3** Watch the interviews where people talk about what makes them happy. Complete the table.

	What makes him/her happy?	Why?
 Jake		
 Laura		
 Lola		

- 3 **3** Complete the quotes. Then watch again and check your answers.

Jake: 'You can get ¹ _____ into the countryside and ² _____ air.'

Laura: 'Money makes me happy because I've ³ _____ it, it's well-earned and then I get to spend it on ⁴ _____ I want to spend it on.'

Lola: 'Life without friends is just ⁵ _____ and sad.'

- 4 **SPEAKING** Discuss what makes you happy and why.

FOCUS ON LIFE SKILLS

Communication

- 5 Complete the profile information. Give at least one piece of information which is not true. Share your profile with your partner and guess what is not true about him/her.

I'm crazy about _____. I also like _____ and _____. I find _____ very relaxing. I think _____ can be fun, but I don't like _____ and I really hate _____.

- 6 **SPEAKING** Ask and answer the questions. Use the adjectives in the box. Explain why you feel these emotions in these situations.

How do you feel when ...

- you are meeting a friend and he/she is really late?
- you work really hard for something and you succeed?
- your team loses a game?
- a teacher appreciates your work?
- you do poorly in a test?
- your best friend doesn't want to help you with your homework?
- you have a house to yourself for the weekend?

(angry bored excited happy irritated
lonely proud relaxed sad stressed worried)

When I'm meeting a friend who is really late I usually feel irritated. I don't like when people waste my time.