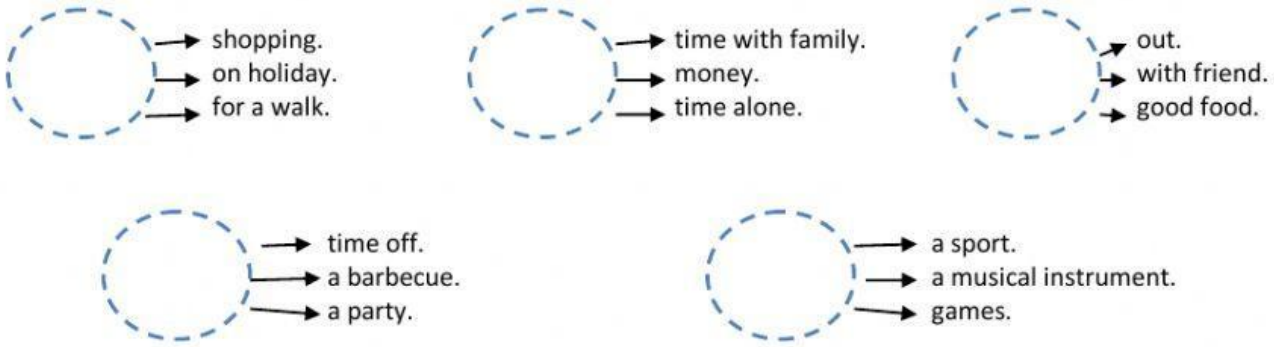
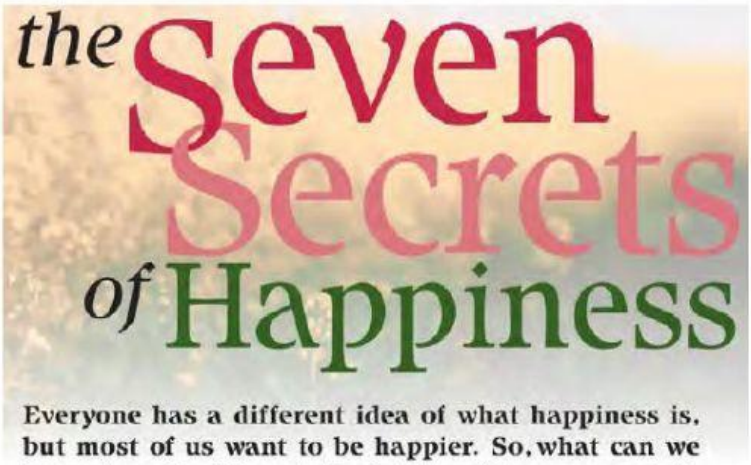
FREE TIME AND HAPPINESS

ACTIVITY 1: Drag the verbs to the correct circle to form free time activities.
(Arrastra los verbos al círculo correcto para formar actividades de tiempo libre)

GO EAT HAVE PLAY SPEND



ACTIVITY 2: Read the magazine article and check if the statements below are true or false.
(Lee el siguiente artículo publicado en una revista y decide si las afirmaciones que hay debajo son verdaderas o falsas)



Everyone has a different idea of what happiness is, but most of us want to be happier. So, what can we learn from looking at the habits of happy people? Here are seven things to make you happy.

1 Sleep More Most people don't sleep enough. If you want to feel good about life, then try to sleep for at least seven hours a night.

2 Do Some Exercise You don't need to run for 20km or go to the gym every night, but a small amount of exercise will help you feel happy. Go for a short (10–15 minute) walk somewhere beautiful. It wakes up your brain.

3 Give to Others Research shows that giving money or time to help others makes you feel happier. Buying someone an unexpected present or spending some time doing voluntary work will give you a feeling of joy.

4 Be Interested Love what you do and try to learn something new. People who are curious and learn new things experience feelings of satisfaction and happiness.

5 Spend Time with Family and Friends This is probably the most important thing you can do. People who have a strong network of social relationships are not just happier; they live longer, too!

6 Focus on the Moment Try to find opportunities each day to enjoy the small things in life. Spend a little time on your own, and just enjoy the moment.

7 Smile! Smile more (even when you're feeling sad). Smiling can actually make you feel better. People who post big smiley photos of themselves on Facebook actually feel happier because they see the photo every day and it reminds them of happy times.

LIVEWORKSHEETS

1. To feel good, you must sleep for 5 or 6 hours a night. → TRUE FALSE
2. Walking for 10-15 minutes will help you feel happy. → TRUE FALSE
3. Being generous makes people feel better. → TRUE FALSE
4. Curious people are not happy. → TRUE FALSE
5. Spending time alone is better than spending time with friends and family. → TRUE FALSE
6. Smiling, even when you are sad, can make you feel better. → TRUE FALSE

ACTIVITY 3: Answer the questions.
(Responde las preguntas)

1. Which of the things mentioned in the text do you already do?

2. Which of the things mentioned in the text are the most important for you? Choose 3 ideas.

3. Do you have any other ideas to include?

LIVEWORKSHEETS