

Name _____

Class _____

Date _____

THINK ABOUT

1 Circle the three most important things that make you happy.

spending time with family | sleeping | eating
spending time with friends | doing sports
watching TV | shopping | parties | cooking
listening to music | school | holidays | reading

2 Compare your list with a partner. Are your choices the same or different?

BEFORE YOU WATCH

3 Look at the picture. What do you think makes these people happy?



OVERVIEW

4 Watch the video. Are any of the activities you chose in Exercise 1 mentioned? Which ones?

COMPREHENSION

5 What's the video about? Choose the correct answer. Watch the video again and check.

The video is about

1 how to make your friends happy.
2 how to make yourself happy.
3 how to make your family happy.

6 Match the sentence halves. Watch the video again and check.

1 You can be alone or
2 When you are happy,
3 So, get thinking ...
4 Everyone is different and different things
5 Hobbies are good for your body
a and your brain.
b make people happy.
c life is easy.
d do things with friends and family.
e what makes you happy?

AFTER YOU WATCH

7 Complete the text with the verbs in the list.
doing | reading | spending | making | playing

Everyone is different and different things make people happy.

Perhaps it's ¹ _____ time with your friends or your pet? Or just ² _____ nothing?

Sports, ³ _____ things, cooking, ⁴ _____ an instrument or just relaxing and ⁵ _____ your favourite book are all great things to do.

OVER TO YOU

8 Look at the list and write the questions you need to ask. Then ask your classmates and write the names of the people who say 'Yes'.

1 Are you happy when you make people laugh?

2 _____?

3 _____?

4 _____?

5 _____?

6 _____?

Find someone who ...

Name

is happy when he / she makes people laugh. _____

is happy being alone. _____

is happy being with lots of people. _____

is happy when he / she is doing exercise. _____

is happy being in this lesson. _____

is happy when it's sunny. _____