

VOCABULARY MATCH

1. Extremely serious or harsh
2. Happy and positive
3. Financial aid and support from the government
4. A country in Northern Europe, like Sweden or Denmark
5. Discouraging and confidence-reducing
6. To act as if something is true or simulate
7. A state of overall health and happiness
8. Satisfied
9. Money and possessions
10. The average age a person is expected to live

Nordic nation

Demoralizing

Pretend

Wealth

Life expectancy

Well-being

Welfare

Cheerful

Grim

Content

VOCABULARY PRACTICE

1. She had to _____ she was happy, even though she was feeling sad inside.
2. After retiring, she was _____ to spend her days gardening and reading.
3. The government's _____ program provides support for low-income families.
4. Yoga and exercise are great ways to improve your _____ and reduce stress.
5. Japan has one of the highest _____ in the world.
6. Sweden is a _____ known for its high quality of life and strong welfare system.
7. Losing the game was _____ for the team, but they learned from their mistakes.
8. _____ can bring happiness, but it is not the only factor that contributes to well-being.
10. The economic situation in the country was _____ because of high levels of inflation.
11. 10. Despite facing many challenges, she remained _____ and optimistic about the future.

Is Finland Really The Happiest Country In The World?

Watch the video, share your thoughts on why Finland is considered the happiest country according to the United Nations



COMPREHENSION True or False?

1. The United Nations ranked Finland as the happiest country in the world in its 1996 World Happiness Report.
2. Despite the UN's ranking, some Finns were surprised to learn that their country was considered the happiest place on Earth.
3. Finns battle the long, dark winters by pretending to do happy summer things, even if the weather isn't warm enough.
4. Finns tend to be loud and cheerful and they also enjoy parties.
5. The video mentions that Finland ranks high in life satisfaction but not necessarily in measures of positive emotions like joyfulness.

What are the factors that contribute to your happiness the most?



Fulfilling career



Relationships



Financial stability



Comfortable climate



Work-life balance



Personal growth