



Name: _____ Date: _____

1. LISTENING

Watch the video about "TECHNOLOGY ALL AROUND US". Complete this visual organizer

2. READING

A- Read the magazine article Where does each subtitle fit? Label the paragraphs

- | | |
|------------------------|---------------------------------------|
| a. DO SOME EXERCISE | e. SPEND TIME WITH FAMILY AND FRIENDS |
| b. FOCUS ON THE MOMENT | f. SMILE |
| c. GIVE TO OTHERS | g. BE INTERESTED |
| d. SLEEP MORE | |

the Seven Secrets of Happiness

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 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 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 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 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 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 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 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.

B- Read the article again. Are these statements True or False?

- a) To feel good, you must sleep for 5 or 6 hours a night
- b) Walking for 10-15 minutes will help you feel happy
- c) Being generous makes people feel better
- d) Curious people are not happy
- e) Smiling, even when you are sad, can make you feel better

3. VOCABULARY

Write the name next to the correct picture. There are 2 extra options



- 1 – CAMERA
- 2 – AUDIO CASSETTE
- 3 - TRAVELING
- 4 – HANGING OUT WITH FRIENDS
- 5 – CONSOLE
- 6 – SIPPING MATE
- 7 – GOING TO THE THEATER
- 8 – TELEVISION

4. WRITING. CHOOSE ONE OPTION A or B

A- Look at these prompts. Write a short text including all of them

Mobile phone

1973

USA

Martin Cooper

Large and expensive

smartphones

Small and more accessible

The first...

B- Please answer the following questions and use your answers to write a short text

- 1- What is technology for you?
- 2- What devices do you use every day?
- 3- What do you use it for?

