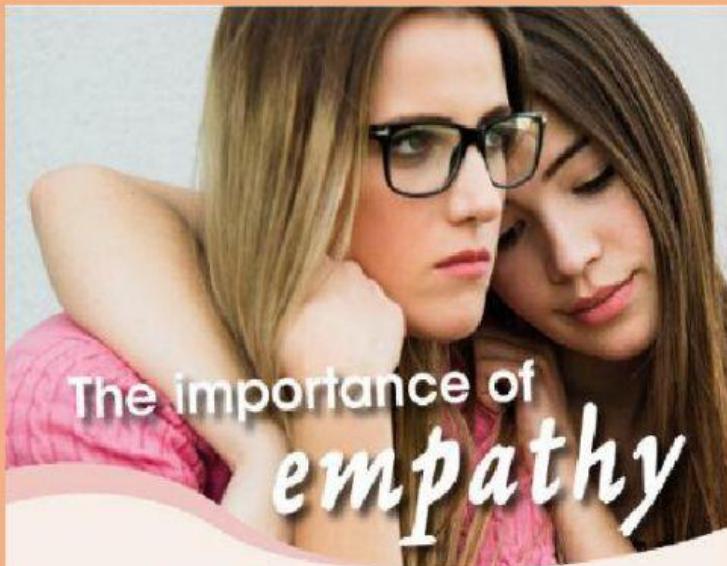


Read this article with Mary. Drag and drop the headings A-E with the tips 1-5

- A- Think about what you have in common with people.
- B- Be curious when you meet new people
- C- Have new experiences.
- D- Try to understand, but be open, too.
- E- Read books and watch movies.



"What makes us happy?" Most psychologists agree that strong connections with the people around us are crucial for happiness. However, they say that it isn't only our relationships with our family and friends that matter: we also tend to be happier if we live in communities where people look after each other and give each other a hand.

The philosopher Roman Krznaric claims that in many countries, like the U.S., people are losing these connections. They might be richer than they used to be, but they don't know their neighbors' names. According to Krznaric, the well-being of all human societies depends on empathy – people's ability to understand each other's feelings and experiences. If people had more empathy, Krznaric says, they'd be happier and there would be fewer social problems. So would we learn to be more empathetic if we practiced? Krznaric believes that we would, and suggests some ways that everyone can develop empathy:

1 B Be curious when you meet new people

We often spend our time with friends and classmates who are similar to us. Of course, we need to be careful when meeting strangers, but we can learn a lot from people with different experiences.

2

These are great ways to imagine what the world would be like if we were older, came from another country, or lived in a different period in history.

3

It's easy to look at someone or hear their accent and think we know who they are. We're usually wrong! Focus on what you share, not on the differences between you.

4

If you never tried surfing, sushi, or samba, you'd never know if you liked it. Trying new things helps you understand other people's interests.

5

Really listen to what other people say. However, also remember that a conversation needs two people. Express your feelings, too.