

## Welcome back! Worksheet 3

# Welcome back round-up

## Happiness

**OBJECTIVES**

In this worksheet, you will:

- Work on your reading and listening.
- Put all of your creativity into practice.

**Practice your reading**

What makes you happy? Maybe it's not what you think...

Do you know what makes you happy?

Write a list of all the things that make you happy. How many of them are fun? Most of them? So, if you spend your time doing all these fun things, you will be really happy... Or, maybe not. For most people, fun isn't enough. Happiness comes from pleasure and purpose, and you need activities with both.



We usually know if something is fun, but we don't know what brings meaning. There are different ways we can find it in things. Some activities can be motivating because they work for the good of people and the world around us, or what you do can also help your team.

If you're a student, your 'job' is studying and passing exams. It's easy to do well in subjects you're keen on, but subjects you don't like are less motivating... They're not enjoyable for you, but you need to find them a purpose. A '12' in a subject you hate won't help the world, but you can be part of a study team with friends. There, each person can study one part until they understand it and then teach it to the rest of the group. The purpose becomes helping the team.

Go back to your list of things that make you happy.

- How many of them are activities that bring purpose?
- Can you add any?

Remember, some activities can bring both.

Write your list

Now you need to design a happy life: 'decide, design, do'. First decide what brings you pleasure and/or purpose. Then, don't just think about these activities, fill your life with them. For example, if you love riding a bike but never have time to do it, ride to school or the shops. Some parts of our lives are good or bad luck, but we can design the rest to make more happiness.

## Activity 1

Write your list.

*Which activities with pleasure and/or purpose make you happy?*

---

---

---

---

---

## Activity 2

Search for the underlined words in the text and write their meaning in Spanish (translate them).

\* Be careful with the context for each of them.

1. Enough	_____	5. Meaning	_____
2. Pleasure	_____	6. Subjects	_____
3. Purpose	_____	7. Bring	_____
4. Both	_____	8. Fill	_____

### Activity 3

Answer true or false. Copy the evidence from the text or explain your answers.

1. Everyone knows what makes them happy.	True	False
2. You'll be happy if you're always having fun.	True	False
3. Being in a team gives us purpose.	True	False
4. School is the same, in some ways, as having a job.	True	False
5. Only lucky people are happy.	True	False

#### Activity 4

Complete the sentences with the words from the boxes.

design      purpose      fun      motivating      luck      pleasure

1. If you only do \_\_\_\_\_ things, you won't be happy.
2. To be happy we need \_\_\_\_\_, not just fun.
3. Helping other people can be \_\_\_\_\_.
4. Spending time with friends brings \_\_\_\_\_.
5. You can \_\_\_\_\_ your life to bring as much happiness as you can.
6. Some things are good or bad \_\_\_\_\_. We can't control everything.

**Practice your listening**Listen to people talking about what makes them happy.**Activity 5**

Number the pictures according to the speakers.

**Answer**

Do any of the activities above make you happy? Which one? \_\_\_\_\_

**Activity 6**

Listen again and complete the sentences

1. The thing that makes me happy is \_\_\_\_\_ . I \_\_\_\_\_ it when I can go out and...
2. I \_\_\_\_\_ being in the \_\_\_\_\_. Being on holiday and...
3. Being with \_\_\_\_\_ and \_\_\_\_\_.
4. Having time off \_\_\_\_\_, like I am now. \_\_\_\_\_ to \_\_\_\_\_ or reading...
5. I love \_\_\_\_\_.
6. Being somewhere \_\_\_\_\_ makes me happy.

Use all of your creativity!

Activity 7: Choose one of the three options and upload your work on the platform.

1. Do a Q&A

Film or record yourself answering the following questions:

- a. What small things in life make you happy?
- b. What made you smile today? Share it!
- c. Where do you feel happiest?
- d. Who makes you laugh all the time?
- e. When was the last time you had an amazing day? Tell us about it.

2. Write about your routine during this quarantine.

Do you need help? Here you have an example of a simple daily routine.

Everyday, I get up at 7.45 in the morning. I brush my teeth, wash my face and get dressed. It takes me about 15 minutes to get ready. I then have a breakfast and go to school.

I usually go to school by bike, but sometimes I walk, as my school is not that far. It usually takes 5-10 minutes by bike, and about 15-20 minutes on foot. I go together with my close friend, Daisy, and often with some other friends too. Classes start at 9 am and finish at 2 pm.

When I get home, I have lunch with my family and take a nap. In the afternoon, I play sports or do other fun activities like flying our kites or playing our musical instruments (she plays the guitar and I play the drums). Sometimes, we just wander around or go to the park to kill time. I have to return home to help my family cook and do other work. After a day full of activities I often take a shower and then help my mother with dinner. We have dinner and watch television together at around 10 o'clock. After dinner, I help my family by cleaning up and washing the dishes, and then I go to bed.

3. Write a poem or a song about 10 things that describe you.

Listen and watch this example and get creative!

