

International Day Of hAPPINESS



WEDNESDAY 20TH, MARCH



Part 1: Reflecting on Happiness

1. What are three things that make you happy? Write them down and explain why they bring you happiness.

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2. Think about a recent time you felt very happy. Describe the situation and what made you feel that way.

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3. Read the following quotes about happiness. Choose the quote that resonates most with you and explain why.

- "The greatest happiness you can experience is to know that you are loved for the person you are, or, more correctly, in spite of the person you are." - Victor Hugo
- "Happiness is not a destination, it is a way of life." - Buddha

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Part 2: Spreading Happiness

1. Let's spread some happiness! Scan the QR code where you can share what makes you happy, you can leave a nice message for your classmates or you can say what happiness is to you.



Part 5 - Reading and Use of English -- Instructions: Read the passage about the International Day of Happiness. Then choose the answer (A, B, C or D) that best completes each statement (1-6).

The International Day of Happiness

The International Day of Happiness is organised by the United Nations in order to promote happiness as a human right. The first one was held on March 20th, 2013 with many events organised, such as conferences, dances and community workshops. In that year, organisers arranged a 24-hour live streaming of "Happy" by Pharrell Williams, who is also a spokesperson for the day. Since then, there have often been different themes to the day each year, focusing on aspects such as the importance of relationships and the key to a good life.

Recent research into happiness has shown that having a sense of purpose and positive social connections are the main causes of feelings of happiness. Basically, people who are involved in helping others are more likely to be happier than those who are not. There's also a link between happiness and physical health - happy people tend to have fewer health issues, such as high blood pressure and heart problems. The event also focuses on reducing global inequality, ending poverty and protecting the planet for future generations.

1. The International Day of Happiness is organised by the United Nations to promote happiness as a

- A) benefit B) objective C) right D) requirement

2. The first International Day of Happiness featured

- A) lectures and demonstrations B) sporting competitions
C) cultural activities D) online forums

3. The International Day of Happiness often has a specific

- A) significant historical figures B) achieving financial security
C) elements of a good life D) recent scientific discoveries

4. According to recent research, the most important factors for happiness are a sense of purpose and

- A) physical health and financial stability B) a sense of purpose and strong social bonds
C) a balanced diet and regular exercise routine D) career advancement and material wealth

5. The text suggests that people who help others are likely to experience

- A) increased social isolation B) a greater sense of well-being
C) more pressure and stress D) lower confidence

6. The International Day of Happiness also aims to address issues related to

- A) global hunger and poverty B) climate change and environmental protection
C) access to quality education D) all of the above