

### 3 Read and write.

- 1 Read the text about happiness below.  
Write three questions about the text to ask your partner.

## Happiness

We all want to feel happy in our lives but did you know that feeling happy also has an effect on our health? Happier people get sick less often and feel less pain. According to the UN's World Happiness Report (2019), Finland is the happiest country in the world. But you don't have to go to Finland to improve your mood. Doing good things for other people, like donating to charity, can increase your happiness. So can smelling flowers. The colour of your clothes can also affect your mood. Wearing dark clothes could make you feel depressed, but wearing clothes in bright colours like yellow can make you feel happy. Spending time outdoors is also great for your mood and mental health.

<https://www.happyfinland.fi/en/finland-world-happiness-report-2019/>

- 1 .....
- 2 .....
- 3 .....

2 Ask your questions to a partner and

 **LIVEWORKSHEETS**